



READER EXCHANGE

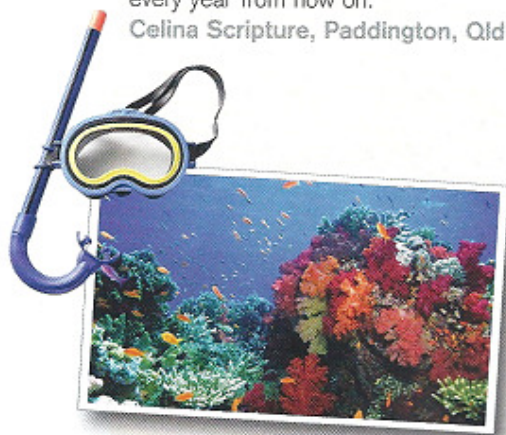
Celina Scripture wins a Zuii Gift Pack of 100% certified organic cosmetics produced from flowers, containing a Liquid Foundation, Bronzer, Blush and Eyeshadow, valued at a total of \$155.60 for her letter.

Thanks to Zuii (07 5596 2319; www.zuiiorganic.com) and congratulations, Celina.

Get wild!

My father always said, "The one thing you think you can't do? That's what you must do." He died too young, only 44, but he still managed to notch up lots of adventures, including getting his pilot's licence and walking China's Great Wall. This year I turned 40 and I remembered Dad's advice, so I took scuba diving lessons. It was wonderful! I have made a list of 30 activities that I think I can't do – acting in a play, learning Spanish, riding a motorbike. I plan to do one every year from now on.

Celina Scripture, Paddington, Qld



your letters.

What you have to say about surviving cancer, early puberty concerns, keeping Fido fart-free and having adventures.

Early puberty blues

Congratulations on your excellent article on oestrogen excess (April). I would like you to tackle the subject of early puberty in girls.

I have provided my daughter with organic, hormone-free foods wherever possible (though in the real world of friends and trips to the shopping mall, this hasn't been easy). At 12, she is the only one in her class who hasn't been getting periods for at least a year. I am sure that food choices play a role.

Jessica Luo, via e-mail.

Banana warning

I would like to share a food: drug interaction that I found out about the hard way. I always had a banana smoothie for breakfast and often snacked on trail mix throughout the day. Then I started getting palpitations, and blood tests indicated that my potassium levels were too high – and, although both bananas and dried fruit are 'healthy', they're also high in potassium.

Bharti Sherva, Dundas, NSW

Special thank you

I am 22 and trying to live as normally as possible with a pituitary tumour that doctors have no answer for. With all the nasty side effects of my medication, I am so grateful to have your magazine as a reference point for healthy lifestyle advice and as a way of identifying possible

treatments and practitioners. I look forward to a happier future, with my family, friends and Nature & Health by my side.

Name and address withheld

Corn plastic query

Everyone in my family has a stainless steel water bottle and uses it, so we're doing our bit to avoid sending more plastic into landfill. However, I'm keen to learn more about corn plastic containers and bottles. What are your views on this material?

Ross Franks, via e-mail

Nature & Health replies:

Polylactic acid (PLA) is a plastic substitute made from fermented corn. Although it has potential as a replacement to plastic, two issues need to be resolved. One is that corn plastic is often made from GM corn; the other is that it biodegrades slowly – anything up to 100 years in a conventional landfill, though this is reduced to around three months in a heated industrial composting facility. Until these bugs are ironed out, we recommend reusable glass and stainless steel containers, cloth or canvas bags, and baskets.

Anxiety relief

I have discovered a device called Alpha-Stim (www.pacificmedistim.com.au). It works by transmitting low levels of electrical energy and is TGA-approved. It's expensive