



Organic Connections

AUGUST 2007

The magazine of Peter Gillham's Natural Vitality

Magnesium Miracle

Carolyn Dean, MD, ND,
on nature's miracle mineral

Saving the Animals

Wild adventures of
conservation hero
Lawrence Anthony from
Africa to Iraq

You Say You Want a Revolution?

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The good, the bad and the in-between

We all know that some things are “bad” and some things are “good.” Hurricane Katrina was bad. Happy, healthy children are good. Simple. But what about those pesky shades of gray?

In order to make a personal judgment call, you need some kind of mental “line in the sand.” Above the line would be good and below it would be bad. OK so far, but what *is* that line?

Because things in life aren’t always black or white—in fact, they are rarely that simple—let’s look at the big picture.

Take a look at the definition of *organic* to the right of this column. It talks about “a relation between elements of something such that they fit together harmoniously as necessary *parts of a whole*.” So the whole of life would include many subdivisions—individuals, families, groups of people, mankind, plants, animals, the environment, spiritual life and even God.

Considering the whole—all the various sectors of life—the best thing would be something that benefited *all* areas, like clean air and water; and the worst would be something—like an atomic bomb—that is only destructive.

We get in trouble when we make our decisions based on a limited view. Sure you can make money by manufacturing products that are super sweet—and loaded with sugar and chemicals—but is that good? Good for your profits, perhaps, but that’s about all. Is it really true that “nice guys finish last”? Are rich SOBs really happy?

Fortunately, more and more of us are thinking in terms of the “organic” whole these days. We’re considering the effects on our bodies of the food we eat, the effects on the environment of what we buy and dispose of, and even the health and well-being of people across the world who are not as fortunate as we are. That’s good.

If, with this publication, we’re able to bring into focus a few more elements of the bigger picture, then we’ve accomplished something. At the end of the day, the more of us who are making decisions that positively affect a greater and greater number of life’s parts, the more enjoyable and less stressful life on Earth will be.

—Editor

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In this issue



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denoting a relation between elements of something such that they fit together harmoniously as necessary parts of a whole: *the organic unity of the integral work of art.* • characterized by continuous or natural development: *companies expand as much by acquisition as by organic growth.*

4 interview

Dr. Carolyn Dean is a medical doctor and author of *The Magnesium Miracle*. In this exclusive interview with *Organic Connections*, Dr. Dean explains why this miracle element is so important to our health.



6 feature

The story of conservation hero Lawrence Anthony has all the elements of a major Hollywood film. In fact, it is going to be one. From Africa to Iraq, Lawrence Anthony has championed the welfare of animals and has personally been responsible for saving the lives of some of Earth’s most magnificent inhabitants.



NATURAL REVITALIZATION

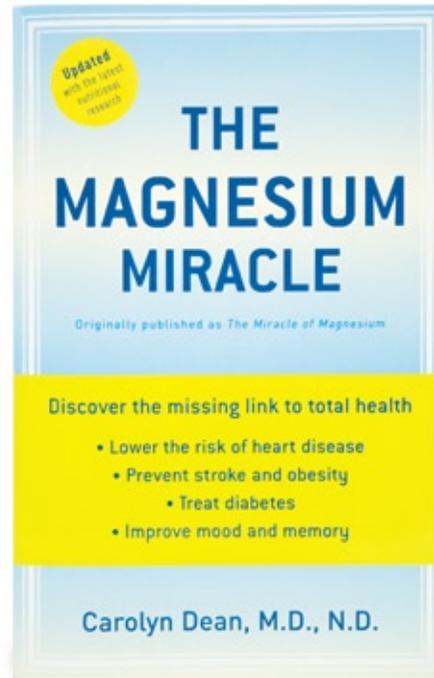
A portion of the profits from the sale of *Natural Calm*® and *Organic Life Vitamins*™ goes to our Natural Revitalization environmental action initiative addressing global warming, which helps fund **Conservation International** (www.conservation.org) and **Remineralize the Earth** (www.remineralize.org).

