

# Back to Eden

Iodine, Essential to Health  
Bicarbonate for Cancer  
Recipe  
Products  
Calendar of coming classes

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Information contained in this newsletter is for advice only. If you choose to use any remedies or follow the advice in these newsletters, you do so at your own risk.

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Welcome to any new readers. The aim of this newsletter is to share knowledge on simple ways that our health can be improved. This covers many topics, from vegan vegetarian cooking to simple home remedies, from following the eight health laws to showing how to use simple garden and wild herbs. My aim over the years has been to teach and let you know what I have been researching. It is a never ending journey. I sometimes wonder what my next newsletter will be about, but it doesn't take too long before an idea comes to me. I recently saw a DVD with Dr David Brownstein speaking on Drugs, Hormones, Iodine, Salt and Thyroid. This aroused my interest and I sent to America for his book on Iodine. I have used much of his research and information to get this article together. My hope is that readers can be helped. It may well be that the claim of some who say that it is the "missing link" is true, that this nutrient is crucial for all aspects of health. But I would be remiss if I did not add a word of caution. I trust that you will use it carefully and not overdose. It would be best if you had your iodine levels checked before you took high doses. But a dose of 2drops, or up to 6 drops per day if you have a severe deficiency is recommended. But you must get Lugol's Iodine, which is a combination of iodine 5% and potassium iodide 10%.

I have pondered whether to place the article in baking soda in this newsletter. I certainly do not want anyone to misuse this information and take lots of baking soda. If you do not have cancer it would not hurt you if you took it for a week, once or twice a year. But do not go on it long term. For cancer patients, do the full 1-2 months. It is so much better for our body if we alkalise it by using the correct foods.

Lastly we are having a great time in our weekly meetings. Check out the details on forthcoming programs on page 8. Also a new Back to Eden DVD series #4 is now available.

From Kaye and the Back to Eden Team

## Iodine... essential to health

Many people are in a state of slow starvation despite the fact they eat plenty of food. Foods they consume, grown in de-mineralized soil and with the use of artificial fertilizers are virtually void of any significant nutritional value. It is now apparent that Western societies are not only suffering from hidden hunger- a lack of essential trace minerals or elements, but are gradually starving their bodies by eating food lacking in good nutrients. They only realise this when they have their health break down.

Research studies in nutrition have demonstrated to an ever greater degree the vital importance of trace elements in relation to human health and regeneration. Minerals maintain electrical charges that are vital to the biochemistry and physics of the human body. When trace minerals are deficient in our diet, we become sick and aged. The final state of trace mineral deficiency is death.

Whilst land-grown foods are generally deficient in many trace minerals, sea vegetation on the other hand, is extremely beneficial in providing the body with many of the nutrients and trace minerals necessary for health and regeneration. This article will show the relationship between a lack of the mineral iodine and how this impacts our health. Races that use sea vegetation in their diets, such as Japan, are relatively free of the iodine deficient diseases known in other parts of the world. In a test on 4000 patients, 94.7% showed significant low levels. Currently it has been estimated that 72% of the world's population is iodine deficient.

Some health experts say that it is impossible to achieve optimal health if you do

not have adequate iodine levels. This article shall look at the ways that iodine can help many different diseases. It is simple, inexpensive and has been used for well over a century with good results. Yet it is relatively unused as a remedy because Western medicine has forgotten about it. Lots of people, who in spite of taking really good care of themselves, refer to Lugol's Iodine as the "missing link". Yet it is not a remedy, but a nutrient that is crucial for all aspects of health. There is no "missing link" or "magic bullet" that can overcome a lifetime of eating refined or junk food, smoking, alcoholism, stress, or abuse. Our bodies are fearfully and wonderfully made and if we adopt a good lifestyle combined with sound nutrition, we will have an improvement in our health.

### What iodine does

It has been known for over 100 years that the element iodine is necessary for thyroid hormone production. It is also responsible for the production of all other hormones in the body. The thyroid gland contains a higher concentration of iodine than any other organ of the body. Adequate iodine levels are essential for proper immune system function. Iodine contains potent antifungal, antiviral, antibacterial, antiparasitic, and anticancer properties. Iodine is a potent antioxidant, even considered more effective than vitamin C or E. It is also effective in treating fibrocystic breasts and ovarian cysts. Iodine deficiency results in mental retardation, goitre, increased childhood and infant mortality, infertility and socioeconomic decline.

Iodine is a relatively rare element found on the earth. It is primarily found in ocean foods and seawater. Seaweed has been found to be one of the most abundant sources of iodine because rain has leached the minerals into the sea. It is

not very abundant on the earth and soils in most parts of the world have been found to have very low iodine levels. This we shall see is having a devastating effect on our health.

