

Back to Eden

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Since the last newsletter I have just completed a few very busy months. We had our normal fortnightly classes at my home because the usual venue is under renovations. After each class we had a lovely but simple lunch. We have these lunches because it gives those attending a few ideas on how easy vegan cooking is.

Then I headed down to Highwood Health Retreat where we held a week long Training Health School. It was very successful. There were 26 attending, plus we had a few extras sitting in the classes. It was great to make new friends and share with them the incredible information we have. I believe that I am very blessed to understand many health principles and my burden is to share these with as many folk as will listen.

Next we drove five hours west of where I live to a place called Balranald. Here we made some more friends. People everywhere are interested in how they can help regain their health using as many natural remedies as possible. A hello to the readers from the CWA group there.

This was followed by two sessions in the ladies tent at the Henty Field Day. I know lots of folk heard of many simple remedies for the first time.

In another month I am heading off to New Zealand and Tonga. I have been to New Zealand a number of times and look forward to seeing lots of people I have met on previous trips. After this, I will head off to Tonga and share again with the folk over there. This time I am planning to have two teaching schools, similar to the one that was conducted at Highwood. I am very keen to have some people in Tonga who understand the principles of how to prevent diseases and regain health.

If any reader have stories of how they regained health, please contact me. I love hearing these.

Don't forget to read the last page for information on coming classes.
From Kaye and the Back to Eden team

Fluoride... and its dangers

Is your drinking water poisoning you slowly? Australia is one of the many countries across the world that have added fluoride to the public drinking water of many towns and cities. People have been told that adding this to the water supply will reduce tooth decay and prevent cavities. It is a topic that is hotly debated by many who believe that it is not necessary and is very harmful to consume.

Even though public officials and dentists tell us it is very safe, is there another side to the story that we need to know? How much impact does it really have on our health? Let us look at some important facts so we can be educated.

Nearly all the fluoride added to public water supplies is not naturally occurring fluoride at all. Calcium fluoride appears naturally in underground water sources and even seawater. Enough of it can cause skeletal or dental fluorosis, which weakens bone and dental matter. But it is not nearly as toxic, nor does it negatively affect so many other health issues as sodium fluoride, which is added to many water supplies. In fact, it's actually a combination of two very toxic chemicals, hexafluorosilicic acid and sodium silicofluoride. They are actually classified as hazardous waste and when packaged for transportation, they must be labeled as poison and handled by workers wearing industrial safety gear. The sodium fluoride obtained from industrial waste and added to water supplies is also contaminated with lead, aluminum, and cadmium.

The origin of fluoride

Phosphate is an important mineral used in fertilizers. It's mined from natural rock deposits scattered across the world. The phosphate rock is then refined by mining

companies to produce phosphoric acid. This is one of the main ingredients in carbonated sodas such as Coke and Pepsi. Phosphoric acid is often compared to battery acid. It's a highly acidic liquid that is believed to be the primary reason why drinking soft drinks can result in kidney stones and a loss of bone mineral density.

Phosphate rock is also used to create fertilizers. The problem is, phosphate is often contaminated with high levels of fluoride - as much as 40,000 parts per million, or up to 4% of the raw ore. To remove the fluoride, sulfuric acid is added to a wet slurry of phosphate and water. This causes the fluoride to vaporize, creating highly toxic gaseous compounds such as hydrogen fluoride and silicon tetrafluoride. Prior to World War II these toxic chemicals used to be released directly from the smokestacks of phosphate mining operations which led to considerable damage to local farmland and grazing cattle. Today, most of the hydrogen fluoride and silicon tetrafluoride are captured in wet scrubbing systems producing a solution of hexafluorosilicic acid, together with other toxic contaminants such as arsenic, lead and trace amounts of radioactive isotopes.

In order to stop this environmental destruction, the phosphate mining industry discovered a way to capture the toxic fluoride chemical vapors so that they wouldn't be released into the air and kill the surrounding livestock and vegetation. They installed "wet scrubbers" that captured the toxic fluoride chemicals, preventing them from being released into the environment and killing the plant and animal life living nearby.

It is from these wet scrubbers that toxic fluoride chemicals are harvested. They're collected, re-packaged, shipped to your local city, then dumped into the public water supply. So instead of these toxic fluoride chemicals being released by the phosphate mining smokestacks, they are instead captured, and then released into the water supply of large cities where the chemicals then

contaminate the water of millions of people at a time. This is called water fluoridation.

It is considered a violation of federal law to dump hexafluorosilicic acid or sodium silicofluoride into the water. Such an act, in fact, is considered an act of terrorism. Yet it is mysteriously allowed today as long as it is accompanied by a loosely-justified claim that “we’re doing this to stop tooth decay.”

But setting aside for the moment the inconvenient truth that water fluoridation involves the illegal act of dumping hazardous waste into the water supply, there’s another important question in all this: Do these toxic fluoride chemicals actually prevent cavities?

Another point we must consider is how much water is actually used by the average person. Most is used for showering, washing dishes, washing clothes, gardens and pools. Only a very small amount of the fluoride added to the water supply comes into contact with the teeth. But it does end up somewhere – it contaminates the rivers, lakes and eventually the oceans of the world. So what was originally a toxic waste product, because of some water fluoride policies, can now be dumped in our water supply and the Phosphate mining companies can even profit by selling this hazardous waste to our towns.

Not all countries have accepted to have their water fluoridated. Australia is one of many countries that have water fluoridation programs currently operating. As of March 2012, artificially fluoridated drinking water is provided for 70% or more of the population in all states and territories. The United States is only one of eight countries in the entire developed world that has more than 50% of their water supply fluoridated. Most of mainland Europe is not fluoridated and their teeth are just as good as ours. In addition to this, it is estimated that 32% of American children have been overexposed to fluoride because they have this telltale sign of dental fluorosis which in its mildest form are little white specs. But when it gets more serious, it affects more of the surface of the teeth and it becomes coloured; yellow, brown, orange and so on, mottling of the teeth.

