

Back to Eden

Castor Oil
Health Laws of the Bible
Recipe
Health program

PO BOX 850 LAVINGTON 2641

KAYE SEHM 02 6025 5018

This issue: Spring 2005 No 24

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

e mail: backtoeden@aapt.net.au

After last newsletter I received lots of positive feedback on the article that covered the uses of olive oil. This newsletter I have decided to write on the uses of another oil, castor oil. I know you will find this interesting. As I have researched this I am amazed of the countless sicknesses and problems that can be assisted by using castor oil. Many testify that after they rub it into a lump, the lump shrinks in size.

Last August we ran a one day cooking school. I did not feel I did this justice as there is so much information to cover that we had to skim over it far too quickly. I have decided to start more classes. These will run for 6 weeks duration and will be held on a Monday morning starting next year. The classes will teach the program that Barbara will talk about. Watch for the dates in next newsletter.

We are also bringing Barbara O'Neill back to Albury in November. Plan to attend these meetings. Invite your friends along. The topics covered are on the last page. Those who attended Barbara's last talks were so glad they heard her speak. Some readers who live a distance away from Albury are planning to come. They are planning to get a group of ladies who will share the travel expenses. If you bring a sleeping bag, we will help to find you a home to stay.

Please read about the details of sending this newsletter by e mail on page 3. This will cut our expenses as the newsletter is now going out to over 500 people.

From Kaye and the Back to Eden team.

Castor Oil... for healing

Castor oil has a long history as a healing agent in folk medicine around the world. Derived from the castor bean (*Ricinus communis*), the oil was once used internally as a laxative but is now primarily used externally due to its potential toxicity. Castor oil has been used therapeutically in ancient India, China, Persia, Egypt, Africa, Greece, Rome, the Americas and in 17th century Europe. This oil is also known as Palma Christi or the "Palm of Christ". Natural Therapists are now recommending the application of castor oil packs at night for many different problems.

How castor oil works on the body

A country doctor who Dr McGarey quotes in *The Oil That Heals*, once said "Castor oil will leave the body in better condition than it found it" But the reason why castor oil works is not clearly known. Dr McGarey continues "We still have no explanation why... a pack using this oil will help restore normalcy to a hyperactive child, or speed the healing of hepatitis, or help to get rid of gallstones, or even help to heal abrasions and infections. Perhaps [the explanation] is to be found in the nature of the human body and secret capabilities of the substances God gave us here on the earth for our use and benefit."

One plausible hypothesis suggests that castor oil strengthens the Peyer's Patches; which are tiny patches of lymphatic tissue in the mucosal surface of the small intestine. Peyer's Patches produce a substance that facilitates electrical contact between the

autonomous and the cerebrospinal nervous system when it reaches those area via the bloodstream. The health of the entire nervous system is maintained by the substance produced by the Peyer's Patches when they are healthy.

A double blind study described by Harvey Grady in a report *Immunomodulation through Castor Oil Packs* published in a recent *Journal of Naturopathic Medicine* examined the lymphocyte value of 36 healthy subjects before and after a topical castor oil application. This study identified castor oil as an anti-toxin, as having impact on the lymphatic system and enhanced immunological function. This study found that when a castor oil pack is in place for a minimum of two hours, both the number of T-cells as well as the number of lymphocytes increased within a 24 hour period following the treatment. This T-cell increase represents the body's specific immune response as lymphocytes defend the body by forming antibodies against pathogens and their toxins. T-cells identify and kill viruses, fungi, bacteria, and cancer cells.

Castor oil is a harsh laxative and should not be taken internally, however, when used externally it penetrates through the skin to underlying tissues and breaks up the congestion being felt in the glands and tissues of the abdomen. This congestion is then taken away and eliminated through the colon. It will also improve blood flow to the area below the pack.

More physiology

Many of our health problems today centre around a dysfunctional liver. Liver dysfunction is much more common than liver disease and may be a forerunner to liver disease. Dr Sandra Cabot reports that approximately one in three persons

has a dysfunctional liver. Even if this dysfunction is slight, it will still have a negative impact on your immune system and energy levels.