Dr. Carolyn Dean is the author of *The Magnesium Miracle*, published by Ballentine Books. The book has just been released in its second edition, revised and considerably expanded. It is an excellent reference on magnesium, its importance and many benefits. Dr. Dean is a medical doctor, naturopath, acupuncturist, homeopath, and certified clinical nutritionist, who conducts phone consultations with patients and maintains a very informative website at www.carolyndean.com.

OC: What would you consider are the most important magnesium-related health issues that people should be educated about today?

CD: I guess one would have to be heart disease. People don't seem to have any idea that the heart is one big muscle and that magnesium is the most important mineral for creating muscle relaxation. When you have magnesium in balance with calcium, you have properly functioning muscles: the heart, the muscles in the blood vessels, and the muscles in the skeletal structure. So with the deficiency in magnesium that up to 80 percent of the population is suffering, you do have an excess of calcium, you have muscle contraction symptoms and people are suffering with heart symptoms: palpitations,

blood sugar in balance, helping promote the production of insulin, helping open up the cells to insulin, and allowing glucose into the cells. It's very important for blood sugar balance. I have found people who simply add magnesium to their supplements and find that their blood sugar can normalize. Diabetes is very diet dependent, so I find it very surprising that a lot of doctors consider that when somebody starts exhibiting



I do a telephone consulting practice and I put pretty much all my patients on magnesium.

angina and up to and including heart attack just from simple magnesium deficiency.

Another issue, and one which I expanded on in my book, is the fact that magnesium deficiency is one of the indicators of diabetes. Magnesium seems to function in about half-a-dozen metabolic diabetes-related functions in the body. These include keeping

symptoms of diabetes, then the patient should just take diabetic medication or insulin. No one really has come out and told people that magnesium deficiency can be a cause. We know chromium and vanadium are important in blood sugar control, but it's very new research that is showing the importance of magnesium.

OC: What type of diabetes?

Type 2 adult onset diabetes. What seems to be happening is people who are overweight or obese for 10 to 15 years and people who are eating a high-sugar diet for 10 to 15 years have a very high incidence of developing diabetes.

OC: What kinds of experiences have you had in your own practice in relation to magnesium?

CD: I do a telephone consulting practice and I put pretty much all my patients on magnesium. I get a lot of reports from people that they start sleeping better right away, they feel calmer, they feel less irritable, they feel more in control; so it begins to affect the day-to-day feeling of well-being. It stops muscle cramping; people who get charley horses when they stretch their legs at night—those symptoms go away. Again, it really helps with heart symptoms; people have control over their heart palpitations and angina. Women with PMS find that magnesium really helps control their premenstrual symptoms—they don't have as much fluid retention. I have people who tell me that taking magnesium makes them completely stop having kidney stones because the magnesium helps dissolve the calcium that is mostly responsible for the buildup of kidney stones. There are many, many more.

OC: I'm going to mention some specific areas. Can you address magnesium as it relates to each one? First, bone health.

CD: Without magnesium, the bone isn't formed properly in a sound structural state that can withstand falls and bumps. The bone is brittle and suffers more fractures.

OC: Stress.

CD: Stress is interesting. People with magnesium deficiency do tend to have more anxiety, more irritability. If your

The Magnesium Miracle

muscles are on the edge of being in spasm, then you're holding your body tense. It's almost like the magnesium deficiency starts first, your muscles are tense, then you think you're tense. When you feel tense, you start excreting more adrenalin and the adrenalin starts speeding up the heart. Magnesium is actually required to manufacture adrenalin. With the overuse of adrenalin due to tension, a vicious cycle occurs where low magnesium starts creating the surges of adrenalin that

at low blood sugar and low magnesium as a cause of anxiety symptoms.

OC: Women's health.