Fluoride is a neurotoxin

Most people are unaware that fluoride can injure the nervous system and even cause cancer. Dr Russell Blaylock, a nationally recognized board certified neurosurgeon, health practitioner, author and lecturer, says that

“Degenerative brain diseases such as

Alzheimer’s are possibly linked to drinking fluoridated water. Cancer, behavioral problems, thyroid suppression, male infertility and impotence are also some examples of what may happen to the body when too much fluoride is present. And the combination of fluoride and aluminum is toxic enough that scientists warn about its connection to Parkinson’s and Lou Gehrig’s diseases. Fluoride will not kill you outright or cause dementia over a short period of time. But at certain levels it will accumulate in your brain and can lead to a form of degeneration.”

A number of recent studies show significant damage to the brain by fluoride. One study showed that rats given fluoride while still in the womb became hyperactive, much like what we see in childhood ADHD. Newborn and adult rats given fluoride reacted much differently; they became “couch potatoes.” The reason for this is that brain development in the prenatal situation is extremely different from that in the postnatal situation. So there are different regions of the brain that are developing, therefore you’ve got different regions of the brain that are going to be susceptible. So it is not at all uncommon to have the long term outcome be strikingly different.

It has been discovered that fluoride can accumulate in the brain. With every drink of water, the fluoride levels in the brain increase — and so does the danger to you.

Dr. Phyllis Mullenix, a leading neurotoxicologist, developed a sophisticated method to study behavioral patterns using a computer. She photographed test rats given fluoride and feed the results into a computer program. Much to her surprise, she discovered that the fluoride was causing significant behavioral problems, not only when rats were exposed in the mother’s womb, but also soon after birth and even as adults. Upon examining seven areas of the animals’ brains she found that the longer an animal drank fluoridated water, the higher the brain level of fluoride. She also found that a high accumulation of toxins over time reaches levels that always cause brain injury.

In 1994, after refining her research and findings, Dr. Mullenix presented her results to the *Journal of Neurotoxicology and Teratology*, considered probably the world’s most respected publication in that field. Three days after she joyfully announced to the Forsyth Institute that her research had been accepted for publication by the journal, she was dismissed from her position. Somehow her equipment was destroyed in an “accident” and her lab animals were killed and destroyed. Someone wanted her findings suppressed.

Brain damage

There are approximately 100 animal studies have also linked fluoride to brain damage. Studies are coming from Mexico, China, Japan, Spain, Italy, Ireland, Sweden, Canada and England that are finding fluoride is very toxic to the brain. In parts of China where children drink fluoridated water their IQ was measured at being 10 points lower than children in non-fluoridated cities. In Mexican studies an article in the journal *Epidemiology* showed that children drinking water with EPA-approved fluoride levels had problems with reading and writing. Care was taken to control for factors that might adversely affect the results. In fact, urine fluoride levels were measured to prove that the greater the fluoride exposure the worse the tests results.

Over the last several decades, an astonishing twenty-four studies have established a statistical link between fluoride exposure and low IQs in children. One study conducted by the Centre for Endemic Disease Control in China found that each additional milligram of fluoride detected in every litre of a child’s urine was associated with a 0.59 point decrease in their IQ score. Another study found that fluoride exposure slashed the number of children achieving “high IQs” by more than 70%.

It shouldn’t be surprising, of course, to learn that a consuming a hazardous chemical might impair brain function. Water fluoridation, in turns out, may be the root cause of the alarming drop in academic aptitude among children in first-world nations. Historically speaking, the mathematics that used to be taught to fourteen year old students in the 1950s are now tertiary level courses. Maybe the reason why students can’t read or spell is because they have been drinking too much fluoride.

The Alzheimer’s Connection

What is the connection between Alzheimer’s disease and fluoride? Studies show a connection between Alzheimer’s disease and fluoride. It may not be the only cause, but it certainly is implicated in it. One study found that fluoride in the drinking water of rats caused significant reduction of a brain receptor critical for learning and memory, which are the same receptors reduced very early in Alzheimer’s disease. Another study showed that fluoride added to water in the presence of small amounts of aluminum caused severe destruction of brain cells in the part of the brain controlling learning and memory, the hippocampus.

Alzheimer’s patients and children with Downs also have dramatic increases in

gut absorption of aluminum. In one study, fluoride increased by seven times absorption of aluminum from the gut and significantly increased the entry of aluminum into the brain. We are all exposed to numerous sources of aluminum — in foods, canned drinks, aluminum cans and cookware, deodorants, vaccinations, medications and pesticides. And there is further compelling evidence that aluminum plays a major role in Alzheimer's disease and possibly Parkinson's and Lou Gehrig's diseases.

The combination of fluoride and aluminum is so toxic that even in concentrations half those added to drinking water will cause severe destruction of critical brain cells. Many people have problems with their memories and do not realize that these two toxins will cause you to have a hard time thinking, remembering and performing normal brain functions. Combining aluminum and fluoride may very well increase the risk of ADD, ADHD, dyslexia and other developmental brain disorders of children, especially when combined with other toxins from the environment. These studies are compelling and frightening.

The Pineal Gland

Another not commonly known organ victim of fluorosis is the pineal gland, located in the middle of the brain. The pineal gland can become calcified from fluorides, inhibiting its function as a melatonin producer. Melatonin is needed for sound, deep sleep, and the lack of it also contributes to thyroid problems that affect the entire endocrine system. Melatonin regulates the onset of puberty in boys and girls, it regulates the onset of sleep and it protects the brain against damage by free radicals and what is known as lipid peroxidation, the main destructive reactions seen in all degenerative brain diseases. In fact, individuals with Alzheimer's disease commonly have lower melatonin levels than do individuals of similar age. Various combinations of sodium fluoride are also in many insecticides for homes and pesticides for crops. Sometimes it is even added to baby foods and bottled waters. Artificial foods and ingredients, toxic levels of hormones from treated animal foods, poor nutrition, weak immunity, and sodium fluoride are largely blamed for the rampant calcification of the pineal gland worldwide. Some experts suggest that exposure to radiation via cell phones is another contributor.