Symptoms associated with a liver dysfunction include abnormal metabolism of fats (it is a fat burning and fat pumping organ), digestive problems, blood sugar problems, nervous system (depression, poor concentration), immune dysfunction, hormonal imbalance as well as many other signs. This article is not concentrating on the aspects of liver dysfunction, but we must look at the body as a whole. A malfunctioning liver can cause distress to the pancreas, spleen, kidneys, bladder, the lungs, heart and the assimilating system. None of the organs of the body or systems work by themselves – they all cooperate.

One of the most important things we need to consider is the necessity of improving the liver before anything else is done. When the liver is not functioning normally, it can and often acts as an irritant to some or all the organs in any way as they relate to the liver in their activity. One of the functions of the castor oil pack is an enhancement of liver function, not only in its ability to detoxify the body, but also in its beneficial effect to all the surrounding organs rather than being a hindrance to them. Castor oil will loosen waste caught in the glands and allow the body to excrete this waste as mucous through the colon.

Castor oil pack

Take a piece of flannel which is folded into two or three thicknesses. The size may vary according to where it is placed, (making it larger or smaller) but if it is placed over the liver it needs to be about 30 centimetres by 20 centimetres. Taking care not to get castor oil over clothes or bedding as it stains and is very hard to clean up, spread castor oil over the cloth so it is wet but not dripping. Apply the oily cloth to the area to which needs the treatment. Most often, the pack should be placed so it covers the area of the liver and/or abdomen. Place a plastic covering over the soaked flannel cloth. On top of this place a hot water bottle (or heating pad) and wrap around the body a large towel to keep the pack and hot water bottle in place. The hot water bottle may need to be refilled with hot water because

it cools rapidly. Leave this on for at one to two hours.

The skin can be cleansed afterwards, if desired, by adding two teaspoonfuls of baking soda to a litre of water. Use this to cleanse the abdomen. Keep the flannel pack wrapped in plastic for future use, it need not be discarded after one application, but can usually be used many times. Always use a high quality, cold-pressed castor oil.

When using the castor oil pack to aid in liver function, it is advisable to take olive oil internally. When fat or oil is taken into the stomach, the gall bladder contracts and through the action of a hormone known as cholecystokinin released from the walls of the stomach into the bloodstream. Olive oil increases the flow of the bile both from the liver and gall bladder which in turn acts as a catharsis and stimulates even further increased flow of bile.

The castor oil pack should be used for three successive days for a period of one to two hours. After putting on the pack, take two teaspoonfuls of very good quality olive oil. Do not continue for the following three days instead having three days rest, then you may repeat procedure. Take note it is three days using a pack, then three days rest from the pack. (3 on, 3 off, 3 on, 3 off etc)

Dr John Cristopher, a very well know American herbalist who lived last century told his patients to use the same procedure for three days, but for the three days off he recommended to massage olive oil over the same area as the pack was placed, for 5 to 10 minutes. Then take one day of rest from the program, then recommence and start the program again, using the castor oil for three days and so forth. Every seventh day is a rest to the program thereafter. He went on to say that the castor oil packs go straight into the liver area and lymph glands start to draw out the poisons and flush them out, while the olive oil goes in and rebuilds new tissue. This procedure may have to be carried on between six weeks to six months to properly clean up the system, depending on the case.

In Margaret Wright's book *Practical Home Healing*, she suggests that the pack may be left on overnight (without the hot water bottle). Just secure the pack and

plastic comfortably with a bandage or safety pins. She suggests you wear the pack for three nights in a row, and then leaving it off for three nights in a row until 15 nights have been completed in this manner. A woman who was suffering from liver cancer found these packs such a wonderful comfort she decided to continue wearing the pack continuously for several months. She never even stopped to take the three days off because of the comfort she received. All these methods of using the pack have minor variations and you can choose which one would suit your lifestyle. Do not be afraid to vary these procedures if you choose to.

Packs can be used anywhere on the body. They can be used on legs, arms, and fingers. Just remember to cover with a protective piece of plastic to prevent oil leaking out. Small packs can be made by soaking a cotton wool ball in oil and securing in place with a bandaid. It is suggested you freeze a cotton wool ball soaked in castor oil and place it on a hemorrhoid for relief.