Every cell in our body needs iodine. Without adequate levels, life is not possible. It helps us utilize our proteins properly. Thyroid hormones increase protein synthesis in virtually every body tissue, increase oxygen consumption and play an important role in the body's ability to produce energy. These thyroid hormones control and regulate basal metabolic rates. In other words, they determine how fast and how efficiently the body is able to burn calories.

The thyroid gland contains the highest concentration of iodine than any other organ in the body. Large amounts are stored in many other areas of the body including the salivary glands, cerebrospinal fluid and the brain, gastric mucosa, choroid plexus (membrane enclosing the fetus and afterbirth), breasts, ovaries and the ciliary body of the eye (this secretes aqueous humor, the clear fluid that fills the front of the eye). Severe deficiency results in mental retardation and cretinism, spontaneous abortion, delayed intellectual development and attention deficit/hyperactivity disorder. Conversely too much iodine can be a problem.

Iodine is only present in foods if the plants are able to absorb it from the soil. Earlier in the 1900's iodine was added to salt. But it has been suggested that the RDA guidelines is inadequate to provide enough iodine to promote optimal thyroid function. So if we look to iodised table salt alone to supply us with adequate iodine, we shall certainly have a deficiency. Yet there are other factors to consider. In addition, although supplementation with a mixture of both iodine and iodide produces the most desirable effects, table salt supplies only iodine.

## Different forms of iodine

Jean Lugol, a French physician was interested in substances that could treat infections and became interested in iodine because it showed promise in this area. In 1829 he found that by adding potassium iodide to water increased the solubility of iodine. He began to use a solution that became known as Lugol's Iodine. This was a mixture of 5% iodine and 10% potassium iodide. Two drops of this solution contain 5 mg of iodine and 7.5 mg of iodide. Iodide is the reduced

form of iodine which contains an extra electron. Dr Lugol began treating many different infections with his solution with great success. He recommended 2 drops per day for a wide variety of problems. This is still very similar today for many problems. After iodine and iodide are ingested, they are absorbed by the gastrointestinal tract by the halide channel. Iodine is transferred inside the cell by diffusion.

## Goitrogens

Substances that interfere with iodide metabolism in any way that inhibits thyroid function are termed, goitrogens. The following is a list of common goitrogens.

- Bromine, fluoride, chloride, and astatine are from the same family as iodine, the halides. As such they compete with iodine and so inhibit iodine uptake.
- The psychiatric drug, lithium, inhibits hormone release from the thyroid. Arsenic antagonizes the mechanism of iodine uptake by the thyroid.
- Polycyclic hydrocarbons and phenol compounds derived from coal interfere with iodide metabolism.
- Vegetables from the cabbage family contain a goitrogen named goitrin. Foods containing goitrins include: cabbage, kale, cauliflower, broccoli, rutabaga, turnips, Brussels sprouts, and mustard greens and some soy products. These foods would have to be eaten in very large amounts to implicate them in thyroid disease, but when other factors are already contributing to a negative effect on the thyroid, these foods could potentially tip the scales. Cooking these foods does reduce the goitrin content.

## Iodine and halides

A most significant change to the food industry has directly impacted on our iodine status. In the 1960's iodine was added to the commercial baking industry as dough conditioner. Twenty years later bromine replaced iodine in the baking industry and today is found in many breads, cakes, biscuits and bakery products. Bromine is a halide (as is iodine, fluoride and chloride). All these halides interfere with one another for absorption and receptor binding in the body. So bromine and all these halides interfere with iodine utilization in the thyroid as well as wherever else iodine would concentrate in the body. This means that even though we may be taking in food that contains iodine, the halides that we may not even realise we

are taking in, directly or indirectly, will compete for the receptor sites in our body that should be used to capture iodine. If we are exposed to a lot of bromine, our body will not hold on to the iodine that it needs. It just gets excreted. Remember, iodine affects every tissue in your body — not just your thyroid.