CD: One of the main medical treatments using magnesium is for eclampsia and preeclampsia. Eclampsia is a condition in pregnant women when they're about to deliver, bringing high blood pressure, fluid retention and even seizures. And it's mostly due to

cerebral palsy and children who have sudden infant death syndrome. In populations where moms take enough magnesium, there's much less cerebral palsy and sudden infant death. So it's extremely important.

OC: Children's health.

CD: Kids drinking a lot of soda, or even drinking fruit juices, are getting high amounts of sugar but not magnesium. If you think of kids who do athletics, they're sweating a lot. We know you lose sodium from the skin—if you lick your sweat, it tastes salty—so a lot of the sports drinks tend to replace sodium and sugar. But you lose equal amounts of magnesium and sodium and you also lose potassium. So it's really unfortunate that kids—and adults—in athletics, when using the sports drinks, are not replacing magnesium.

Kids without magnesium also suffer irritability, insomnia and constipation. So when I have a parent telling me about their child who can't sleep at night, has trouble with constipation, and gets really moody or edgy or angry or irritable, I just put them on magnesium immediately. Those symptoms, usually diagnosed as ADHD, clear up very quickly. You can't concentrate in school when you've got a magnesium deficiency. Your brain is irritated. So with magnesium, everything calms down.

I also treat a lot of autistic children, and they too have constipation. The added benefit with magnesium in the autistic population is that it actually helps detoxify heavy metals, which a lot of these kids are suffering with—mercury toxicity.

OC: What would be your form of choice for the taking of magnesium?

CD: The powdered form is probably the best because you start absorbing it straight away, even in the mouth. So, powdered first, and then capsules, and then tablets. The tablets usually have a lot of binders and fillers and are harder to dissolve than capsules.



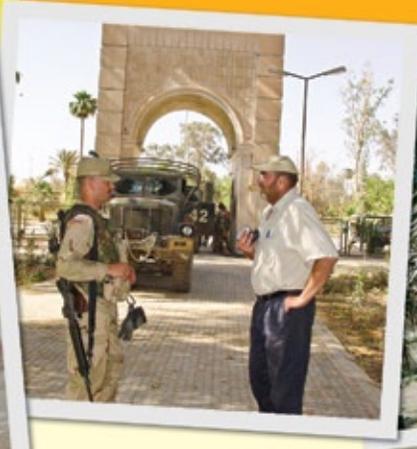
can come if you have a minor stress or a minor scare. You secrete the adrenalin, your heart races and then you feel you're having an anxiety attack. Unfortunately when people are in the middle of that, they can go to their doctor and say, "I'm having an anxiety attack," and instead of being diagnosed with a magnesium deficiency, the doctor prescribes valium or, worse, an anti-anxiety medication. So it's really important to look

magnesium deficiency. The treatment is with intravenous magnesium and the fluid drains off, the seizures stop and the blood pressure comes down. So the question has always been, for people who look at nutrition, why aren't pregnant women told to take increased levels of magnesium during their pregnancy to prevent this from happening? Because, unfortunately, women who have eclampsia have a higher incidence of children with

People with magnesium deficiency do tend to have more anxiety, more irritability.

Conservation hero

Lawrence Anthony



(From left) Baghdad Zoo traumatized lion; Lawrence with Capt. William Sumner at zoo gate; lions recovering from war;

The date is March 20, 2003. Spurred on by intelligence reports of hidden weapons of mass destruction, U.S. armed forces, accompanied by those of Britain, Poland and Denmark, begin the invasion of Iraq. Along with the entire world, a man named Lawrence Anthony watches from his South African home.

But Anthony's viewpoint is not the same as ours—he is greatly concerned over the fates of hundreds of animals trapped inside the Baghdad Zoo. Knowing what became of zoos in other war-torn areas such as Afghanistan, Kuwait and Yugoslavia—where the animals were annihilated or died from abandonment and starvation—he is particularly concerned because this zoo is the largest in the Middle East.