A calcified pineal gland is associated with several disorders as well as inhibited enzyme function. These include weight gain or obesity, slow thyroid, digestive disorders, kidney trouble, poor circulation, confusion, loss of sense of direction, mood

or mental disorders, lack of vision and lowered IQ.

A recent study by Dr. Jennifer Luke at the School of Biological Sciences at the University of Surrey in England proved that fluoride accumulates in the pineal gland in the brain. In the pineal glands from six elderly people dying of unrelated causes, she found fluoride levels 2,500% higher than other areas of the brain. The fluoride was accumulating in enormous amounts in the calcium deposits normally found in the pineal of older people.

But it is the latest findings that are so startling. Young girls who live in cities with fluoride in the water have been known to begin menstruating five months sooner than their counterparts in non-fluoridated towns. Newborns with the lowest melatonin levels had the most problems with behavioral development.

Fluoride and Baby's Brain Development

Since baby animals exposed to fluoride develop high levels of free radicals in their brains, it makes one wonder what happens to human babies. Unfortunately, it is the same damage. Researchers examined the brains of aborted babies five to eight months into a pregnancy who were from areas having naturally high fluoride levels in the drinking water.

What researchers found was alarming. The brain cells of the babies were grossly abnormal and nerve fibres were not even compatible with typical human nerve fibres. The brain cells in the babies were grossly abnormal and the nerve fibres were misplaced and swollen. These brains were miswired. Keep in mind the fluoride levels in the drinking water were within the "safety guidelines" established by the EPA. No other causes for this damage were found.

We must remember that any other drinks we may be taking, if made with fluoridated water will increase our total exposure. Many foods and drinks also processed using water containing fluoride. Pesticides, too, are a problem, because they contain cryolite, a compound containing aluminum and fluoride in high concentrations. Interestingly, workers in cryolite industrial plants have been found to have a high incidence of thinking disorders as well as genetic damage.

When fluoridated water is watered on plants, a small amount is absorbed into the plant. While not all crops uptake fluoride from water in the same amounts, many absorb significant amounts of fluoride

through their root systems every time they are watered. Tea plants, for instance, are among the worst when it comes to absorbing fluoride from soil and water, and storing it in their leaves. Grapes are another crop that tends to accumulate fluoride in high levels as well. Fresh fruits and vegetables have relatively low levels of fluoride compared to what is found in fluoridated water, reconstituted juices, dried fruit, and other sources, but levels can vary, and particularly in the case of conventional produce, fluoridated pesticides and herbicides can add to overall fluoride exposure and intake levels.

Cancer

In 1975, Dr. Dean Burk, the former chief chemist of the National Cancer Institute, and Dr. John Yiamouyiannis conducted a study comparing cancer death rates in the 10 largest fluoridated cities matched with the 10 largest non-fluoridated cities. These cities were matched for equal cancer death rates before the fluoridation experiment was begun. They found that once cities began including fluoride in their drinking water, cancer death rates began to climb. After 13 to 17 years of fluoridation of their drinking water, these cities experienced a 10% increase in cancer death rates compared with the non-fluoridated cities. The incidence of cancer would be even higher than the cancer death rates, since many people with cancer will not die of the disease during the years studied.

The Centers for Disease Control and Prevention (CDC) repeated the study using a larger number of cities and found similar results. Interestingly, both scientists proved their case in court against representatives from the National Cancer Institute. Several other doctors found even more frightening associations between fluoridation of drinking water and cancer incidences. Dr. Donald Austin of the California Tumor Registry discovered the cancer death rates in California were 40% higher in fluoridated communities and Dr. Victor Ceilioni showed the cancer death rates in Canadian cities were 15% to 25% higher in fluoridated Canadian cities compared with non-fluoridated cities.

Although a heavy proponent of fluoridation, the U.S. Public Health Service discovered similar results as Drs. Austin and Ceilioni after following up its initial fluoridation program. In the first of the fluoridated cities in the U.S. — Grand Rapids, Michigan - the Public Health Service found a 22% increase in cancer death rates compared with the non-fluoridated control city of Muskegon, Michigan.

We can now see a strong connection between fluoridated drinking water and

cancer death rates. And the evidence gets even stronger. As a result of these studies and the fact that the U.S. Public Health Service could not defend fluoride safety, the American Congress ordered a study of the problem to be conducted by the Battelle Memorial Institute in Columbus, Ohio.

The Battelle Institute announced its findings and released proof of the connection between fluoride and cancer of the mouth in February of 1989. The study showed: At 45 parts per million (ppm), there was a 12% increased incidence of oral cancers, such as cancers of the tongue and gums. Subsequent studies did indeed show that the incidence of oral cancers in fluoridated vs non-fluoridated cities was 33% to 50% greater.

Toothpaste can contain between 1,000 and 1,500 ppm fluoride. Fluoride gels used in dental offices contain up to 15,000 ppm. New fluoride varnishes release a high concentration of fluoride continuously in the mouth.

Yes, fluoride is a poison and is more poisonous than lead and just less poisonous than arsenic. For this reason the Food and Drug Administration dictates that a warning be placed on all fluoride containing toothpaste. The warning states "keep out of reach of children" and if more than a pea sized amount is swallowed, "get medical help or contact a poison Control Centre right away". Most people use much more than a pea sized dab of toothpaste to brush their teeth. If fluoride is supposed to be absorbed into the teeth while we are brushing, won't it be absorbed into the mucous membranes in the mouth, which are much more absorbent than the teeth? We are warned that fluoride is dangerous when swallowed, yet when it is added to our drinking water we are supposed to believe it suddenly loses its toxicity.