Bromine (also known as bromide, bromate, brominated, brominated vegetable oil) can be found in a number of places in your everyday world, including:

- Pesticides (specifically methyl bromide)
- Plastics, like those used to make computers
- Bakery goods and some flours often contain a "dough conditioner" called potassium bromate
- Soft drinks including Mountain Dew, Gatorade, and other citrus-flavored sodas, in the form of brominated flavoured vegetable oils
- Medications such as Atrovent Inhaler, Atrovent Nasal Spray, Pro-Banthine (for ulcers), and anesthesia agents
- Fire retardants used in fabrics, carpets, upholstery, and mattresses
- Bromine-based hot tub and swimming pool treatments
- Found in some toothpastes and mouthwashes, where it's added as an antiseptic and astringent it causes bleeding and inflammation of gums in people using these products
- Even drinking water can be a source of bromide
- Found in personal care products such as permanent waves, hair dyes, and textile dyes, and is used as a preservative in some cosmetics
- Bromine and chlorine were the most common toxic elements reportedly found in automobiles. They showed up in the seats, armrests, door trims, gear knobs and other areas of the car

Aside from its effects on your endocrine glands, bromine is toxic in and of itself. Bromide builds up in your central nervous system and results in many problems. It is a central nervous system depressant and can trigger a number of psychological symptoms such as acute paranoia and other psychotic symptoms.

In addition to psychiatric problems, bromine toxicity can manifest as the following:

- Skin rashes and severe acne
- Loss of appetite and abdominal pain
- Fatigue
- Metallic taste
- Cardiac arrhythmias
- Weight problems
- Irritability

## Fluoride

Another halide that is most detrimental to our health is fluoride. There is much evidence to suggest that fluoride added to the water supply has been linked to fluorosis (discoloration of the teeth), hip fractures, bone cancer, lowering intelligence, kidney toxicity and other negative effects. It is known to be a toxic agent, and inhibits the ability of the thyroid to concentrate iodine. Fluoride was first reported to cause thyroid problems way back in 1854. Research has shown that fluoride is more toxic to the body when there is iodine deficiency.

German and Austrian scientists knew in the early 1930s that an overactive thyroid (hyperthyroidism) could be successfully treated by bathing patients in water containing minute amounts of fluoride. They had discovered nearly a century ago that fluoride blocked thyroid function. For the US government, long partnered with the pharmaceutical industry, to then force this same treatment on a nation of people with healthy thyroids under the lie that fluoride “prevents cavities in children,” is unconscionable. Fluoride has created a nation of suffering people seeking more drugs to treat blocked thyroids and fluoride toxicity. People must realise the detrimental effect fluoride toothpaste has on your health. We might drink bottled water, but most of us still bathe in fluoridated water. For those who are interested in removing fluoride from their water, make a thorough check of water filters on the market as not all the filters remove fluoride.

## Chlorine

Chloride, like iodine, fluoride and bromine is also from the halogen family. It is added to many swimming pools as a disinfectant and a whitener, but it is a toxic element and blocks iodine uptake. A byproduct of chlorine is dioxin, which is one of the most toxic carcinogens known to mankind. It does not readily break down in the environment. Chlorine and its byproducts are linked to birth defects, cancer, reproductive disorders including stillbirth and immune breakdown.

Other ways we can be exposed to chlorine is by being exposed to the steam of the shower as well as the dishwasher when the door is opened after dishwashing, and by using cleaning products containing chlorine.

## Perchlorate

Perchlorate can displace iodine binding in the body and is shown to cause thyroid cancer, goitre, hypothyroidism and disruption of the normal menstrual cycle as well as weakening of the immune system. It is found in a wide variety of products including car air bags, leather tanning and fireworks. Some ground water can be contaminated with perchlorate and vegetables that have been watered with water containing this have been shown to have high levels of perchlorate. It has shown up in dairy and human milk.

When we consider how common the halide family is, we realise how iodine is being crowded out of our bodies. These toxic halogens are making a bad situation (iodine deficiency) worse.

Studies done by Dr David Brownstein on his patients tested for the levels of halides in their body, all showed significant improvement to their health when they were treated with iodine. The iodine supplementation had a detoxifying effect on the body, and any toxic halides were released. After one month of supplementation, they showed improvement, but his experience showed that a healthy patient who is iodine deficient will require and average of three to six months of iodine supplementation to reach saturation. He also showed that the detoxifying effect of iodine worked on mercury and other heavy metals.

## Breast Cancer

Are the toxic halogens fluoride and bromine responsible for the epidemic rise in breast cancer? In studies done by Dr Brownstein on eight women with breast cancer and ten women without cancer showed that iodine levels were low in all patients. But tests showed that all women with cancer had elevated bromine and fluoride levels compared to those without cancer. This shows that breast cancer patients are absorbing and retaining larger amounts of toxic halides as compared to non-breast cancer subjects. Remember that the way to reduce the body's burden of toxic halides is by increasing the body's iodine levels.

## Iodine and the thyroid gland

Iodine is an essential to make all of the thyroid hormones. T4 (thyroxine) contains four iodine molecules. T3 (triiodot-

hyronine) contains three molecules. Without sufficient iodine supply, the thyroid gland is unable to make thyroid hormones in adequate amounts. It is unable to optimally function in an iodine deficient state. One result of iodine deficiency is goitre (swelling of the thyroid gland). Over a hundred years ago it was shown that goitre can be reversed by giving iodine.