Massage

Castor oil can be massaged into any area where there are lumps, cysts and tumours. They will break up and disperse the waste through the blood stream. Do not expect a fast result. The lumps will take a time to disperse. They will shrink as you treat them, and may take even six months or longer to break them up, depending on the size of the original lumps. Do not give up but keep on with the treatment.

There may be times when massaging in the oil is preferable to using a pack. In the case of treating a brain tumour, the pressure of a pack on the head is too great and would cause severe pain.

One person reported that they had great success by massaging the abdominal are with castor oil. They had previously soaked a flannel cloth on a decoction of ginger root and they placed this hot cloth over the massaged are. They then placed a hot water bottle over this are and kept it on for about one hour. The patient felt a chemical burning sensation in the liver area while the healing began.

A gentle massage can improve circulation to the breasts and decrease breast

tenderness. With your fingertips, make small gentle, circular motions over the entire surface of the breasts. If you feel a cyst or lump, massage gently around it, but never so hard that you irritate the tissue or cause any pain. Dr Christiane Northrup MD says it is great to apply packs to heal minor breast infections.

A mixture of castor oil and baking soda can be applied to callouses, skin cancers, breast cancers, moles, ingrown toenails, warts, corns, boils, carbuncles and bunions. Take a pinch of baking soda and a few drops of castor oil and work together until the consistency of a soft gum and bind this on with a bandaid or tape to the affected part. Leave on overnight

Functions of castor oil

Increases eliminations
 Stimulates the liver
 Dissolves and removes adhesions
 Dissolves and removes lesions
 Relieves pain
 Releases colon impaction
 Reduces nervous system
 Stimulates the gall bladder
 Reduces toxemia
 Reduces flatulence
 Improves intestinal assimilation
 Increases relaxation
 Dissolves lacteal duct adhesions
 Reduces nausea
 Dissolves gallstones
 Stimulates lacteal duct circulation
 Reduces swelling
 Stimulates the caecum
 Co-ordinates live-kidney function
 Stimulates organs and glands

Varied uses for castor oil

The list of uses for castor oil is extensive. Obviously you need to consider where the problem is to evaluate whether you will use a pack or just massage oil into the problem area.

Colic
 Abdominal tenderness
 Constipation
 Fecal impaction
 Cysts
 Tumours
 Gall bladder inflammation and stones
 Liver problems
 Enlarged liver and spleen
 Kidney tumours
 Back pain
 Threatened miscarriage
 Stretch marks in pregnancy
 Increase milk production
 Sprained ankle
 Puncture wound
 Abrasions/lacerations
 Blackened fingernail
 Fungal toenails
 Acne
 Ear problems
 Eye irritations and itching
 Splinters
 Muscle spasms
 Headaches
 Appendicitis
 Abscesses
 Essential hypertension
 Ovarian cysts
 Herpes - apply pack to abdomen
 Uterine fibroids
 Menorrhagia
 Hernias
 Skin cancer/keratosis
 Age spots

Varicose veins
 Peritoneal adhesions
 Subungual hematoma
 Bursitis
 Arthritis
 Lumbago
 Rheumatism
 Osteoarthritis
 Cystitis
 Furuncle
 Tinea
 Increases lymphatic circulation
 Epilepsy
 Trichomoniasis
 Gastritis
 Rectal fissure
 Vaginitis
 Peptic ulcers
 Endometritis
 Muscle sprain
 Diarrhea
 Infectious hepatitis
 Fibrohematoma
 Hemorrhoids
 Itching
 Ringworm
 Improves digestion
 Fever
 Teeth braces- brush 2 drops on teeth
 Menopausal symptoms (not during heavy bleeding)

The oil that heals- it seems miraculous!
 Who would expect so many beneficial medicinal effects. Castor oil will leave the body in a better condition than it found it.

