

# Back to Eden

Acid and Alkaline  
Heavy Metals  
Epilepsy to Health  
Recipe  
Recipe Book / products  
Coming classes

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From time to time people send me information on different subjects that they think I may find useful when planning content of these newsletters. I had a few friends mention pH balance and so I thought I'd research this and use this as a feature article. I feel somewhat inadequate in writing this as there is so much more that could be written. but my aim is to inspire you to improve your health. One of the best alkalisers is drinking Barley Leaf Powder, another is juicing up your garden greens.

I know you will find the article written by Shirley Heath, a young New Zealand woman who has an inspiring letter on her journey from epilepsy. I met Shirley and her mother in New Zealand last year and thought their story was very interesting.

Shirley's story awakened curiosity in me as I read up about heavy metal toxicity. I believe that it is a missing diagnosis in many people sicknesses. There is lots of information linking it to autism, ADHD, leaky gut to name just a few.

During this year we have been having our monthly meetings. I am enjoying the interaction between all of us. Many times I am told of a interesting remedy or someone puts forth a idea that is new to me. It is a great place to learn. Not only do we learn about health subjects, but I cook a simple tasty meal to show that vegetarian cooking is easy to prepare and very tasty. Check the last page for forthcoming meetings until the end of the year. Join us, or if you know of any of your friends who may be interested, do recommend these classes to them.

Feel free to copy these newsletters and share them with your friends. If you want to go on my email list, see the above email address. If any of you have any stories or remedies that you think may be of interest to other readers, let me know. My aim is to educate that natural health programs do really work.

From Kaye and the Back to Eden team

## pH Balance ....acid and alkaline

Have you ever wondered if many of the diseases raging through our society have a common cause? Many doctors, herbalists and nutritionists believe that the explanation may come down to these simple words: pH Imbalance

Acid alkaline imbalance is caused by over acidity, which can become a dangerous condition that weakens all body systems. It is very common today. It gives rise to an internal environment conducive to disease, as opposed to a pH balanced environment which allows normal body function necessary for the body to resist disease. A healthy body has adequate alkaline reserves to meet emergency demands. When excess acids must be neutralized our alkaline reserves are depleted leaving the body in a weakened condition. A pH balanced diet, according to many experts, is a vital key to health maintenance.

The concept of acid alkaline imbalance as the cause of disease is not new. In 1933 a New York doctor named William Howard Hay published a ground-breaking book, *A New Health Era* in which he maintains that all disease is caused by autotoxication (or "self-poisoning") due to acid accumulation in the body: "Now we depart from health in just the proportion to which we have allowed our alkalies to be dissipated by introduction of acid-forming food in too great amount... It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so." William Howard Hay, M.D.

More recently, in his remarkable book *Alkalize or Die* Dr. Theodore A. Baroody says essentially the same thing: "The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause... too much tissue acid waste in the body!" Theodore A. Baroody, N.D., D.C., Ph.D.

## Understanding pH

pH (potential of hydrogen) is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14—the lower the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7 which is neutral.

Water is the most abundant compound in the human body, comprising 70% of the body. The body has an acid-alkaline (or acid-base) ratio called the pH which is a balance between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming.) The body continually strives to balance pH. When this balance is compromised many problems can occur. It is important to understand that we are not talking about stomach acid or the pH of the stomach. We are talking about the pH of the body's fluids and tissues which is an entirely different matter. Our blood has a pH of 7.365 – very mildly alkaline. You can measure the pH of the urine and saliva, but the blood is the most important and needs to stay within the tightest range.

The most crucial balance the body maintains is the one between acid and alkaline (base). The body will go to great lengths to maintain the appropriate balance. The body tissues can easily become too acidic. Over-acidification of body fluids and tissues underlies all disease. For example it is only when it is acidic that the body is vulnerable to germs. When the body has a correct balance, germs cannot gain an advantage.

Something else happens to human health when you stay in the acidic zone? You get sick, tired and fat. And, if you don't get fat, you die. When you are constantly bombarding your internal environment with acidic foods and drinks and damaging your intestinal villi, you set the stage for all sickness and disease.

When we ingest any acidic food or drink, our body immediately reacts to neutralize or buffer the acid. The saliva pH goes up. If the saliva pH does not go up this indicates that your alkaline reserves are deficient. All forms of sugar are acidic to the body. Even fruit sugars are acidic.

When the body is trying to neutralize an acid, it has to secrete an alkaline buffer to do so. When you ingest sugar or you drink a glass of fresh orange juice, or you take any acidic food in the mouth, the pH will sharply go up to neutralize the acid from that food. This is done to protect the alkaline design of the body. When you start using up your alkaline reserves and you do not replace those reserves with alkaline foods and drinks, you begin to compromise other parts of the body. This occurs if the daily diet is loaded with acidic foods and drinks. When the alkaline reserves are deficient and the diet is also deficient in foods or drinks that will build up those alkaline reserves, the body starts pulling alkaline minerals from the bones and muscles. This causes deficiencies of the bones and muscles (eg osteoporosis). When your blood is compromised from a deficiency of alkaline reserves, such as sodium bicarbonate or the elements to make sodium bicarbonate, the body will begin pulling calcium from the bones and/or magnesium from the muscles to maintain the alkalinity of the blood plasma.