The thyroid gland controls the metabolic activity of the body. In a hypothyroid state, there is lowered activity. Signs and symptoms of hypothyroidism (underactive thyroid) are:

- Weight gain
- Low energy – fatigue
- Increased need for sleep
- Cold hands or feet
- Intolerance to cold
- Dry skin
- Dry, coarse hair
- Hair loss or thinning
- Brain fog
- Impaired memory
- Insomnia, poor sleep
- Tingling in hands and feet
- Muscle pain
- Edema (swelling in ankles)
- Elevated cholesterol
- **Constipation**
- Bradycardia (low heart rate – fewer than sixty beats per minute)
- Decreased sweating
- Muscle cramps and joint pain
- Dry, itchy skin
- Thin, brittle fingernails
- Rapid thoughts
- Decreased concentration
- Nervousness
- Depression
- Poor muscle tone
- Female infertility
- Abnormal menstrual cycles
- Goitre
- Dry puffy skin, especially on the face
- Thinning of the outer third of the eyebrows
- Sluggish reflexes
- Anemia
- Difficulty swallowing, hoarseness, throat pain
- Shortness of breath with a shallow and slow respiratory pattern
- Irritability and mood instability
- Yellowing of the skin due to impaired conversion of beta-carotene to vitamin A
- Impaired renal function with decreased glomerular filtration rate
- Acute psychosis
- Decreased libido in men
- Decreased sense of taste and smell
- Deafness

- Enlarged tongue
- Cretinism — deafness and mental impairment of children caused by an iodine deficiency during pregnancy
- Vague aches and pains
- Swelling of the legs

## Pregnancy and infertility problems

During pregnancy there is a substantially increased need of thyroid hormones and substantial risk that a previously unnoticed, subclinical or dormant hypothyroidism will turn into full blown hypothyroidism. Subclinical hypothyroidism in early pregnancy, compared with normal thyroid function, has been estimated to increase the risk of pre-eclampsia and the risk of perinatal mortality. Even mild or subclinical hypothyroidism are known to adversely affect fertility. If a woman has inadequate iodine there is a greater risk of having a baby that has many different health and mental issues. It is important for women to detoxify halogens before becoming pregnant

## Grave's and Hashimoto's disease

Grave's disease is an autoimmune illness whereby the thyroid gland is attacked by the body's antibodies. This causes inflammation and swelling of the thyroid gland. Hyperthyroidism is common in Grave's disease. Hashimoto's disease is also an autoimmune disease where the body produces antithyroid peroxidase antibodies that causes an inflammation of the thyroid glands. In conventional medicine there is no known cause of Hashimoto's disease. The rising incidence of these two diseases correlates with falling iodine levels.

Conventional treatments use antithyroid drugs that block production of the thyroid hormone. Other treatments include surgery and radioactive iodine. However these treatments do not address the underlying causative factors of these illnesses. It would be worth readers researching this subject further and reading the stories that Dr David Brownstein cites in his book IODINE WHY YOU NEED IT WHY CAN'T LIVE WITHOUT IT. His book is an eye opener to the research and help he is giving his patients.

Symptoms of hyperthyroidism (overactive thyroid) are:

- Accelerated heart rate or palpitations

- Heat intolerance
- Nervousness
- Insomnia
- Breathlessness
- Increased bowel movements
- Fatigue
- Fast heart rate
- Muscle weakness and trembling
- Warm moist skin
- Staring gaze
- Unexplained weight loss
- Sweating
- Irritability
- Nervousness, agitation and anxiety
- Changes in menstruation, including scantier flow and increased cycle length.

Dr Brownstein gives documentation in how to treat autoimmune thyroid disorders in his book. To do this you would need to work with a health professional who understands iodine so they can monitor your levels of iodine/halide levels.

## Selenium

Selenium is a trace element that is essential for health. It cannot be manufactured in our bodies, so it needs to be taken in through our diets or by a supplement. Selenium is the primary mineral responsible for T4 to T3 conversion in the liver. Mercury strips the body of selenium, for the selenium stores get used up quickly because of its great affinity for mercury. Be aware that we need to have enough selenium in our bodies for our thyroids to function properly. But large doses of selenium can cause adverse effects. Once again it needs to be noted that it would be best to consult a health professional to ensure the correct doses of selenium and iodine.