It isn't the first time he has had such concerns—and acted upon them. A few years earlier, he learned that a troublesome herd of seven elephants in his native South Africa were turning over trucks and threatening villagers. Because they were totally wild, if anyone were to come too close, these elephants would charge and kill. The only solution anyone seemed to be able to come up with was for the entire herd to be put down, as they were too dangerous to have in a national park where tourists, game wardens and indigenous populations were at serious risk.

These “killer” elephants—whom no one had been able to approach—now live on Anthony's Thula Thula game reserve and eat peacefully right out of his hands.

The Elephant Rescue

The reason for the elephants' raging behavior very well could lie in the way they were treated. They originally came from two different herds—three from one, and four from another—which had had their numbers trimmed dramatically by hunting or capture. An elephant's death is a cataclysmic event within its herd; the remaining elephants mourn the loss of one member for years to come. Multiply that by the numbers in the case of these two herds, and the behavior of the surviving members comes as no surprise.

Once finally contained, it took very careful measures to even feed the hostile pachyderms, and Anthony knew he had his work (which many “experts” would not have even undertaken) cut out for him. He decided to place himself in the vicinity of the animals 24 hours a day, as they could not risk another escape; local game wardens had threatened to kill them if there was another incident.

It was the beginning of the turning point. During this long stay, which ended up lasting three weeks, Anthony observed that at 4:45 every morning the elephants would line up in front of the fence facing their old home ground 800 kilometers away. At such times Anthony knew they were going to try and make a break, and he blocked them by positioning himself just outside the fence in front of but beyond the reach of the lead elephant, a female. In each of these

confrontations, he would gently talk to her. After 15 or 20 minutes the elephants would back away from the fence, and the whole episode would repeat the next morning. In between these times, Anthony would walk round the corral, constantly singing and talking to the animals about anything he could think of.

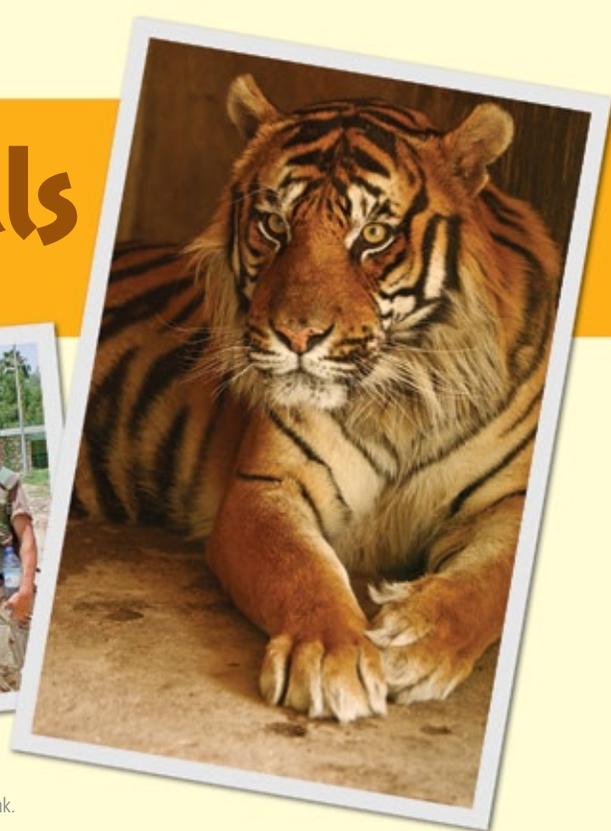
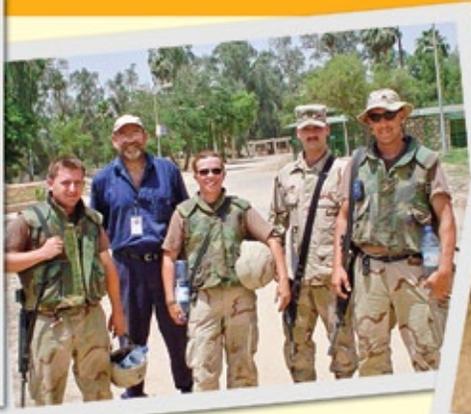
Anthony's methods worked. One day, the elephants' hostility turned off like someone had flicked a light switch, and the matriarch gently reached her trunk out to Anthony. Very wary at first, it took several attempts before Anthony let the trunk touch him—and when it did, it tenderly caressed his chest. From that point forward, the herd became his friends.