The tendency seems to be for people to err on the side of acidity. Acidosis, or over acidity in the body tissues is one of the basic causes especially of the arthritic and rheumatic diseases. All foods are oxidised or "burned" in the body. This process is commonly called digestion. The ash or residue which results from the burning of food is either neutral, acid or alkaline, depending on the mineral composition of the foods. The acid ash results when there is a depletion of alkali reserves. It is important that there is the correct ratio of approximately 4:1 or an 80% to 20% ratio. When such a ratio is maintained, the body has strong resistance against disease.

How we cook and eat food also has an effect. For example, a baked potato, eaten with the skin on, well chewed, is alkaline. But the same potato, hurriedly chewed, then washed down with water, is not digested properly and so is acid forming. Similarly, fried, greasy potatoes are acid forming.

When you are alkalized you are energized. And when you are energized you feel better and think better. You have sustainable energy when you are alkalized. When you eat and drink alkaline you are making energy deposits to your body, like

a bank account. You are making alkaline deposits to your energy bank account and to your alkaline reserves or energy savings account. The positive benefits of being alkaline are incredible health, energy, fitness, mental clarity and vitality.

Dr. Robert O Young says in his book *The pH Miracle* that we should all be monitoring their tissue pH by using pHHydrion paper. "Doctors need to educate NOT medicate" He then talks of the "the fishbowl" metaphor. "Think of our body as a fish tank. Imagine your cells and organ systems as the fish, bathed in fluids (including blood) that transports food and removes wastes. Then suppose I back up a car and put the tail pipe up against the air intake that supplies oxygen to the tank. The water becomes filled with carbon monoxide, making it acidic. Then I throw in too much food, or the wrong kind of food, and the fish are unable to consume or digest it all, so it starts to decompose. Toxic acid wastes and chemicals build up as the food breaks down, making the water more acidic... Would you treat the fish for the illnesses they would no doubt develop? No- you'd change the water."

## pH Strips

We can know if our bodies are acidic or alkaline by testing your urine and saliva. It is recommended that you test your pH levels to determine if your body's pH needs immediate attention. By using pH test strips (from selected Health Food Stores), you can determine your pH factor quickly and easily in the privacy of your own home. If your urinary pH fluctuates between 6.0 to 6.5 in the morning and between 6.5 and 7.0 in the evening, your body is functioning within a healthy range. If your saliva stays between 6.5 and 7.5 all day, your body is functioning within a healthy range. The best time to test your pH is about one hour before a meal and two hours after a meal. Test your pH two days a week.

## Urine pH

Urine testing may indicate how well your body is excreting acids and assimilating minerals, especially calcium, magnesium, sodium and potassium. These minerals function as "buffers." Buffers are substances that help maintain and balance the body against the introduction of too much acidity or too much alkalinity. Even with the proper amounts of buffers, acid or alkaline levels can become extreme. When the body ingests or produces too many of these acids or alkalis, it must excrete the excess. The urine is the perfect way for the

body to remove any excess acids or alkaline substances that cannot be buffered. If the average urine pH is below 6.5 the body's buffering system is overwhelmed, a state of "autotoxication" exists, and attention should be given to lowering acid levels.

## Saliva pH

The results of saliva testing may indicate the activity of digestive enzymes in the body. These enzymes are primarily manufactured by the stomach, liver and pancreas. While the saliva also utilizes buffers just like the urine, it relies on this process to a much lesser degree. If the saliva pH is too low (below 6.5), the body may be producing too many acids or may be overwhelmed by acids because it has lost the ability to adequately remove them through the urine. If the saliva pH is too high (over 6.8), the body may suffer greatly, e.g. excess gas, constipation and production of yeast, mold and fungus. Some people will have acidic pH readings from both urine and saliva—this is referred to as "double acid."

## Negative emotions

If your mental state is negative, this can create more metabolic acids than the food that you're eating. In fact, you can create two or three times more metabolic acids from your thoughts, your mental state, than from ingesting acidic foods, such as dairy or animal protein. So your thoughts are critical. Your thoughts or words do become matter, and can affect your physiology in a negative or positive way. When you have a thought it requires energy for the brain cells to produce it. As you carry on with that thought that you are having, you are using energy, and when you are using energy you produce a biological waste product called acid. If the metabolic acids from your thoughts are not properly eliminated through the four channels of elimination of urination, perspiration, respiration or defecation, then your acids from your thoughts are moved out into your fatty tissues and connective tissues. This leads to all sorts of symptoms such as lupus, fibromyalgia, arthritis, muscle pain, fatigue, tiredness, obesity, cancerous breasts, cancerous prostate, indigestion, acid reflux, heart burn, heart attacks, and the list goes on and on.