## More iodine benefits

Iodine also induces apoptosis, or programmed cell death. This process is essential to growth and development and for destroying cells that represent a threat to the integrity of the organism, like cancer cells and cells infected with viruses. Human lung cancer cells with genes spliced into them that enhance iodine uptake and utilization undergo apoptosis and shrink when given iodine, both when grown *in vitro* outside the body and implanted in mice. Its anti-cancer function may well prove to be iodine's most important extra-thyroidal benefit

During the 19th century, iodine was considered the universal treatment: "If

nothing else works, try iodine" was the adage. Considering the broad range of symptoms of thyroid deficiency (fatigue, hypertension, depression, hair loss, hoarseness, dry skin, constipation, cold intolerance, concentration difficulties, immune defects, lack of stomach acid, muscle cramps, menstrual problems, adrenal problems, poor memory, inability to concentrate, weight gain, nervousness, infertility, irritability, bone thinning, just to name a few), no wonder it was promoted as the universal treatment.

Many organs need iodine, but can't absorb it until the blood measurements reach very high levels. The stomach and salivary glands are two such organs, but they can't uptake iodine in any significant amounts until the blood level reaches 100 times what the thyroid needs. Most people do not produce enough stomach acid as they grow older. It may be that low gastric acidity is caused by iodine deficiency, as iodine promotes stomach acidity.

In addition to fixing almost all cases of breast cysts, iodine also has a remarkable healing effect on ovarian cysts, and even on skin cysts. For these, just rub iodine over the affected cyst.

Iodine is found in large amounts in the brain, including the parts of the brain associated with Parkinson's disease and the ciliary body of the eye, a possible factor in glaucoma.

Iodine deficiency can lop 10 to 15 points from an affected person's IQ, according to the World Health Organisation (WHO) which also ranks Australia among about 50 countries known to have the deficiency. A study which focused on almost all babies born in Victoria from 2001 to 2006, has again found clear signs of the deficiency and that it may have gotten worse.

## How to Self-Test for an Iodine Deficiency

1. Dip a cotton bud into Tincture of Iodine.
2. Paint a 2 inch circle of iodine on your soft skin, like the inner part of your thigh, stomach or upper arm.
3. Wait. — If the yellowish stain disappears in less than 5 hours; then you are almost certainly extremely deficient; in less than 10 hours, then you are probably deficient; in less than 24 hours, then you may be deficient; if it remains or only slightly lightens after 24 hours then your levels are considered normal. You can

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# Bicarbonate Soda for Cancer

**Warning for readers who do not have cancer:** Do not take too much baking soda. Use it as a medicine. Too much baking soda will raise the alkalinity of the body too high, resulting in metabolic alkalosis. This is a severe medical problem. The body needs to be around 7 on the pH scale. Only use baking soda to bring it up from acid to neutral. It is recommended that you purchase some pH strips that can determine your saliva or urine pH.

Some years ago I heard of an oncologist in Rome Italy, Dr Tullio Simoncini who was having success treating cancer patients by using sodium bicarbonate. He was using it intravenously as well as orally. Since then I have discovered more information that I want to share with you.

Dr Joseph Mercola referring to Dr Simoncini using sodium bicarbonate

*“Sodium bicarbonate is safe, extremely inexpensive and unstoppably effective when it comes to cancer tissues. It’s an irresistible chemical, cyanide to cancer cells, for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen.”*

*“Sodium bicarbonate is, for all intent and purposes, a killer of tumors. At a pH slightly above 7.4, cancer cells become dormant. At pH 8.5, cancer cells will die while healthy cells will live.”*

*“Sodium bicarbonate possesses the property of absorbing heavy metals, dioxins and furans. A comparison of cancer tissue with healthy tissue from the same person shows the cancer tissue has a much higher concentration of toxic chemicals and pesticides.”*

*“This has given rise to a variety of treatments based on increasing the alkalinity of the tissues, such as vegetarian diets, consuming fresh fruit and vegetable juices, and dietary supplementation with alkaline minerals such as calcium, potassium, magnesium, cesium and rubidium. But nothing can compare to the instant alkalizing and oxygenating power of sodium bicarbonate for safe and effective treatment of cancer...”*

*“Tumors are not distinguishable from the infections that inhabit them. Naturopath Dr. Marijah McCain identified the primary cause of death in cancer patients to be not the cancer itself, but fungal overgrowth.”*

*“Dr. Simoncini says, “At the moment, against fungi there is no useful remedy other than, in my opinion, sodium bicarbonate.”*

*“Bicarbonate is a chemo agent and in fact is used in oncology with its horrid list of chemo agents, but it is used to buffer the effects of the dangerous chemo chemicals. Traditional chemo is just much too dangerous to undergo without sodium bicarbonate, meaning the side effects would escalate beyond acceptable limits if not used. In fact, so dangerous and toxic are most chemo chemicals that many people would die on the spot without softening the blow with bicarbonate.”*