Fluoride, Bone Cancer and Young Men

The bones accumulate more fluoride than any other tissue with the exception of the pineal gland. The Battelle study found that the longer one lives in a fluoridated community, the higher one's bone fluoride levels are. In fact, animals exposed to 45 ppm of fluoridated drinking water showed an increase in a rare form of bone cancer called osteosarcoma - in human studies the fluoride concentrations in bones found levels greater than 2,000 ppm.

Osteosarcoma is a tumor most commonly seen in young men in their late teens and twenties. If the Battelle study was accurate, one would expect to see a rise in osteosarcoma in young men in fluoridated

communities. A 1992 study by the New Jersey Department of Health shows heavy increases, some as high as 50%, of the occurrence in osteosarcoma in young men and 3 to 7 times higher incidence of this cancer in young men in fluoridated communities vs. non-fluoridated.

Even more shocking is the fact that the distributor's own scientists (Proctor & Gamble) found a link between fluoride ingestion and bone cancer risk before they began adding fluoride to their brand toothpaste. This information was not released voluntarily but required a Freedom of Information lawsuit to obtain it.

Another P&G study shows that scientists also found genetic damage to cells exposed to just 1 ppm of fluoride, the same dose added to drinking water. This relation to genetic damage has been confirmed by several independent researchers.

Other types of cancers associated with fluoride exposure include: Industrial exposure to airborne fluoride shows a 35% increase in lung cancer. There is also a 129% higher incidence in laryngeal cancer. Significant data show an 84% increase in bladder cancer. In fact, in the Battelle study fluoride caused a rare liver tumor that can be produced in experimental animals by only one other toxin - uranium.

Fluoride and Crippling

Skeletal fluorosis is a rarely used term in the United States but often discussed in medical journals overseas. Not that it doesn't occur in the U.S., it's just shrouded in secrecy and not revealed to the public. Few American doctors have even the slightest understanding of the condition.

As you have learned, the bones accumulate fluoride in very high concentrations and continue to do so the longer you drink fluoridated water. Dr. Hardy Limeback, a professor of dentistry at the University of Toronto who also conducted studies on fluoride levels in the bones of people living in fluoridated communities versus non-fluoridated communities, found that the former had fluoride bone levels two times higher than the latter. In 1993 the National Academy of Sciences admitted that when bone fluoride levels reached 7,500 to 8,000 ppm, stage 2 and 3 skeletal fluorosis was likely to occur.

Skeletal fluorosis is when fluoride accumulates in bones and it stimulates the bone-generating cells, known as osteoblasts, to over-produce bone calcium in what are commonly known as bony overgrowths or bone spurs. These can appear over the joints, within ligaments and

especially within the spinal bones. With extensive overgrowth (stage 2 and 3) a person becomes crippled. Bone overgrowth on the spinal bones can compress spinal nerves and even the spinal cord. We call this condition spinal stenosis. Spinal stenosis is a very common disease that can affect the young as well as the elderly. It is much more common after age 50.

Bone Fractures and Fluoride

A very real problem with the elderly is when they fracture their hip. Up to half of these die prematurely, and of those who survive many never walk again. Any type of bone fracture is very painful and unfortunately quite common among the elderly. Many of these do not realize that the bones have become weak from ingestion of fluoride.

When fluoride is present in the bones it is shown to weaken the cortical bone, that part that gives the bone strength. One study among Utah's Mormon community found that fluoridation of the drinking water increased the incidence of hip fractures by 27% in women and 41% in men.

Fluoride and the Thyroid

In the past, medical doctors used fluoride tablets to reduce the activity of overactive thyroid glands (hyperthyroidism). Subsequent studies have found that fluoride also suppresses the activity of the normal thyroid as well, inducing a condition called hypothyroidism or goiter. A study done in China found that thyroid enlargement was almost 10 times greater in areas with high fluoride levels in the drinking water. When someone has very low or high iodine levels, the thyroid will accumulate more fluoride than any other gland. Studies were done and confirmed on animals that fluoride in drinking water inhibits the thyroid gland. So many women are suffering thyroid problems and are not aware of the fluoride link.

Pregnant women with low thyroid function need to be very aware that they are at a greater risk for their babies having severe mental retardation, thereby impacting the fetuses' brain development. According to an article published last year in The Journal of Clinical Investigation, a child's mental development is directly related to the mother's thyroid function during the 12th week of pregnancy. With fluoride's ability to suppress thyroid function, even mild depression of the thyroid can cause a significant increase in the incidence of mental retardation in children in fluoridated communities. This may explain the finding of significant increases in Down syndrome in fluoridated communities.

Fluoride, Male Infertility and Impotence

Reduced sperm counts can have many causes, but the relation to infertility in men who work in cryolite (50% fluoride) and aluminum factories have been reported. Supporting evidence shows that fluoride added to the drinking water of experimental animals causes significant reductions in sperm counts, lower testosterone levels and a dramatic increase in abnormal, mutated sperm. This has been shown in many animal species as well as in humans.

Male fertility has been hampered by free-radical generation in the areas of the testes that produces sperm. This could explain not only infertility in many men living in fluoridated areas but also genetic defects in their offspring should they be able to conceive, especially those with higher intakes of fluoride.

What About the Teeth?

Originally it was claimed that fluoridating drinking water would prevent cavities. One dentist commissioned by the U.S. Public Health Service found that people in high-fluoride areas had fewer cavities but they also suffered from a condition called dental fluorosis, which leaves the teeth brown and mottled.

Recent studies have shown an incidence of dental fluorosis from 30% to 60% in fluoridated communities. With so many generations having been exposed to high fluoride levels over a lifetime, the problem can only get worse. In essence, does fluoridation of drinking water prevent cavities? The largest study ever done in America, involving 39,000 schoolchildren, found no overall reduction in cavities in communities with fluoride in their water.

It was also shown in this largest study that children who live in areas with no fluoride in the water had lower cavity rates. In fact, cavity rates dramatically fell even before fluoride was added to toothpaste. It is also important to note that virtually all European countries have banned water fluoridation. The most heavily fluoridated country by government policy in the world is the United States.