If you are suffering sadness or depression and think negative thoughts and have a problem constantly on your mind, this will produce metabolic acids at a high rate. The rate of acid production is greater than

someone who's jogging or working out. So, your thoughts become metabolic acids that can make you sick, tired and fat. Your body tissues will degenerate causing a cancerous condition. When you start producing acids with your thoughts, this will activate the alkaline-buffering system to neutralize these acids. If these acids are not buffered and/or eliminated, they can create serious health challenges in your body. Positive emotions, such as love, peace, hope, faith, and forgiveness, can all be alkalizing to the blood and tissues. The negative emotions of anger, resentment, and fear - are the most powerful and acidifying of all emotions. The fear of the unknown is probably the most powerful and acidic of them all. Fear is so devastating to the body, even if you're on an alkaline diet, overcoming a serious health challenge is practically impossible. When a person has negative acid forming emotions, all the body fluids, including the blood will show a decline in the pH even if this person has been eating an alkaline diet.

The answer is to start thinking differently. Learning to trust in the power of God, learning to give your worries over to Him will bring about a peace which will lead to

freedom from stress and good health.

Most people who suffer from unbalanced pH are acidic. Cancer patients are acidic. Their mineral reserves are being depleted to buffer the acidic state of their body. Remember, minerals such as calcium, sodium, potassium and magnesium are taken from vital organs and bones to neutralize the acid and safely remove it from the body. Because of this strain, the body can suffer severe and prolonged damage due to high acidity—a condition that may go undetected for years. Cancer patients are very acidic, often have readings of 5 to 6.

The reason acidosis is more common in our society is mostly due to the typical American diet, which is far too high in acid-producing animal products like meat, eggs and dairy, and far too low in alkaline-producing foods like fresh vegetables, especially greens. Additionally, we eat acid-producing processed foods like white flour and sugar and drink acid-producing beverages like coffee and soft drinks. We use too many drugs, which are acid-forming; and we use artificial chemical sweeteners like NutraSweet, Equal, or aspartame, which are

extremely acid-forming. One of the best things we can do to correct an overly-acid body is to clean up the diet and lifestyle.

### **Mild acidosis can cause such problems as:**

Cardiovascular damage, including the constriction of blood vessels and the reduction of oxygen; Weight gain, obesity and diabetes; Bladder and kidney conditions, including kidney stones. Immune deficiency.; Acceleration of free radical damage, possibly contributing to cancerous mutations; Hormone concerns; Premature aging; Osteoporosis; weak, brittle bones, hip fractures and bone spurs; Joint pain, aching muscles and lactic acid buildup; Low energy and chronic fatigue; Slow digestion and elimination; Yeast/ fungal overgrowth

A balanced diet of fresh whole foods is the key to good health and an alkaline body. Your focus should be on eating lots of fresh vegetables. Try for an 80/20 ratio of alkaline and acidic foods

*The pH Miracle Robert O Young PhD and Shelley Redford Young*  
*The Divine Prescription Gunter B Paulien PhD*

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## **Acid-forming and alkali-forming foods**

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### **Extremely acid forming**

White sugar  
Beef  
Pork  
Lamb  
White bread  
White pastas and pastries  
Fizzy soft drinks  
Beer  
Drugs, cigarettes  
Chicken, turkey  
White rice  
Coffee  
Black tea  
Chocolate  
Table salt

### **Moderately acid forming**

Wholewheat pasta and wholemeal bread  
Sprouted bread  
Brown rice  
Basmati rice  
Oats  
Corn bread  
Rice bread  
Rye bread  
Buckwheat  
Fish  
Eggs  
Cheeses, sharp and tasty  
Yoghurt, sweetened with sugar  
Nuts  
Peanuts  
Potatoes  
Wine  
Fruit juices with added sugar  
Green bananas

### **Slightly acid forming**

Barley  
Rye  
Sprouted rye bread  
Cornmeal  
Walnuts  
Brazil nuts  
Pistachio nuts  
Macadamia nuts  
Pecan nuts  
Sunflower seeds  
Pepitas  
Lentils  
Chickpeas  
Kidney beans  
Dried coconut  
Cows milk  
Cheeses, mild  
Cranberries  
Honey, pasteurised  
Maple syrup, pure  
Butter, salted  
Blueberries  
Plums, prunes

### **Neutral**

Vegetable oils, except olive oil  
Margarine  
Unpasteurised dairy products  
Raw milk, Yoghurt, Butter, whey

### **Slightly alkaline forming**

Almonds  
Millet  
Quinoa  
Sprouted grain  
Soya beans, soya milk  
Tofu, tempeh

Lima beans  
Sesame seeds  
Goat's milk, unpasteurised  
Egg yolks  
Raw honey  
Olive oil  
Coconut, fresh  
Cucumbers  
Eggplant  
Onions  
Radishes  
Tomatoes  
Mushrooms  
Cherries  
Seas salt

### **Moderately alkali forming**

Most fruits and vegetables  
Apples  
Apricots  
Alfalfa sprouts  
Ripe bananas  
Currants  
Dates  
Dried figs  
Garlic  
Grapes  
Grapes, tart  
Grapefruit  
Nectarines  
Oranges  
Peaches  
Strawberries  
Beans  
Beetroot  
Broccoli  
Cabbage  
Cauliflower