*“There’s no need to fear bicarbonate intake. In fact, people who live in areas of the world with high amounts of bicarbonate in their drinking water have a strikingly decreased mortality rate and a decreased prevalence of disease.”*

*“Sodium bicarbonate, though often used as a medicine, is unlike pharmaceutical compounds. It is a natural non-toxic substance that does not require clinical trials for an assessment of toxicity. Spring waters contain bicarbonate ions which are coupled mainly with sodium, potassium, calcium or magnesium ions. A deficiency of bicarbonate ions in your body contributes to a range of diseases and medical conditions.”*

## From acid to alkaline

If cancer, as well as other health problems, are the result of the body being too acidic, consider the idea that by taking baking soda the body will become alkaline. A folk healer Jim Kelmun gives a simple home remedy that can stop and reverse the deadly growth of cancers. He claims *“There is not a tumor on God’s green earth that cannot be licked with a little baking soda and maple syrup.”*

His loyal patients swear by the man they fondly call Dr. Jim and say he is a miracle

worker. *“Dr Jim cured me of lung cancer,”* said farmer Ian Roadhouse. *“Those other doctors told me that I was a goner and had less than six months to live. But the doc put me on his mixture and in a couple of months the cancer was gone. It did not even show up on the x-rays.”*

Dr Jim discovered this treatment accidentally somewhere in the middle of the last century when he was treating a family plagued by breast cancer. There were five sisters in the family and four of them had died of breast cancer. He asked the remaining sister if there was anything different in her diet and she told him that she was partial to sipping maple syrup and baking soda.

Since then, reported by a newspaper in Asheville, North Carolina, Dr Jim dispensed this remedy to over 200 people diagnosed with terminal cancer and amazingly he claims of that number, 185 lived at least 15 more years and nearly half enjoyed a complete remission of their disease. When combined with other safe and effective treatments like transdermal magnesium therapy, iodine, vitamin C, probiotics and other items like plenty of good sun exposure, pure water and clay treatments we should expect even higher remission rates.

It is important not to use baking soda which has had aluminum added to it. One product which specifically states it does not include aluminum or other chemicals is Bob’s Red Mill, Aluminum-Free, Baking Soda. Sodium bicarbonate is safe and extremely inexpensive.

Some people believe that this works because the cancer cells love sugar and gobble up the maple syrup, and in the process give a free ride for the baking soda right into the cancer cell. The baking soda is like cyanide to cancer cells, for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen.

But Dr Simoncini does state that sodium bicarbonate can achieve positive results only in some tumours, while others – such as the serious ones of the brain or the bones - remain unaffected by the treatment.”

## RECIPE

Mix 3 parts **organic maple syrup** with 1 part **Aluminum free baking soda** ( Red Mill Brand) stir with low heat (not over 50degrees C or 120 degrees F) for 5-10 minutes and take 3 tsp per day for 1 to 2 months. The key to heating it is to put it on a super, super low temperature. If it tastes terrible, you burned it, which is easy to do. But if you keep it just warm enough to fizz and mix for five minutes, so the two substances get combined, then it tastes quite pleasant. This sure can't hurt. 100% pure maple syrup is also very good for you

The nice thing about this remedy, is that you can do it at the same time as anything else you are doing. You must also change your diet, eliminate all meat and especially no sugar!! and no white flour.

This treatment was first reported on the Cancer Tutor site. When mixed and heated together, the maple syrup and baking soda bind together. The maple syrup targets cancer cells (which consume 15 times more glucose than normal cells) and the baking soda, which is dragged into the cancer cell by the maple syrup, being very alkaline forces a rapid shift in pH killing the cell.

There are a number of health sites on the internet that you may be interested in looking up. It seems that as cancer becomes more common, more information is being shared and is becoming available. My belief is that God is now allowing us to hear of these simple remedies. We, then in turn, can share them with others. One last thought, many cancer patients are helped by using the bicarbonate body wrap The details on how to do this are on Back to Eden DVD Series 3 or contact Kaye for information.

<http://www.imva.info>  
<http://articles.mercola.com/sites/articles/archive/2009/08/20/Prostate-Cancer-Treatment-Choices.aspx>  
[http://www.relife.com/2008/baking\\_soda\\_maple\\_syrup\\_cancer\\_a](http://www.relife.com/2008/baking_soda_maple_syrup_cancer_a)

## Back to Eden

with **Kaye Sehm**  
& assisted by **Peter Sehm**  
on DVD series 2, 3 & 4

**4 different DVDs**  
Series 1 recipes & poultices part 1  
Series 2 recipes & poultices part 2  
Series 3 recipes & hydrotherapy  
Series 4 recipes & Herbs for your Health



These DVDs cover different recipes and remedies that Kaye has presented at many of her classes over the years. These will become a valuable resource for you as you share with your family and friends a better way to eat and different ways of treating physical problems with simple, inexpensive but effective home remedies.