Another study, by Dartmouth University, shows that children living in fluoridated communities have blood lead levels twice that of non-fluoridated communities. That could mean more incidences of poor learning ability, increased violence, higher suicide rates and greater drug use among children.

More problems

People with impaired kidneys should avoid fluoridated water has been known to medical doctors for years. The only two significant means from clearing fluoride from the body is the kidney and stored in the bones. If kidney function is impaired, the chemical will be absorbed by the bones resulting in altered bone formation.

Diabetics are unable to excrete salts (sodium fluoride is one) as well as normal people do, and because they are drinking lots of water, they may get a chronic toxic dose.

Increasing numbers of researchers now believe that the sodium fluoride added to water supplies causes all the previous mentioned problems plus allergies, arthritis, arthralgias, (arthritic-like pains in the joints), nervousness, some rashes and itches, urinary tract infections, leaches minerals from the bones and causes mineral imbalances, increases lead absorption, disrupts collagen (the major connective tissue of the body which causes wrinkling and aging), causes hyperactivity or lethargy, muscle disorders, inactivates and poisons over 100 enzymes, inhibits the formation of antibodies and disrupts the immune system. Remember, fluoride affects all these even when take in minute doses.

What Products to Avoid

Simply put, stop using fluoride in its many forms. This includes avoiding teas high in fluoride, fluoridated water, toothpaste with fluoride, vaccinations, since they contain fluoride and aluminum, pesticides or herbicides near or in your home, medications containing fluoride. Don't forget that many products that use water will be using fluoridated water. Also, do not use lemon in your tea (if using fluoridated water), since it will increase aluminum absorption enormously. Do not cook in aluminum or Teflon-coated cookware, and avoid using Teflon products. Avoid the use of spray cans, such as hair spray, and getting rid of aluminum cans, such as those containing diet colas. Health food stores offer toothpaste without fluoride.

It is critical that mothers choose any infant formula very carefully, especially if they are reconstituted with fluoridated water. Soy-based formula has very high levels of brain toxins, and a baby's brain is the most vulnerable until the age of two years.

Conclusion

So my advice for you. Don't drink unfiltered tap water. In addition to the toxic fluoride chemicals, tap water is also usu-

ally contaminated with chlorine and even dangerous elements from old water pipes. Buy a good countertop water filter from a company, preferably reverse osmosis.

Help fight against water fluoridation in your local city or town. If your city is like most cities, water fluoridation policies have been pushed by dentists and doctors who are technically ignorant of the origins and the composition of fluoride, and yet they seek to assert power over the composition your local water supply. They essentially attempt to mass-medication the entire population with what can only be called a "drug" - a biologically active chemical that they claim can prevent a health condition.

It has been reported that Hitler used fluoride in the water to make the people docile and accepting of the circumstances the people were in. We can be assured that Hitler was not interested in the people's teeth.

And yet, has this "drug" called fluoride ever received FDA approval as a drug? Have the individual members of the population been individually assessed for their need for such a drug? Have medication doses and drug interactions been considered? Has anyone even been written a prescription for this drug? The answer is no. Fluoride is an unapproved drug, being used in a highly illegal mass-medication scheme that provides an excuse for the real agenda of disposing of a highly toxic hazardous waste chemical. It's time to stop fluoride.

*Blaylock Wellness Report by Dr Russell Blaylock
The Fluoride Deception Mike Adams Natural News
Dr Mercola.com*

Toothpaste recipe Tooth Paste & Powder

3 parts Bicarb Soda (antibacterial, cleansing, alkaline, deodorizing)
1 part Sea Salt (or less), finely ground (mildly abrasive)
2-6 drops Peppermint or any other essential oil (or to taste)
Stevia (as sweetener, optional)
Other ingredients that can be used:
Bentonite Clay or Calcium Carbonate.

Mix ingredients and fill in a small container. Dip toothbrush into the powder and use like commercial toothpaste. You'll find that this mixture has a different but satisfying taste and leaves your mouth feeling very fresh and soothed.

For a paste add 3 tsp glycerine for every ¼ cup of tooth powder recipe. Mix the ingredients thoroughly and add just enough water to make into a paste. Spoon mixture into a small refillable squeeze bottle or any container that dispenses easily.

Eight Health Warnings

your fingernails may be sending

Fingernails and disease don't go together in most minds... but they should. Your fingernails can give you valuable health warnings and signal the presence of serious disease. Take a good long look at your nails. Hold a hand level with your nose about a foot out from your face and scrutinize each one.

Look at the curves, dips, ridges, and grooves. Check out how thick or thin they are and if your nails are chipped or broken. Make a note of the color of the nail itself, the skin under it, and the skin around the nail.

Check your memory — have your nails always looked like this? Changes to your fingernails and disease onset are linked, so note any new developments. With this fresh view, compare what you see with this list of eight potential fingernail health warnings.

1. Discolored nails

A healthy fingernail should be pink with a touch of pinkish white (moons) near the base. If your nails are a dull color or streaked with other colors, you may have a serious hidden health problem.

- Green nails are a sign of bacterial infection
- Red streaks in your nail bed are a warning of a heart valve infection
- Blueish nails signal low oxygen levels in your blood
- Dull nails mean a vitamin deficiency
- White nails may signal liver disease, such as hepatitis
- Dark stripes at the top are associated with aging and congestive heart failure

Scrub those nails clean and really look at your nail color! Given the “rainbow” of potential health challenges, you want to be sure you see what your fingers are saying.

2. Thick nails

Thick nails are not natural. You want your nails to be strong, but if they resemble talons or claws more than traditional nails watch out!

- Thickened nails that are otherwise normal can signal lung disease
- Thick and rough-textured nails can signal a fungal infection
- Thick and separated nails may mean thyroid disease or psoriasis
- Unusual thickness may also be a symptom

of a circulation problem

Thickening nails are a change that should tune you in to other health symptoms you may be ignoring. Also watch out for allergic reactions to new medications which can show up as suddenly thick nails!