Capsicum  
Carob  
Fresh ginger  
Most leafy green vegetables  
Lettuce  
Parsnip  
Peas  
Potatoes with skin on  
Pumpkin  
Squash  
Sweet corn  
Turnip

### **Extremely alkali forming**

Lemons  
Limes  
Watermelon  
Rockmelon  
Other melons  
Grapes, sweet  
Kiwifruit  
Mango  
Pawpaw  
Pears  
Pineapple  
Passionfruit  
Raisins, dates  
Asparagus  
Parsley  
Watercress  
Endive  
Seaweeds  
Cayenne  
Fruit juices, pure  
Vegetable juices  
Leafy green drinks  
Barley leaf powder

# Toxic Metals to Avoid...

## and where you'll find them

There are many common toxic "heavy" metals that can have a wide-ranging and devastating effect on behavioural, cognitive (thought processing), speech, language and co-ordinating functions in our bodies. Tiredness, irritability, foggy mind, depression, anemia are just a few. These are a few of the signs that you may be suffering from metal poisoning--a toxic accumulation of heavy metals in the soft tissues of the body. Heavy metal poisoning is much more common than most people realize, and if you're thinking that it doesn't apply to you because you haven't been exposed to any, think again. If you've eaten fish regularly, had amalgam fillings, received vaccinations, drank contaminated water, or done industrial or agricultural work or pharmaceutical manufacturing, there's a good chance that you have a fair amount of toxic metals in your system.

The effects of these toxic metals can range from subtle symptoms to serious diseases. Since metals build up in your body over time, symptoms are often attributed to other causes and people often don't realize that they have been affected by metals until it's too late. The worst part about heavy metals is that once they build up in your body they can cause irreversible damage. Further damage can be prevented by removing the metals, but this can be a slow, difficult process. Prevention is the best defence when it comes to metal poisoning. Some of these include aluminium, antimony, arsenic, barium, cadmium, lead, mercury, nickel, silver, titanium, beryllium and sometimes copper and iron can accumulate and become toxic. A list of five of these common toxic metals will give you insight into avoiding further exposure to these health-degenerating elements.

### Mercury

Mercury causes the most problems of all toxic metals because, despite its dangers and known role as a neurotoxin, many people have it implanted in their mouth, injected into their bloodstream, or are consuming it daily in fish. In the past dental amalgams have been considered safe to use as fillings in our teeth, but many health experts now have serious doubts as to the safety of this practice. Vapours from amalgams are released continually, and studies have found that

those with these fillings can have mercury vapour concentration 10 times higher than people without them. Simple activities such as chewing gum, drinking hot liquids and brushing teeth can increase the release of mercury even more.

If you decide to have your amalgams replaced with a non-toxic material, the most important thing is to find a dentist who can remove your amalgams safely. Any dentist can technically replace your amalgams, but if they don't employ proper precautions much of the mercury in your fillings will go straight to your brain. It is highly recommend to get healthy before you start on removing your fillings. Even a good dentist will likely liberate some mercury in the removal process and you want your detoxification mechanisms optimized prior to removal.

Thimerosal, a mercury-containing vaccine preservative, is still widely used in vaccines, including those routinely administered to children. Thimerosal contains close to 50 percent ethyl mercury by weight. Children are particularly sensitive to the mercury as their nervous systems are still rapidly developing. Years ago, health-related organizations recommended that thimerosal be removed from vaccines as soon as possible, yet it's still present in many vaccinations including Hepatitis B, diphtheria, pertussis, acellular pertussis, tetanus and Hib. Some vaccines do not contain thimerosal so it would be of benefit to always check if it is present in any particular vaccine.

Over the past decade, the prevalence of autism and other neurodevelopmental disorders such as attention deficit disorder have been increasing at epidemic proportions, and many experts believe that mercury from vaccines is at least partly to blame. There are many reports of this in many health papers. It is thought that a child's reduced ability to excrete the mercury--children's detoxification abilities may vary greatly--may also play a role. Many parents are reporting improvements in the behaviour of their autistic children after they start to detoxify them.

Tragically, our oceans are largely contaminated with industrial pollutants like mercury. Ocean and farm-raised fish

We are exposed to toxic metals from many different sources. These dangerous heavy metal can cause serious damage to our bodies. Learn how to detoxify these on a vegan diet. But remember, this will take time and persevering effort.

pick up these toxic chemical residues, which bioconcentrate in their flesh. The larger the fish, the more problematic because big fish eat smaller fish, thereby getting an even greater dose of accumulated toxins. People who regularly eat fish have higher levels of methylmercury than those who don't. Pregnant and breastfeeding women can transfer mercury to their newborns, causing significant neurological problems.

### Lead

There are many ways that humans can be exposed to lead. Among the major sources are lead-based paint, leaded gasoline, lead-contaminated water, manufacturing of lead batteries, rubber products, glass and other lead-containing products, and lead oxide fumes that result when demolishing industrial buildings.