*The Oil That Heals William A McGarey MD
 Practical Home Healing Margaret Wright ND
 Herbal Home Care Dr John Christopher*

For bulk supplies of Castor Oil
 ph 0397 964833 (5 litres \$43.10;
 or 1 litre \$11.50.....freight extra)

Products for Sale

Licorice Root Powder 200g.....\$12
 Licorice root is used to rebuild Adrenal Glands.
Maca Root Powder 200g.....\$14
 A GREAT PRICE for this superfood. Great for a diverse range of conditions. Especially good for hormonal problems. Organically grown.
Comfrey Root Powder 200g.....\$13
 Ground dried root, great for using in poultices and ointments.
Blood Cleansing Herbal Tea 200g.....\$12
 Contains Buckthorn, Licorice Root, Burdock, Chaparral, Red Clover, Cascara Sagrada, Dandelion, Cat's Claw. Use it long term to help cleanse bowel, liver and blood.
Barley Leaf Powder 200g.....\$12
Loose powder, organic 450g.....\$27
 A powerful way to get needed nutrients including beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll.
Order by phoning Kaye on 02 6025 5018. Prices do not include postage

E mail addresses required

To save costs incurred in printing and the posting of this newsletter, we have decided to send the next issue to you via e mail. If you want the newsletter sent by e mail, please send your request to **backtoeden@aapt.net.au** Make sure you include your current postal address so I can take your name off the mailing list. To all other readers, we will continue to post it.

The Health Message of the Bibleways to avoid disease

by Geoff Youlden

CONCLUDING A TRANSCRIPT OF HEALTH LECTURE THAT WAS
COMMENCED IN LAST ISSUE AND WAS GIVEN BY GEOFF YOULDEN.

Now I'll read you something else. Here we have a discussion in the Bible on the matter of diet. In fact, there's a whole chapter here that deals with what should be eaten and what shouldn't be eaten, a difference between the clean and the unclean.

Leviticus 11:1-3. "And the Lord spake unto Moses and to Aaron, saying unto them, Speak unto the children of Israel, saying, These are the beasts which ye shall eat among all the beasts that are on the earth. Whatsoever parteth the hoof, and is cloven footed, and cheweth the cud, among the beasts, that shall ye eat."

Now in order for a beast to be clean, what must it have, according to Leviticus 11? It must chew the cud and it must divide the hoof like a sheep, goat, and the cattle. It must have both. It's not one or the other, but both.

The following verses give examples.

Verses 4-8. "Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: as the camel, because he cheweth the cud, but divideth not the hoof: he is unclean unto you. And the coney, (rock badger because he cheweth the cud, but divideth not the hoof; he is unclean unto you. And the hare, (rabbit) because he cheweth the cud, but divideth not the hoof; he is unclean unto you. And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you. Of their flesh shall ye not eat, and their carcase shall ye not touch; they are unclean to you."

So the Bible makes a clear distinction now of rule of thumb, that those animals which are clean have to have two things. They must divide the hoof and they must chew the cud.

Now when it comes to the fish it's also very simple.

Verses 9, 10. "These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat. 10. "And all that have not fins and scales in the seas, and in the rivers of all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you."

So the fish to be clean, it must have two things also. What are they? Fins and scales. In fact, pretty well when it comes to a basic rule here with the fish, those fish which are scavengers are the ones which are unclean. It is fairly close ruled. Those with fins and scales are not the scavenger fish.

When it comes to the birds, they're mentioned individually because there is no rule of thumb for them, but most of the birds that are mentioned are forbidden. I don't think too many of us would be eating them like the owl, the raven, the cuckoo, the vulture, the ostrich, the eagle, the crow, and so forth, they're all unclean. They're all unclean because once again they are the scavenger birds, and God doesn't want us to eat those animals which are scavengers.

Now God doesn't give a lot of reasons. People say, "Why has God said that these things are not to be eaten?" Well, I don't know whether we know the full reasons why God has said these things. I think it's a bit like a parent. Sometimes as parents we don't always give our children reasons why we don't want them to do certain things or want them to do other things. We just expect them to do it because they have confidence that we only want to have the best for them. God is like that, too. Sometimes He does give reasons, but here when it comes to the clean and

unclean He gives no reasons at all.