3. Split nails

Split nails aren't just occasionally chipped or shut in doors. Instead, these nails seem to flake away in layers. Don't blame frequent handwashing or nail polish for everything, especially since:

- Split nails result from folic acid, Vitamin C, and protein deficiencies
- Split nails combined with a pitted nail bed (base) can signal psoriasis, which begins in nails 10% of the time
- Split nails may result from chronic malnutrition

Watch what you eat and check the psoriasis connection to fight back and pay more attention to your health overall.

4. Concave (Spoon) nails

Spoon fingernails signal a number of internal issues. To be considered full spoons, nails will be soft and curve up, forming a dip that is often big enough to hold water. Spoon nails signal:

- Iron deficiency (usually from anemia)
- Hemochromatosis, a liver disorder where your body absorbs too much iron
- Heart disease
- Hypothyroidism

Your fingernail and health challenges go hand in hand — for many people, clearing up their health issue results in their spoon nails returning back to normal.

5. Pitted nails

Small dips or holes in your nails can be a result of banging up your hands — or they could be a sign that you need to look more closely at your health. Nail pitting can signal:

- Psoriasis
 - Connective tissue disorder
 - Alopecia areata, an autoimmune disorder that causes hair loss
 - Zinc deficiency (when the pit seems to form a line across the middle of your nail)
- Watch your hand to separate natural dents and dings from real, lasting pits. The first will clear up quickly, but pits linked to disease linger.

6. Ridges

Nails should have smooth surfaces with almost imperceptible lines. Obvious ridge lines are a signal that something is up with your body. Some of the most common conditions associated with heavy ridge lines are:

- Iron deficiency
- Inflammatory arthritis
- Lupus (for red lines at the base of your nails)

Don't just buff away your ridges — hear their warning!

7. Dry, brittle nails

You don't need lotion or cuticle oil. If your nails are dry and brittle, you should check your hormone levels and bacterial health.

- Thyroid disease leads to brittle, dry fingernails that crack and split easily
- Fungus can make nails dry or even crumbly, affecting 12% of all Americans according to the American Academy of Dermatology

Both thyroid and fungal issues take time to treat, so you won't see a difference in the look of your fingernails for a full growth cycle.

8. Clubbed nails

If you have plump skin that seems to swell around the nail, or if your nails seem to have puffed around your fingers, they are said to be “clubbed”. Clubbed nails can mean:

- Lung disease, especially if you already have trouble breathing
- Inflammatory bowel disease
- Liver disease
- AIDS

Your fingernails won't be the only signs of these diseases, but they can provide confirmation or motivation to seek medical care. Don't ignore your hands or the health warnings they send. Fingernails and disease are more closely related than you think — check your nails often to protect your health!

- See more at: <http://www.losethebackpain.com/blog/2012/01/11/fingernail-health-warnings/#sthash.q98zg7ZM.dpuf>

References Trimarchi, M. *Top 5 Things Your Nails Say About Your Health*. *Discovery Health*. Mayo Clinic. Slide Show: *7 Fingernail Problems Not to Ignore*. 2011 Dec 8. Rauh, S. *Healthy Fingernails: Clues About Your Health*. WebMD. Danoff, R. *Can Fingernails Indicate a Health Problem?* *MSN Health*. Wikipedia. *Nail Disease*. - See more at: <http://www.losethebackpain.com/blog/2012/01/11/fingernail-health-warnings/#sthash.q98zg7ZM.dpuf>

Spiritual How Christ Ministered...part 5

Revealing the principles of true healing

The true physician is an educator. He recognizes his responsibility, not only to the sick who are under his direct care, but also to the community in which he lives. He stands as a guardian of both physical and moral health. It is his endeavor not only to teach right methods for the treatment of the sick, but to encourage right habits of living, and to spread a knowledge of right principles.

Education in health principles was never more needed than now. Many marvelous discoveries have been made, but the decline in physical health and vigor is alarming. It demands the attention of all who have at heart the well-being of their fellow men

Our artificial civilization is encouraging incredible evils, custom and fashion are at war with nature. The habits and the indulgences of many are steadily lessening both physical and mental strength, and bringing upon the race an intolerable burden. Intemperance and crime, disease and wretchedness, are everywhere.

Many transgress the laws of health through ignorance, and they need instruction. But the greater number know better than they do. They need to be impressed with the importance of making their knowledge a guide of life. The physician has many opportunities both of imparting a knowledge of health principles and of showing the importance of putting them in practice. By right instruction he can do much to correct evils that are working untold harm.

A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to drugs, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthful habits. If an immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues.

People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system and work great harm at some later period.

By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society.

The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power - these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful

indulgences requires sacrifice. But in the end it will be found that nature, unhindered, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.

Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted. It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them. All need to become acquainted with that most wonderful of all organisms, the human body. They should understand the functions of the various organs and the dependence of one upon another for the healthy action of all. They should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed.

We cannot be too often reminded that health does not depend on chance. It is a result of obedience to law. This is recognized by the contestants in athletic games and trials of strength. These men make the most careful preparation. They submit to thorough training and strict discipline. Every physical habit is carefully regulated. They know that neglect, excess, or carelessness, which weakens or cripples any organ or function of the body, would ensure defeat

How much more important is such carefulness to ensure success in the conflict of life. It is not mimic battles in which we are engaged. We are waging a warfare upon which hang eternal results. We have unseen enemies to meet. Evil angels are striving for the dominion of every human being. Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat.

They which run in a race run all, but one receiveth the prize." 1 Corinthians 9:24. In the warfare in which we are engaged, all may win who will discipline themselves by obedience to right principles. The practice of these principles in the details of life is too often looked upon as unimportant - a matter too trivial to demand attention. But in view of the issues at stake, nothing with which we have to do is small. Every act casts its weight into the scale that determines life's victory or defeat. The scripture bids us, "So run, that ye may obtain." Verse 24.