However, low-level exposure to lead, such as through drinking water or living near an incinerator or toxic dump, is also associated with many negative health effects like brain dysfunction in children, neurobehavioral changes in adults (such as a reduction in cognitive abilities and IQ, and personality changes), hypertension and chronic kidney disease.

### Aluminum

As with the other elements, aluminum is absorbed and accumulated in the body, and has been linked to serious illnesses including osteoporosis, extreme nervousness, anemia, headache, decreased liver and kidney function, forgetfulness, speech disturbances and memory loss. It has also been widely associated with Alzheimer's disease. People who have died from Alzheimer's disease have been found to have up to four times the average amount of aluminum accumulated in the brain's nerve cells. Antiperspirants often contain aluminum that is absorbed by your body. It's best to avoid it all together and use simple soap and water instead. Deodorants aren't as bad as anti-perspirants, but it is best to avoid using them unless it was made from safe natural products without aluminium (purchased from your Health Food store).

Aluminum-contaminated water is another significant concern, as studies have found

that Alzheimer's disease is more common in regions where levels of aluminum in drinking water are highest. To find out whether you may be at risk from aluminum and other toxins in your water you'll need to have your water tested by a reliable source.

Other common sources are aluminum cookware, aluminum foil, many antacids, anti-diarrheal drugs and drugs used for pain and inflammation, several douche brands, some baking powders (most baking powders contain aluminum as an additive, but health food stores carry non-aluminum varieties), refined foods, refined flours, baked goods, processed cheeses, and common table salt.

## Arsenic

Organic arsenic compounds are mainly used as pesticides, primarily on cotton plants, while inorganic arsenic is primarily used to preserve wood. Once arsenic is released in the environment it cannot be destroyed, and many arsenic compounds dissolve in water. You can also be exposed by breathing sawdust or burning smoke from arsenic-treated wood. Arsenic has also shown up in drinking water, especially in well water, and long-term exposure to arsenic in drinking water has been linked to cancer of the bladder, lungs, skin, kidney, nasal passages, liver and prostate.

Exposure to low levels of arsenic can cause nausea and vomiting, decreased production of red and white blood cells, abnormal heart rhythm, damage to blood vessels, and a sensation of "pins and needles" in hands and feet, and over the long term can cause darkening of the skin and the appearance of small "corns" or "warts" on the palms, soles, and torso.

## Cadmium

Cadmium, a naturally occurring metal, can be found in food, water and cigarette smoke. It is a known human carcinogen that appears to act in two ways: it harms DNA directly and disturbs a DNA repair system that helps to prevent cancer. Like other metals, cadmium stays in the body for a long time and accumulates after long-term exposure to even low levels. Cadmium is released into the air from mining, industry, burning coal and household wastes, where it then binds to soil particles and dissolves in water. Fish, plants, and animals accumulate cadmium from the environment, as such there are low levels of the metal in most all foods with the highest levels found in shellfish, liver, and kidney meats.

People are exposed to cadmium not only through foods but also through drinking contaminated water and breathing cadmium-contaminated air (such as near burning waste, battery manufacturing, metal soldering or welding). Cadmium is also present in cigarette smoke, and smoking doubles the average daily intake. It is thought that cadmium is carcinogenic, and long-term exposure to low levels can contribute to kidney disease, lung damage and fragile bones. Animal studies also suggest that it may lead to liver disease, high blood pressure, and nerve or brain damage.

## Detoxification

The most reliable and accurate way to assess whether a person has heavy metal toxicity is to have a hair analysis done. The primary treatment for most heavy metals is chelation therapy. Chelating agents are substances that go through the body to attract and bind heavy metals. A molecule that is sulphur and zinc rich, metallothionein (MT) is the 'vacuum cleaner' that absorbs metals. It is normally found in the gut, liver, throat and brain. Chelating agents are usually given in powder or pill form but may also be given intravenously, transdermally, by suppository or by injection. It takes anywhere from many months to several years for chelation therapy to remove toxic metals, and can cost several hundred to several thousand dollars.

Two of the most important factors in determining chelation safety are dosage and frequency. Too much can be extremely dangerous, and too little is ineffective. Respected toxicologists have stated that synthetic chelators should be used only in cases of acute metal poisoning, or as a last resort when other methods have been exhausted. Natural methods should be tried first.

Alternative chelating agents include combinations of herbs, amino acids and other nutritional supplements. The drawback to most of these is the time it takes to really clear the body of toxic metals and chemicals. Heavy metals are not removed by fasting! And unfortunately, there is no medical treatment for chemical toxicity.

- Avoid all sugar and milk, limit all processed foods and most grains, especially wheat. It is important to have an alkaline system. If the body is not alkalisied, the acidity will hold onto the metals because metals are positively charged.
- It will be important to have a high protein diet as the sulfur bearing amino

acids in the protein will greatly facilitate detoxification. If you are a vegetarian you will be at high risk for complications unless you have a large amount of protein. These proteins need to be beans and legumes. To increase the sulphur content in these, cook them with garlic and onions.