*These DVDs are for sale at \$25 for each 2 disc set. They have been filmed at Steps to Life Studio.*

Call Kaye on 0260255018 or order online  
[www.kayesrecipesandremedies.com](http://www.kayesrecipesandremedies.com)

## Iodine... Essential to Health

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repeat this test every couple of weeks to see when your iodine dose can be reduced. Another way to self test is to take the **basal body temperature**. The first thing upon awakening in the morning while lying quietly in bed, place a thermometer under your armpit and lie quietly for 10 minutes. Do this for 3-7 days in a row. If your average temperature is under 36.5 or below, you have an underactive thyroid.

### Iodine Testing

A user-friendly, oral loading test can detect iodine deficiencies. Inorganic iodine is an ideal element for this test because it is absorbed by the gastrointestinal tract and is highly bioavailable with most of the ingested inorganic iodine/iodide excreted in the urine. You need to obtain this testing kit from a doctor or health professional.

Testing involves collecting urine immediately upon arising in the morning to use in what's called a spot test. Then, 50 mg. of potassium iodide and iodine is ingested. Urine is collected throughout the day until the first urine of the next

morning. The samples, including the baseline spot test, are shipped to the lab.

If the body has sufficient iodine, at least 90 percent will be excreted in the urine. In iodine deficiency, however, the body will hold on to some of the iodine to compensate for the deficiency. The more iodine that remains in the body, the more a person is iodine deficient and needs to begin supplementation.

After determining an iodine deficiency, supplementation should begin gradually, because iodine mobilizes toxic metals and goitrogenic substances from their storage sites potentially increasing peripheral levels high enough to cause symptoms. Testing should be repeated every three to four months to monitor proper iodine doses.

### Where to obtain Lugol's Iodine

Lugol's iodine is not easy to obtain. But it can be obtained from some compounding chemists. Ask around, and ask your Pharmacist to order it in. Try an internet search and you will be able to find a

supplier. The dosage needs to be given by a Health professional who understands iodine. Dr Brownstein in his book suggests that 2 to 6 drops of Lugol's can be taken daily.

This article is for your information and if you choose to take iodine, you will need to do your own research. We are all different and our need for iodine will vary considerably. Yet 2 drops per day in a glass of water is a safe, conservative dose. Dr Brownstein wrote in his book "Iodine is the safest of all trace elements, being the only one that can be administered safely for long periods of time to large numbers of patients in daily amounts as high as 100,000 times the recommended daily amount." One word of caution, if you know for sure if you have an allergy to iodine, which is extremely rare, do not take Lugol's.

The following book by Dr David Brownstein is highly recommended.

*Iodine Why You Need It Why You Can't Live Without It David Brownstein MD*  
*Iodine The Perfect Panacea by Elaine Hollingsworth Nexus Magazine April/May 2012*

## 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.....\$13  
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. Has 3 year shelf life.

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

**Comfrey Root Powder** 200g.....\$14  
Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.

**Comfrey Leaf** 100g.....\$9  
To use in poulticing or in oils and ointments. A great healing herb. Has lots of uses

**Cayenne Pepper** 200g.....\$8  
Can be taken internally to stimulate circulation, stop bleeding and used as a poultice on the skin to stimulate healing. Heat rating: 60,000 Scoville Heat Units

**Turmeric Powder** 200g.....\$8  
Is an antioxidant, anti-inflammatory, blood detoxifier and has many anti-cancer properties plus many more uses

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

**Activated Charcoal Powder** 2000g.....\$80  
**Activated Charcoal Powder** 1000g.....\$45  
**Activated Charcoal Powder** 500g.....\$30  
**Activated Charcoal Powder** 150g.....\$14  
**AgriLush Charcoal for the garden** 4.5 litres.....\$65  
Charcoal can be taken internally or used in a poultice. Sold in tubs.

