

# Richard Harding

Richard has a B.Sc degree, specialising in chemistry, mathematics and information technology as well as Certificate in Plant Based Nutrition from eCornell University and a Certificate in Food Coaching and Workplace Training.

He has worked in the pathology and information technology industries before turning to preventative medicine - prevention should be the prime focus of our health care.

Other interests include Rural Fire Service, Outdoor activities (Canyoning, Cycling), Music (play piano), photography.

Richard lives with his wife Ruth in the Hunter Valley of NSW. They have a big vegetable garden, keep bees, geese and chickens.

Richard is wonderfully considerate and helpful and he has been called on many times to assist my Kinesiology Practice. He pays impeccable attention to every detail of the work that he undertakes which he does with enthusiasm and caring. I admire Richard's skills and abilities and he uses his insight, common sense and intelligence to wisely assist the people with whom he is working to achieve wonderful results.

Loreto Whitney  
Maitland

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## Wise Nutrition Coaching

**Nutritional guidance for management of weight, cholesterol, autoimmune, cardiovascular and degenerative diseases and attaining long-term well-being.**

*The vast majority of all cancers, cardiovascular diseases, and other forms of degenerative illness such as the auto-immune diseases, kidney disease, macular degeneration can be prevented and often reversed, simply by diet.*

*Professor T Colin Campbell*

Have you cared for someone suffering from cancer, or a heart attack or stroke? It can be a very rewarding time but most of the time it is just stressful, traumatic and a lot of hard work.

Our health must be one of our most valuable assets. If our body can no longer support us in doing what we want to do, life is not as enjoyable as it may be. Prevention should be the primary focus of medicine with treatment a secondary consideration.

Diet is a critical part of health care that is neglected. Doctors are not trained in nutrition. Some of the largest corporations in the world are food and health care companies so access to correct information is difficult.

If you go to a doctor, they will ask you if you smoke. However, have you been to a doctor recently and asked about your diet or your lifestyle?

If you put the wrong fuel in your car, it is not going to work. If you eat the wrong food then you are not going to function as effectively as possible.

Of the top 15 causes of death in the USA, diet can be used to reduce 14, treat 9 of the causes and reverse 5 of the causes.

In the early 1970s, the premier of China, Chen EnLai, was dying of cancer. At the terminal stage of his illness, he instigated a survey of cancers, heart disease and infectious diseases throughout China. As a result, a comprehensive map of China's health was developed. Some regions showed cancer rates over 100 times greater than the counties with the lowest rates. Even those of the highest mortality rates were less than those of the USA.

To study these results, a team of scientists from Chinese Academy of Preventive Medicine, Cornell and Oxford Universities conducted a study of 6,500 people in 65 different counties over a period of 20 years. They looked at over 360 different health, lifestyle and nutrition factors and found over 8,000 significant correlations.

Professor Colin Campbell was a nutritional biochemist at Cornell University. Colin Campbell's conclusion from his 20-year study in China:

*The vast majority of all cancers, cardiovascular diseases, and other forms of degenerative illness such as the autoimmune diseases, kidney disease, macular degeneration can be prevented and often reversed, simply by diet.*

Here we have the director of one the largest health study ever, - the most comprehensive health study in the history of the planet, telling us how we can prevent untold grief, pain and suffering.