Maintain two to three bowel movements per day. If you are not having this many bowel movements make certain that your thyroid status has been checked. It is very common for mercury to affect the thyroid. If your thyroid function is fine then you should add some magnesium. Freshly ground flax seed several teaspoons per day will facilitate intestinal movement and also contribute some healthy essential fatty acids

Give supportive nutrients, particularly zinc and selenium because they are antagonists to mercury.

Unload the connective tissue with Chlorella. Chlorella is an important part of the detoxification program, as approximately 90% of the mercury in our bodies is eliminated through the stool. Chlorella is an algae and has high protein levels of chlorophyll and other nutrients which can be used for nourishment. The chlorella powder is the most cost effective approach but some people will prefer the tablets or capsules for convenience. A simple way to dissolve the powder is to place it in a container with a lid partially filled with water. Then tighten the lid and shake to dissolve and drink the solution.

Start taking garlic to enhance sulfur stores. Use the food, rather than the supplement garlic. Try to get in three cloves per day, but decrease the dose if your odour becomes socially offensive.

The herb coriander (or liquid coriander drops) is one of the few things that will take mercury out of nerve tissue.

Zeolite (Australian) is a negatively charged mineral that tightly adsorbs (attracts) the positively charged metals.

Bentonite clay has been used for thousands of years. Take internally in water as well as using one cup in a warm bath taken twice weekly. Just 10 minutes in the bath makes a difference to the levels of mercury and other metals.

Potato juice contains simple peptides called phytochelatins which bind heavy metals such as cadmium, copper, mercury, lead, zinc. When these heavy metals are complexed with the simple sulphur amino acids of potato juice, they become harmless and are detoxified out of the body.

Apply foot pads to detoxify. (obtainable through health foods stores)

*Dr. Joseph Mercol with Rachael Droegge  
Natural Health and New Vegetarian Winter 2009*

A young woman's journey from...

# Epilepsy to Health

Read the story of a New Zealand woman **Shirley Heath**, who along with her mother Julie have had many obstacles to overcome. Their story is an inspiration to what a mother and daughter can do to overcome a debilitating illness and learn ways to reduce the severity of her symptoms. For years they searched for answers, and eventually they found some answers. Shirley wanted to share her story with you. May you be encouraged as you read it.

**M**y name is Shirley. I am 31 years old and am writing this with a view to help others. It all seemed to start when I was 12 - I used to hear 'funny things' that I could not explain, even to my mother. This went on for 2 years. When I was 14 I just suddenly collapsed one day. My dad thought that I had fainted because I had been dieting. We were told that I had epilepsy and was given anti-convulsive medication to take. I also went to Palmerston North for a CAT-scan. At the time I was petrified by that experience. I was going to High School at the time. After 7 years suffering from the side effects of the drug we didn't know what to do. We didn't have any understanding of the illness except that it must be hormonal because it started at puberty.

When I was 19 we visited my grandparents at a rest home. One of the staff introduced us to an antioxidant called Pynogenol (pine bark) which is very high in Vitamin C and Vitamin E, and that helped me to gradually decrease the prescribed drug (under Doctor's supervision) but I already had a lot of residue of the anti-convulsive drug in my system and did not have a convulsion for over 3 months. I then started having fits and attacks as I call them and my Mum would pray and they would go away. Next decision - to go back on the drug or to continue God's natural healing way following the 8 laws of health. We were determined to continue God's way. "I am the Lord that healeth thee" Exodus 15:26. We believed in God and that "he would never leave thee or forsake thee" Hebrews 13:5.

Mum prayed and asked God why I had epilepsy? I have learned since that: "And the prayer of faith shall save the sick, the Lord shall raise him up; and if he have committed sins, they shall be forgiven him." James 5:15. Mum knew of a book called 'Back to Eden' by Jethro Kloss which inspired us to start researching what herbs I could take to stop the seizures and these have been stopping them since then. I have learned to read my body's symptoms of an attack. So we brought the tincture and whenever I felt an attack I would take some - and it worked! I just praised the Lord! I have stopped literally

thousands of attacks with God's wonderful herb. Without it I could not have found the real cause of my illness and God has guided us through each step. As long as you wait on Him, and trust in Him, God is always there to provide your needs. "Who forgiveth all thine iniquities; who healeth all thy diseases;" Psalms 103:3. We have now found out so much information on what causes epilepsy. If you keep working at it, eventually your body will heal itself. With the right nutrition and elimination of the causes, eventually you will deal with your health issues. The main causes that we have found are constipation, lack of nutrition, heavy metal poisoning (causes lack of nutrition), low blood sugars, high oestrogen levels (caused by heavy metal toxicity), hormonal imbalances, getting over-tired (fatigued), stress (need to learn stress management) and also a slow metabolism.