Adapted from Ministry of Healing Chapter 8 by E G White

Who is in Control?

the politics of medicine

Part 4 of a series

This year about 130,000 Australians are expected to be diagnosed with cancer. In 2010, the risk of developing cancer before the age of 85 was 1 in 2 men, and 1 in 3 women. Between 1982 and 2010, the number of new cancer cases in Australia more than doubled.

Yet it is known that this great human tragedy can be stopped now, entirely on the basis of existing scientific knowledge. Dr T Colin Campbell in his book *The China Study* proves that cancer can be initiated or triggered by prolonged stress or damage to the body, whether it be by chemicals, smoking, malnutrition, or even viruses. These damage or attack the genes of normal cells to produce genetically modified cells capable of eventually causing cancer. The body generally repairs most such damage but if the cell reproduces itself before it is repaired, its new (daughter) cell retains this genetic damage. This process may occur within minutes and, to some extent, is thought to be occurring most of the time in most of our tissues.

These damaged cells continue to replicate themselves and grow into cell masses that eventually will be diagnosed as cancer. This is a long growth phase occurring over months or years and is known to be reversible if the conditions named above are stopped. But if they are fed and **promoted** by wrong nutrition, then these growing cancer masses invade neighboring tissues and/or break away from the tissue of origin (metastasis) and travel to distant tissues when they are capable of growing independently at which point they are considered to be malignant.

Dr T Colin Campbell in his research has said **“casein is the most relevant cancer promoter ever discovered”**.

My question is, why is this information kept from the general public. Yes a few people know about it, but mainstream media has not reported it in any way. Why are not people told to change their diet and lifestyle? In the book by G Edward Griffin *World Without Cancer*, he documents how and why this information has been suppressed.

Opposition to the nutritional concept of cancer is strong and vocal and has been branded as fraud and quackery by the Food and Drug Administration, the American Cancer Society and the American Medical Association. Doctors in the United States

are forbidden by law and by the pressure of peer review from experimenting with unorthodox therapies.

Cancer has become a multi-billion dollar business. Fortunes are made in the fields of research and drugs. It is a fact that more people are making a living from cancer than are dying from it. If the answer to curing cancer were to be solved by a simple vitamin or herb that was found abundantly and inexpensively in nature, this gigantic commercial and political industry could be wiped out overnight. Is it not unexpected that vested interests are clouding the scientific facts?

A group of men are at the top of the financial, industrial and political interests and by the nature of their goals they are the natural enemies of the nutritional approach to health. They have created a climate of bias that makes scientific objectivity almost an impossibility.

These forces wield tremendous influence over the medical profession, the medical schools and the medical journals, and the average doctor is the last to suspect that much of his knowledge and outlook have been shaped subtly by these non-medical interests. This group of elite men can move political powers and activate government agencies in their behalf.

In the years prior to World War 2 there came into existence an international cartel, centred in Germany that dominated the world's chemical and drug industries. It had spread its operations to ninety-three countries and was a powerful economic and political force on all continents. It was known as I.G.Farben. This deceptively innocent sounding company encompassed the entire field of chemistry, including munitions and drugs.

The basic ingredient for almost all chemicals – including those that wound or heal – is coal tar or crude oil. In other words, our present civilization is driven by the engine of chemistry, but the fuel of chemistry is oil. Whereas gold was once the key to world power, now it is oil. And now it has come to pass that it is the same men who control both.

In the beginning of World War 2, I.G.Farben, the largest chemical company in the world had interlocking cartel agreements with over 2000 companies. (In economics, a cartel is an agreement between competing

firms to control prices or exclude entry of a new competitor in a market. It is a formal organization of sellers or buyers that agree to fix selling prices, purchase prices, or reduce production using a variety of tactics. Wikipedia)

Cartels and monopolies, without the help of governments, would be hard pressed to exist, at least on the levels they do now. Look at any of the major world markets – in sugar, tea, chocolate, rubber, steel, petroleum, automobiles, food – any of them, and one will find a mountain of government restrictions, quotas and price supports. So we can see that governments are heavily involved.

The largest and most powerful of these cartels today is centred in New York city and is known as the Rockefeller group. When John D Rockefeller Sr interlocked his fantastic wealth with I.G.Farben in 1928, there was created the largest and most powerful cartel the world has ever known. Not only has that cartel grown and prospered, today it plays a major role in both the scientific and politics of cancer therapy. Rockefeller's wealth exceeds that of many countries.

In 1908 the president of the Carnegie foundation and John D Rockefeller told the AMA they would take them over, supposedly for the purpose of upgrading American medicine. They aimed to investigate all professions; law, medicine, education and theology. They examined all medical schools and gave grants to those that qualified. (That meant the ones they approved of.) The qualifying schools had to be dedicated to promoting Pharmacology, treatment with drugs, chemicals and technology; and they had to set up departments of research to promote drug therapy and chemical research

The Rockefeller led American Medical Establishment not only suppresses all medical cures but they actively work to intentionally make Americans sick with cancer, heart disease, and many other serious illnesses. Their goal is to make a fortune treating people with many serious illnesses using drugs. This causes millions to die prematurely.

In 1905, there were 160 medical schools in USA, and they included herbalists, naturopaths, homeopaths and other natural healing methodologies. By 1927 only 80 remained, the 'testing process' that these had passed, was to prove that they would allow themselves to be controlled by the Rockefeller/Carnegie board, alias the AMA.

The birth of the AMA tyranny, known technically as “allopathic medicine,” was officially born—and surgery, vaccines and drugs became the primary health option for Americans and almost all of the world.