Now medical science has helped to supply us with some reasons today, whether that's the reasons why God has said not to eat them, I don't know. But medical science is certainly supporting the classification here in Leviticus 11. In fact, some years ago a German doctor Dr. David Mark carried out some interesting experiments in which he squeezed the juices from seventy different fish and he injected them into mice and into plants. And he found that the juices that were injected into these mice and plants retarded the growth in some and killed others, whereas the juices from others seemed to have little or no effect. In finally concluding his experiment, this is what he said, "There seems to be some scientific basis for the ancient classification of edible and unedible fish, namely those which have scales and those which have not." He found that the juices of those which have scales and fins did not kill or retard the growth of the plants or the mice, whereas the juices which were from the unclean, either killed or retarded the growth. That seems to be rather interesting that medical science is giving us some reasons today why God has forbidden the eating of these things.

Sometimes, you know, I meet people who come along to me and they say, "You're not teaching that those old laws back in the Old Testament are still binding on Christians today, are you?" Well now, listen! Before we throw this one out on diet, are we going to throw this one out on hygiene? Who wants us to get rid of the one on hygiene? Who wants us to get rid of the one on morality or quarantine or sterilization? Why should we want to suggest that the one on diet has to go? They are all part and parcel of God's health for us today.

It was not until 1847 that Joseph Leidy discovered the parasitic worm, *Trichinella spiralis*, in pork. It is a worm that is microscopic. We are not told whether or not this is the reason why God forbids the eating of swine's flesh, but certainly modern science has at least one good reason why we should be wary of it. Who wants to be infected by trichina worms? But the fact is, that millions are, and wonder what is wrong with them. Unless pork products are very thoroughly cooked, there is always a dangerous possibility of trichina infection. In fact, so dangerous is this, that the United States Department of Agriculture puts out a leaflet to warn people about the dangers of trichinosis, and it is sent to people upon request. In fact, trichinosis is a very serious disease. Once you get trichinosis there is no cure for you. And many a person who died, for example, on the death certificate it maybe listed heart disease or heart failure. But what has caused the heart failure is these little worms which get in and attack the muscles of the body. Many a person that suffers from arthritis could have trichinosis. Not all people who suffer from arthritis have trichinosis. But it can cause the joints of the body to break down. It's a very serious problem. In America it's more serious than here in Australia. Nevertheless it is still a problem here in Australia, but to a lesser extent. God has told us that we are not to touch pig meat, pork, bacon, and its products, simply because the pig is the greatest scavenger on this earth. There is no greater scavenger than the pig.

In fact, if you go up to New Guinea and some of these more backward countries you will find that the pig up there is the toilet and it's a rubbish bin. It just about literally eats everything. And if it wasn't for the pig, those villages would die out because they don't have any toilet facilities. The pigs live in the villages in the hut, and they just come around and they eat everything. I've often thought that none of us would go down to the pit and get our food. Why would we want to eat the meat in the form of a pig because literally a pig will eat anything. If you know anything about pigs, you know that what I'm saying is true.

I would often suggest to folk that we would never eat a rat. The very idea would cause us to recoil in horror. But do you know that a rat is far cleaner than a pig is? I was brought up on a farm, and I know something about catching rats. I

know this, if I want to catch a rat, you could never even put your hand on their food. Because if they could smell human intervention, especially in their poison, they won't have anything to do with it. But a pig on the other hand will simply eat anything.

God said that if you want to enjoy the maximum of health, don't get involved with eating these things because they're not good. And you'll find that you'll have premature disease and premature death if you eat those infected animals.

Let me read you something else. And here's a very, very outstanding statement, one that you'll recognize as being extremely up-to-date.

Leviticus 17:10,11. "And whatsoever man there be of the house of Israel, or of the strangers that sojourn among you, that eateth any manner of blood; I will even set My face against that soul that eateth blood, and will cut him off from among his people. For the life of the flesh is in the blood; and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul."