As a teenager I was on anti-epileptic medication but I would still have a seizure every now and then. The seizures would last a few minutes and I would be unconscious for 1 hour. When my mercury fillings were removed safely by a specialist dentist and the mercury detoxed from my body, the length of the seizures was reduced to being unconscious from 1 hour down to 20 to 25 minutes. What a difference just getting the mercury out and stopping all sources of it e.g. eating fish. At the time I went 'natural' I would have up to 4 seizures a day, every day. My Mum devoted many years to looking after me as I could not be left alone. The sedation herb used to stop attacks and I would be alright for 4 to 5 hours then I could have another. As we eliminated the causes we found that during the first half of my monthly cycle the oestrogen was more troublesome with lots of attacks in the first two weeks. Hormonal changes and constipation would set it off. How did the seizures make me feel? I felt weak with no strength in my nervous system. I would feel like a bus had run over me. Every muscle would ache as if they had been contracted and not relaxed and I would generally feel like this for up to a week. I could not cope with everyday activities and any emotional issues without feelings of distress and hopelessness.

In 2000 we attended the Hope camp where the guest speaker who spoke on health was naturopath Gary Martin. He encouraged us to get an enema kit and start working on my bowels. After that I had a series of colonic irrigations. We also learnt about the mercury fillings or silver amalgam fillings poisoning and leaching into our systems. After I had my amalgam fillings removed I detoxed the mercury with a homeopathic remedy the doctor supplied. He tested the levels of mercury in my body and they took a total of 8 months to clear. We noticed after that my seizures were shorter in duration and instead of 1 hour to come back from unconsciousness - down to 20 to 25 minutes. Just from the mercury alone! Wow that was amazing. After that we waited to see if I would have another seizure and I did. The doctor did not know of other reason as my mercury levels were now too low to cause the problem. There was one other thing we considered. Impacted wisdom teeth may be causing the seizures. So I had my two back wisdom teeth removed and waited and again we were disappointed as this was not the answer. So we continued stopping attacks as they came. I was eating fish once a week and I decided to give up this because of the mercury level, and I also gave up chicken which contain lots of oestrogen (hormones) as a growth stimulant.

I have become very disciplined in what I eat and when I eat. I could not handle an evening meal so I have my main meal in the morning. I find sugar and processed foods affects me, so I stick to simple unprocessed foods. Sugar robs our system of precious B vitamins which in turn deplete the nervous system. I avoid MSG and gluten, so I have a gluten free diet. For many years now I have taken barley green, wheat grass and spirulina, taurine an amino acid that is a seizure fighter and liquid chlorophyll.

At the Hope camp Gary shared the history of mercury e.g. 'The Mad Hatters Tea Party'. This helped us piece together important connection in history of our ancestors. Mum's grandmother was a Hat Maker and 'went mental' at the age of 36 and died at 52 yrs old. No one in the family knew why this had happened.

## Products for Sale

**Licorice Root Powder** 200g.....\$12  
Licorice root is used to rebuild Adrenal Glands. Suggested maximum daily dose is 1½ tspns

**Maca Root Powder** 200g.....\$15  
**A GREAT PRICE** for this superfood. Great for a diverse range of conditions. Especially good HRT alternative, menopause, PMS, Anemia, Thyroid deficiency, osteoporosis, fertility and increased energy. Organically grown.

**Blood Cleansing Herbal Tea** 200g.....\$12  
Contains Buckthorn, Licorice Root, Burdock, Chaparral, Red Clover, Cascara Sagrada, Dandelion, Cat's Claw. Use it long term to help cleanse bowel, liver and blood.

**Barley Leaf Powder** 200g.....\$12  
**Loose powder, organic** 450g.....\$27  
1kg.....\$55  
A powerful way to get needed nutrients including beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll.

**Hawthorn Berry Powder** **NEW** 200g.....\$14  
A great tonic for the heart and related circulatory problems. Just add powder to water or juice.

**Comfrey Root Powder** 200g.....\$13  
Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.

**Schnitzer Flour Mill**  
Hand or electric flour mills to grind your fresh flour as you use it. Order from Kaye or direct from [www.skippygrainmills.com.au](http://www.skippygrainmills.com.au). Quote representative number SR0033

**Sourdough Bread Culture** **\$20 (express postage included)**  
Mailed to anywhere in Australia. Recipes included

Order by phoning Kaye on 02 6025 5018. Products are in bags. Add postage

### Continued from p6

(Lead is used in hat-making - e.g. Mad Hatter). Also my Nana was diagnosed with Alzheimer's at 70 after the removal of her teeth for false teeth. She had no protection of the mercury fumes (vapours) that come off amalgam fillings. Mum knew of a verse in the Bible that said "visiting the iniquity of the fathers upon the third and fourth generation of them that hate me; And showing mercy unto thousands of them that love me, and keep my commandments" Exodus 20:5,6 Mum thought, is this inherited? Do poisons pass from mother to baby? And can you get heavy metals from generations before you? Well the answer is YES! Heavy metals do pass from the placenta to the baby and also via the breast milk. This is mainly how I got so many heavy metals, and when puberty came I had too much oestrogen for my developing female system and the seizures were how the body coped with the emergency.