World Without Cancer by G Edward Griffin

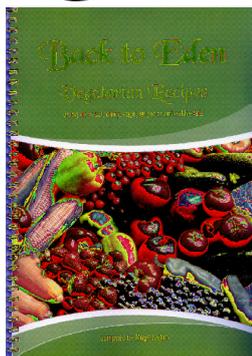
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- Healthy Lifestyle Healthy Life** by Karen Walters \$30
Karen's book details her journey from Multiple sclerosis and Lupus to health. She carefully details the entire program she followed plus gives many recipes

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Recipes

CARROT LOAF

3 c cooked mashed carrots
3 c cooked brown rice
1½ c cooked chopped onions
¾ c cashew butter or organic peanut butter
¾ c tomato puree
1 tspn Celtic sea salt (or to taste)
1 tsp mixed herbs

Mix peanut butter with puree. Combine all ingredients, mixing thoroughly. Pack firmly into a casserole dish. Bake uncovered for 1 hour at 180°. Halve this recipe if desired.

ORANGE CHIA PUDDING

3 medium oranges (peeled with a sharp knife with all the white pith removed)
⅔ c raw cashews
¾ c water
2 t vanilla
1 tiny pinch salt
2 T honey
⅓ cup chia seeds

Add all ingredients (except chia seeds) to your blender and blend until very smooth. Place chia seeds in a bowl and pour orange mixture over seeds. Stir mixture vigorously with a spoon. Ensure that the chia seeds are well distributed. Chill this raw orange chia seed for at least 3 hours. You can stir every hour if needed.

LIFE CHANGING BREAD

In Newsletter Summer 2014 issue number 57 is a recipe for **Life Changing Bread**. If you go to my web page you will see a modified recipe for this which works even better than the original.
www.kayesrecipesandremedies.com
Basically this modified recipe soaks the seeds in water first and next morning pour off the soaking water, adding less water to the recipe, then puree them before mixing with the remaining ingredients before baking. This gives a different texture to the bread.

Back to Eden Health Programs for 2014 - term 4

Back to Eden Health Education will be winding up our health programs for this year with a special day on the 25th November. Due to the preparation for and Kaye's absence overseas we will only have this one class this term. We will have as a special guest speaker **Karen Walters**, followed by a luncheon. We ask you all to bring a suitable dish for this luncheon and we will share the combined food.

class will be conducted at

Where: Kaye's home
496 Hague Street
Lavington NSW 2641

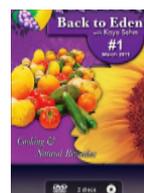
Commences: Tuesday 25th November at 10 am sharp, cost \$5
Bring along a dish for luncheon

We are pleased to announce that next year we will be continuing the Back to Eden Health Education Classes classes, but they will be a little different. Karen Walters and her husband Maurie are in the process of buying a home here in Albury. After they unpack and settle in, Karen and Kaye are planning to do more health presentations next year. Karen has a unique story in that she has recovered from Multiple Sclerosis and Lupus, and is willing to share how she did this with all. Both Karen and Kaye, and with the help of Bernice are planning bigger and better things for next year.

If you are interested in attending any of our classes or want a class in the area where you live, please contact us and find out if this can be worked into our schedule next year. We hope to do some trips a little further away, even interstate. Do book early to avoid disappointment.

For more information phone Kaye on 0260255018

Back to Eden Health DVDs



6 different DVD Series

Series 1 recipes & poultices part 1. This covers healthy vegan recipes plus instruction on how to make and apply poultices

Series 2 recipes & poultices part 2. This covers healthy vegan recipes plus instruction on making and applying more different poultices

Series 3 recipes & hydrotherapy. This covers healthy vegan recipes plus instruction on how to do hydrotherapy treatments

Series 4 recipes & Herbs for your Health. This covers healthy vegan recipes plus instruction on using herbs for your health

Series 5 recipes & Vegetarian Advantage. This covers healthy gluten-free vegan recipes and The Vegetarian Advantage with more home remedies

Series 6 recipes and the Laws of Health. This covers healthy vegan recipes plus how keeping all the laws of Health brings healing to the body and mind

These DVDs are for sale for \$20 for each 2 disc set. They have been filmed at Steps to Life Studio Melbourne

Vegetarian Cooking School

We have been approached by different people to run some more vegetarian cooking schools. We are pleased to announce that we have decided to schedule some schools to be held in Wodonga on some Sunday afternoons.

These will be predominantly gluten free recipes, and we will show you how to convert normal recipes over to gluten free.

People want to know how to have healthy breakfasts and what can we have for packed lunches. We will give you ideas from these.

Write these dates down. Book early, places will be limited.

Venue: Salvation Church Hall
Lawrence Street
Wodonga

Dates: Oct 12 - Sunday afternoon
Nov 16 - Sunday afternoon

Time: 2-4 pm, then tasting until 5pm

Cost: \$20 per session

Bookings: Phone Bernice on 60563919
or Kaye on 60255018

Healthy, tasty and something better

Russia v Monsanto

Russian President Vladimir Putin and Russia have raised the bar to new record heights in the fight against GMO's. While Americans fight amongst themselves in an environment of greed and profit, Russia is going straight for the knockout blow in what is shaping up to be the super fight of the century. Move over Rocky Balboa and Ivan Drago, as this fight is for real! Russian legislators have drafted a bill, which if passed, will criminalize GMO related activities equating same to terrorist acts.

The bill would impose criminal liability on those who produce, sell or distribute GMO's. In addition, the bill also provides fines for concealing or deliberately distorting information about the environmental impact of GMO's. Co-Author of the bill, Kirill Cherkasov, reportedly maintains that the consequences of GMO's can be greater than that of a terrorist act, "And punishment should be proportionate to the crime."

Noteworthy is that in Russia, a terrorist act is punishable with a jail sentence of 15 years to life. The bill will likely face many challenges including, among others, enforcement and demonstrating a causal link to GMO ramifications that take years to manifest. Notwithstanding, it represents Russia's no holds barred approach to Monsanto and the like.

Long Island Lawyer
Paul A. Lauto, Esq.
www.liattorney.com
<http://blogs.naturalnews.com/russia-v-monsanto-super-fight-century/>

The above article is of great interest, later news from Russia says they have now approved the Bill to Increase Fines for GMO Labeling Violations
- Posted on Aug 19 2014 - 1:29pm by Sustainable Pulse