Now God said back in the beginning when the people were allowed to eat clean meat, and I want to make it very clear that it's not a sin to eat clean meat. I believe that we ought to get rid of the unclean meat immediately from our refrigerators when we know now that it's wrong. However, the meat that was eaten, even the clean meat that was eaten back in Bible times was not eaten the way we eat meat today because all the blood was taken out of the meat. When you take the blood out of meat, meat has very little taste. And the Bible said that in eating the clean meat, you are not to eat the blood. Now medical science once again has helped us to understand one of the reasons why God has said that.

The blood has two major functions in the animal and in us humans. One is, to take the oxygen to the body, tissues, and muscles; and the other is to take the waste products from the muscles back to the kidneys to be excreted. It's called urea. As it is excreted, of course it becomes urine. That's the two major purposes of the blood stream. Now naturally when the animal is killed, that process of taking the waste products through into the kidneys is stopped, and

the urea or the waste products that were going to be excreted had the animal lived, is still in the blood stream. This is where the problem begins because, you see, if there is any virus, if there are any germs, if there is any disease in the animal, it will be in the blood stream. God knew that. Now we've only discovered that more recently, that God said, Don't touch the blood. And today medical science is showing us that one of the most dangerous things to eat is animal blood simply because of the disease factor.

Now cancer is rising alarmingly among human beings. In fact, I was just reading an article the other day which is stressing that as human beings' cancers are rising in numbers, if you compare the rise of animal cancers they're rising about the same. There is an increase in animal cancers as well as human cancers. There are medical men today who are suggesting that there is some relationship between the animal cancer and the human cancer. I remember when I was a young fellow asking my mother whether I could catch cancer. I was hearing of people dying of cancer, and I wanted to make sure that I wasn't going to catch it. And she replied to me and said, "Son, you can't catch cancer." That was our teaching. That was our thinking years ago. But today that is no longer true. We recognize that there are many forms of cancers that are caught from germs or viruses.

As I said there are a very, very large percentage of the animals which go in for slaughter that have cancerous germs in them because when the animal is bought and it's opened up and, for example, they find that the animal has a cancerous liver or a cancerous stomach or something else wrong inside, do you think the abattoir throws out the animal? It does not, I can assure you. What happens is that the cancerous section is cut out. That's thrown out as 'chook' food, and the rest of the animal goes through and is eaten and is consumed by those of us who eat meat. What we don't understand is that in the blood stream of that animal is the cancer virus. As I say, if you go to an abattoir some time you check up and find out how many animals are diseased. You'll be absolutely shocked. The minority are the healthy ones. In fact, I know many farmers. When they send their animals to the slaughter, it's usually when they've finished their useful days or when they're showing disease. That's

when they go to the abattoirs. We haven't recognized this in the past, but I tell you that medical men are recognizing it now.

I believe that this relationship between the cancers of animals and the cancers of humans is because we are getting it from the animals in the blood of the meat. And God said, don't eat the blood. How healthier we would be if we laid aside the animal blood! Actually, if you take the blood out of meat, meat loses its taste practically. Very little meat would be eaten if it 'was taken without the blood because it's the blood that really gives meat its savoury taste. Do you know what part of the blood that actually gives meat its taste or gives the blood its taste? It's the urea or the waste products that was going to be excreted in the blood had the animal lived. It's the blood which becomes lethal if the animal has a disease.

I know many meat inspectors today who have told me that they are vegetarians because, they say, we know what goes on. If you think that I'm exaggerating I would suggest that you go and make some enquiries yourself. I think you will come away with a great revelation and quite a shock because the abattoirs do not recognize that there's a relationship between the cancers of animals and humans. Hence, they just get the knife, cut out the disease sections, and the rest of the animal goes through. What about the animals that come into the abattoirs which haven't got any visible form of cancer yet? The cancer virus is very much in their blood stream, but it hasn't become visible yet. No meat inspector, no matter how honest and upright he is, would be able to pick that animal out. And so it's become a very, very interesting thing.

Let me read you something else that God said we shouldn't eat.

Leviticus 7:23. "Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat."

God said, Not only you shouldn't eat the blood of the animals, what else did He say - that we shouldn't eat? The fat.

