

# Editor's Letter

Kate Neil



I trust you found the format of the last issue of the journal user-friendly and as informative as our previous hard copy editions. We welcome your feedback and will be including a questionnaire in our Spring 2006 issue so that you can let us know what you think about the journal and what you might like to see included.

Feedback so far has overall been positive and we have amended the layout style from double column to single column as a result of readers' comments. If you are reading the articles direct from the CD then single column is much easier.

During 2006 we will be including more articles from practitioners who will share with you their clinical experiences and report on complex case studies that include laboratory screening and the designing nutritional therapy programmes to support their findings.

We are delighted to share with you in this issue the experience of nutritional therapist Lucille Leader who over the past decade has contributed, through persistent inquiry and a desire to help her patients achieve better health outcomes, a novel approach to the management of patients with Parkinson's disease. She has been awarded a "Quality of Life Award for Parkinson's", has received much support for her contribution from experts in the field and been invited to speak at several prestigious conferences around the world.

It is not easy for nutritional therapists to influence the views of mainstream medical practice and we would like to take this opportunity of commending Lucille for her contribution to helping patients with Parkinson's disease experience an improved quality of life.

We were saddened to hear of the passing of Michael Endacott (See Obituary, News & Reviews), a man whom I had known and admired for the past 18 years. His contribution and efforts in the complementary medicine world will be missed by many.

Thank you to those practitioners that contributed to the survey, initiated by Liz Ince and circulated by BANT, regarding the health of nutritional therapists. A report on the results of this survey is included here as several participants have enquired after the results.

We have included a provocative article by Dr Philip Hayes entitled Appetite, Obesity and Approach. You are invited to make your responses to his views and opinions and we will publish a collation of these views in the Spring 2006 edition. The first response is included with this issue from Deanne Jade. We hope that we will be able to keep the dialogue going to help keep us all abreast of this complex subject. For example, research data is now demonstrating the regulatory role of specific amino acids on satiety.

We are always interested in good student research. If you would like to have your work considered for publication then send us a copy of your research to review. You will find in this issue an extensive review of  $\alpha$ -lipoic acid by a now-graduated student that includes her updates on the subject since qualification. Please note my cautionary comments at the end of this article.

In the News and Reviews section there is a review of an article on Aspartame, published in September by *The Ecologist*. Aspartame continues to be a controversial topic and finding high quality independent research data is a difficulty – to the extent that a nutritional therapy student who did her final year Research paper on aspartame had to conclude that there was no available quality scientific research that showed aspartame to have any serious adverse effects, much against her own feelings. *The Ecologist* have taken the bull by the horns, so to speak, in addressing the controversies that have surrounded aspartame since its introduction.

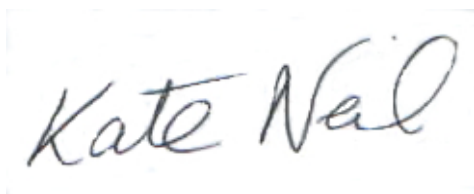
Further in the News and Reviews section you will find the latest from the Alliance for Natural Health, a report written for us by Dr. Robert Verkerk that simplifies the current situation regarding supplements and the European Directive. Two book reviews are also included – one on glyconutrients by a collection of medical and paramedical professionals, and the other on Chronic Fatigue Syndrome by Dr. Basant K. Puri.

In our Media Spot this issue you will see the latest on the Children's Food Bill – an enterprise supported by Sustain that aims to bring standards into law for children's food and nutrition. Also in this area is the latest on the sun, vitamin D and skin cancer position from Simon Best – very interesting to note that the Australian authorities have now altered their stance on sunlight in view of the high number of Vitamin D-deficient Australian citizens and the knock-on effect this has on their long-term health.

You will find excerpts of a 'live' lecture presented by Dr Mark Draper entitled Cytoplasmic Food State Products Workshop. Food State nutrition is of growing interest in the industry and there is the facility for you to obtain the complete workshop if you want to gain a deeper understanding of the concept of food state nutrition.

Our next issue will be focusing on Children's Health, with a slant towards Christmas indulgence as well. If you have something of interest to contribute, be it a useful recipe, a case study, an article or even a letter, please send it in to us. You will find our contact details on the Contacts page of the journal.

In the meantime, I trust you find that the information provided in this issue will help you in practice.

A handwritten signature in cursive script that reads "Kate Neil". The signature is written in dark ink on a light-colored background.