We have learnt in the past 3 years through hair analysis that I have a toxic load of other heavy metals that have been contributing to my seizures. They are Arsenic, Lead, Aluminium, Nickel,

Cadmium, Silver, Tin, Titanium etc. also that these heavy metals act as powerful female hormones oestrogens and have been upsetting my female balance on vulnerable hormonal days of my cycle. I am detoxing these heavy metals with 'Sun Chlorella' which provides nutrition at the same time taking out the heavy metals causing less heavy metals to 'excite' my brain. I take between 5 to 30 tablets a day, depending on the day of my hormone cycle. I have learnt so much about health by this experience and come so much closer to Jesus who has always watched over me in times of sickness.

I have nearly come to the end of eliminating all of the arsenic! This has been as hard to detox as was the mercury. It takes a while to detox them as they are so toxic but eventually if you 'keep on keeping on' it has to come out eventually. Soon the heavy metals will not be able to cause the problems that happen to me during those hormonal days. Praise the Lord! Soon we will have victory over the illness that has for so long plagued my life. I believe with patience, dedication and with Jesus as your helper, you can overcome.

**Shirley Heath**

## Recipes

### SAVOURY LENTILS

2 large onions, chopped fine  
2 c brown lentils (may use green or yellow split peas, or red or brown lentils)  
1 c parsley, chopped fine  
4 cloves garlic, crushed  
1 t oregano  
½ t basil  
½ t tumeric  
1 T tomato paste  
2 t Celtic sea salt  
5½ c water

Wash lentils. Place in saucepan and bring to boil. Cover and simmer gently for 50 - 60 minutes. Adjust seasonings to taste. These may be eaten hot or cold, either with salad or vegetables. Excellent on sandwiches or as a spread.

Carrot juice may be substituted for some of the water before cooking. Another quick way to add extra flavour is to blend 2-3 carrots in some of the measured water that is to be placed in the recipe. Place the blended carrot liquid into the recipe in place of the water. Make sure you still have 5½ cups of liquid.

Continue to follow the directions to cook

### LENTILS (another variation)

2 c brown lentils  
1 c tomato puree  
4½ c water  
1 large onion chopped  
¼ t oregano  
½ t cumin  
1½ t Celtic sea salt  
¼ t garlic powder  
¼ t basil  
¼ t paprika

Clean lentils, wash and drain. Add all ingredients, cook 45 mins to 1 hour.

Either of these two lentil recipes make excellent fillings for lentil pies. Use any pastry of your choice.

# Health Program Calendar for 2009

**Back to Eden** will be conducting more classes in 2009

**Classes will be conducted on the first Wednesday morning each month (10am - 12 noon)  
all programs will be confirmed - dates may have to be changed**

If you are interested in attending any of these Back to Eden classes, mark these dates on your calendar or simply photocopy this page and return it to Kaye with your name and phone number. You will then be contacted prior to each class. A brief overview of the classes is given below. (\$12 cost for classes)

Or you can phone Kaye directly to book your place on 0260 255018 or post to Kaye Sehm  
496 Hague Street Lavington 2641. Classes will be held at Kaye's home at above address.

## Next classes... don't miss them.... tell your friends

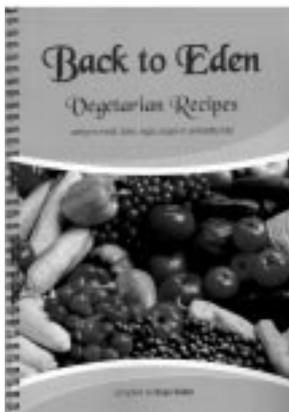
**Wednesday August 5 Simple Home Remedies** This class will show how to treat many physical problems using old-fashioned simple home remedies with ingredients that are found in your garden and kitchen cupboard.

**Wednesday September 2 Health Laws from the Bible** You will be amazed to discover that the Bible contains many health principles and laws, that if followed, will restore and strengthen your health. Discover what they are.

**Wednesday October 7 Vegetarian Cooking Class** A class that will teach you how to cook low fat, inexpensive, dairy free, additive free, sugar free, delicious tasty meals. We will cover nutritious breakfasts, healthy main meals, spreads and dressings, desserts, demonstrating many recipes. New recipes.

**Wednesday November 4 Herbs for your Health** This class will identify simple garden herbs (weeds) and how to use them to treat illness and to strengthen your health.

## Back to Eden Vegetarian Recipe Book



Over 350 delicious Vegan Vegetarian recipes that use whole foods, nuts, seeds, grains fruits and vegetables. Recipes avoid many ingredients that are harmful to your health.

### GREAT GIFT IDEA

\$25

#### TO OBTAIN YOUR COPY:

**Pick up:** at 496 Hague Street Lavington.

**For postal orders:** send \$25 for each book plus postage, to Kaye Sehm 496 Hague Street Lavington NSW 2641

**Phone orders:** phone Kaye on 0260 255018 to get account details for a direct debit.

**Postage:** add \$3 for 1 book, \$6 for 2 books, \$9 for 3 books, \$10 for 4 - 7 books