The Baghdad Rescue

Already quite accustomed to overcoming impossible odds, Anthony made a quick decision upon hearing of the invasion of Iraq: he was going in to rescue the animals from the Baghdad Zoo. He picked up the phone and dialed a military attaché, insisting that the attaché get him into Baghdad. The attaché was, of course, shocked that anyone wanted to get into a war-torn city from which everyone else was fleeing, but he nonetheless complied.

Nine days after the invasion, Anthony, alone and with no knowledge of the local language, landed in Baghdad. Upon visiting the zoo, he was horrified. Out of the zoo's original 650 animals, only 35 were left alive.

Saving the Animals



Capt. Sumner and rescued Lumpy the camel; Lawrence with U.S. military volunteers and Army Capt. Sumner; beautiful Bengal tiger, which was skin and bones when Lawrence arrived and so dehydrated he was not able to drink.

“On my first walk around the Baghdad Zoo at the beginning of the war, I was so dismayed by what I saw, I considered that getting a

that he was obtaining food and supplies for the zoo and its former returned staff (who had originally been employed by the Iraqi

Zoo, available from all popular booksellers. The book is also being made into a major motion picture, *Good Luck, Mr. Anthony*,

“At the end of the day we only survive because of man's deep roots into the environment and plant and animal kingdoms of which we are so much a part.”

rifle and shooting each animal would be the only humane thing to do,” Anthony says. “I had never seen animals in such poor condition. Outside of a few individuals, no humans showed any interest whatsoever in the welfare of these magnificent creatures, or afforded them any common decency.”

Very fortunately, he decided to stay and attempt the rescue. But servicing the remaining animals was an impossible task, as looters had taken literally everything, including water pipes. Anthony and several others quickly recruited assistants, who had to hand-carry water from the nearby river in buckets in 120- to 130-degree heat.

In addition to water, of course, the animals had to eat. Finding food for animals in a city in which humans couldn't even find enough to eat was, needless to say, a Herculean task. But Anthony accomplished it. In the early days a good amount of food came from Saddam Hussein's former palaces, which at the beginning of the war weren't guarded. In

government), he didn't consider his activities “looting”—he jokes that it was simply an “intergovernmental transfer of supplies.”

Establishing relationships with the local populace and military, Anthony became affectionately known as “the crazy South African” and engendered more and more assistance in an area where “shoot to kill” was the order of the day. As his own personal funds were drained, he got on his satellite phone and managed to raise \$650,000 in donations from around the world so that his efforts could continue.

The Baghdad project, which incorporated the rescue of animals from several private menageries around the city and a heroic rescue of Saddam's personal prize stallions, resulted in a fully-functioning zoo being proudly handed back to the Iraqi government.

There are many more astounding details to this amazing story, which can be found in Anthony's book *Babylon's Ark: The Incredible Wartime Rescue of the Baghdad*

by Beacon pictures, slated to be directed by Taylor Hackford.

“This had a profound impact on me,” says Anthony, “and I decided that an example had to be set. Some of us humans had to get together, draw a line and say, this far and no further. A stand had to be made against mankind's irreverence for other life forms. At the end of the day we only survive because of man's deep roots into the environment and plant and animal kingdoms of which we are so much a part.”

Following the Baghdad rescue, Lawrence Anthony founded The Earth Organization, an international group with which he is carrying on his substantial conservation work and which will also be the subject of a future feature in *Organic Connections*.

For more information visit www.lawrenceanthony.co.za/