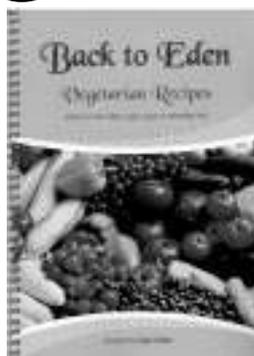
**Calcium Bentonite Clay** 500g.....\$18  
1kg.....\$30  
Use internally and externally to detox, heal and draw toxins from your body

**Hope Beyond Cancer DVD set with Jennifer & Candice Berghan** -  
5 disc set... August 2010 \$25; 3 disc set .. May 2011 \$15

**How to Lose Weight & Mind Body Connection with Karen Walters**  
5 disc set.....August 2011 \$25

Order by phoning Kaye on 02 6025 5018. Products are packaged in bags (except charcoal).  
or order online [www.kayesrecipesandremedies.com](http://www.kayesrecipesandremedies.com)  
Calculate postage: up to 500g costs \$6 postage; up to 3kg costs \$10 postage

## Back to Eden Vegetarian Recipe Book



**\$25**

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.

### 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

## Recipes

### FUDGY CAROB COOKIES

1 cup honey  
1 cup virgin olive oil  
1½ tspn celtic sea salt  
2 Tbspn molasses  
2 tspns vanilla  
¾ cup soy milk  
¼-½ cup light carob powder  
1½ cups chopped walnuts  
4 cups oat flour (whiz up approx 5 cups rolled oats to make oat flour)

Beat together first six ingredients well with mixer or by hand. Add remaining ingredients and mix together. Let sit for 10 minutes (add more oat flour if the mixture is too runny).

Drop spoonfuls on a greased tray or glad bake. Bake at 180° for 25 minutes. Watch they don't burn.

### LEMON BALLS

1 cup dried pineapple pieces  
1 cup golden raisins (or normal raisins)  
¾ cup raw cashews (or other nut)  
A few drops of lemon extract  
¼ tspn Celtic sea salt  
¼ cup fine coconut

Place cashews in food processor and whiz until quite fine. Add rest of ingredients in food processor. Whiz for about 1 minute. At first the mixture will remain crumbly and separate, then they will begin to stick together in a ball. Place fine coconut in a bowl. Scoop out fruit mixture a tablespoon at a time and shape into a ball with your hands. Roll in coconut. Place in storage container and chill before serving. VARIATION: Use other dried fruits or nuts, such as apricots, cranberries, dates, almonds and walnuts.

### New Product

Corn silk Tea.....This tea can be used for bladder infections

100g \$8

# Back to Eden Health Meetings 2012

## Healthy Alternative Lifestyle Classes

Our weekly health meetings have been conducted for some time now. We have been covering lots of information. They are being held at the Albury River Community Church each Tuesday morning at 10-12 noon. Feel free to join us if you would like to start to attend. You can come along for just one class, or you can become a regular.

### A Depression Recovery Program

Last year we ran a Depression Recovery Program. This was very successful. We are pleased to announce that we are about to commence another series. This program is unique as has been very successful in turning around depression in many people. Dr Nedley teaches that the cause of depression arises from at least four of ten factors: genetic, developmental, lifestyle, circadian rhythms, nutrition, toxicity, addiction, social, medical and frontal lobe.

For some depression will be rooted in a combination of genetics, circadian rhythm disturbances, upbringing and social factors. For others, depression may be rooted in eating the wrong foods combined with harmful addictions and adverse frontal lobe factors. During this course we will learn to identify these and look at how they can be minimised or eliminated. You will be given specific tools to aid you on your road to recovery.

Read the dates of the course carefully. There will first be a orientation program where you will be shown what the program entails. We then will enroll people. Four weeks later, after the supplies of books from America have arrived, we will commence the eight week series.

Come along and learn what you can..... use this information to help yourself as well as others.

### Are these the only classes offered?

Sunday Vegan Vegetarian Cooking Classes. Note that these classes are very popular and there are limited vacancies. Book early to avoid disappointment. Note that the program on June 17th will be totally gluten free.

### Weekly classes will be conducted at

Where: **The River Community Church**  
**524 David Street (opposite Myer car park)**  
**Albury NSW**

What time: **Each program will commence on Tuesday mornings at 10-12 noon**  
Tuesday 17th April.....normal weekly program  
 **Tuesday 24th April..... Depression Recovery Program free orientation program**  
Tuesday 2st May.....normal weekly program.  
Tuesday 8th May.....normal weekly program...  
Tuesday 15th May.....normal weekly program.  
 **Tuesday 22nd May and each Tues for 8 consecutive weeks..... Depression Recovery Program**

Cost: **\$5 per person for normal classes, Depression Recovery Program cost to be advised**

### Cooking Classes will be conducted at

Where: **Sehm's house**  
**496 Hague Street**  
**Lavington NSW**

Bookings: Phone Kaye on 0260255018  
(leave a message if unattended)  
or Beat on 0260253584

What time: **May 20 and June 17 at 2- 4.30 pm**

Cost **\$12 per person**

**Come along to these classes. Tell your friends! Meet with like-minded people and make new friends.**