Say, have you heard medical men talk about animal fat? Sure you have. You've heard of cholesterol and heart disease which are related to animal fat. God said 4,000 years ago, Don't eat the fat. Now what animal fat does is simply this, We'll

say that here is the artery. So what happens, as you eat animal fat, it begins to deposit around the inside of the arteries, something like an old water pipe. Over the years as we continue to eat animal fats they are being deposited around our arteries. Now as you get older and of course the arteries become less elastic, then they're not able to withstand all this deposit. What can happen is that the blood, of course, still has to get through and that puts a tremendous pressure on the heart to be able to pump the blood now through a very tiny opening, when it should be a lot wider. And that causes the life of the heart to be reduced, so that reduces your life span.

What can happen and what does happen very often is that some of this fatty deposit will move under the pressure of the blood and it will perhaps cut off and just leave a very small amount of opening in the artery. And when a person has that happen, they have a heart attack. If it happens near their head we call it a stroke, depending on how much of the blood stream is cut off depends upon how serious is the heart attack or the stroke. Now very often of course, it will cut it right off completely and stop the blood supply, and that's when a person will suddenly drop down dead. You'll be alive now, five minutes later dead. What's happened is that the blood supply has been cut off by that cholesterol or that fatty deposit that has been put around the inside of the arteries. It's very largely animal fat that does it, combined with a couple of other things which helps it to solidify much quicker.

If you smoke, then that will contribute to the fatty deposits around your arteries much, much quicker. If you have a heavy salt diet, that is, if you are eating a lot of salt in your diet, that too, will help the animal fat to quickly deposit around which is called the hardening of the arteries. So there are other factors, with stress and lack of exercise which all contribute to the depositing of the animal fat. So if you don't have much exercise, you're eating a fair amount of salt, you're eating a lot of animal fat, and you smoke, and you're under a lot of stress, you are absolutely in line for a heart attack. Now if you don't smoke, and you eat animal products, then your chances are reduced quite a bit. But if you are reduced in all of those areas, then your chances of having a heart attack prematurely are almost nil.

Now I was very interested to pick up a Sunday paper. In one article, it says this, "A proper diet helps to slice cancer risk," say doctors. I'm very interested to notice what Queensland doctors are saying, "Queenslanders can help to prevent cancer by avoiding some food," say the state's top cancer doctors. "The anti-cancer diet suggests some massive reduction of fat intake by eating less red meat and dairy products." God said it 4,000 years ago. You have confirmation in your Sunday paper. Let me read on. "And Queenslanders are also urged to cut down on sugar, salt and alcohol." Chairman of the cancer fund scientific and medical committee, Dr. Ken Donald said, "Evidence has been shown of a link between different foods and cancer." Just what we've been saying. Dr. Donald said that an anti-cancer diet was also extremely beneficial in preventing heart disease.

So if you follow the Bible method of diet, not only would you reduce your chances of cancer, but also of heart disease. Then medical science goes on to stress the ways in which you can avoid it. And they list ways to have a healthier life, and they all go exactly along with what we've been saying. God said it 4,000 years ago. Medical science is coming to the realization of the truthfulness of this today. It simply bears out what the Bible says.

You know, sometimes when you read evidence like this that comes from the medical profession, I just wish that we had enough faith to believe what God said without having to worry about with what the doctors are saying. But it is interesting that when you read what the Bible says, to have it confirmed in the very things that are written on today and say exactly what the Bible says. God is giving us absolute evidence today that this is true and right. I'm just sorry to say that the vast majority of Christians have never even heard about this.

But you see, if God has a 'Complete truth in these last days, you can expect that the health will be part of that message, can't you? That's why it's a very important part of the last message. Because if you are not well physically, have you got any desire, have you got an ability to be able to absorb spiritual things? You haven't. You try studying the Bible when you next feel sick and see how you get along. Your capacity to appreciate spiritual things is

right down low when you're sick. That's why God wants us to have maximum health so that we can enjoy the great spiritual truths that God has in His Word because they're both related. Health just makes good sense.

I have met some men who are more concerned with what they put in their motor car engine than they are with what they put in their bodies. To my mind that sounds to be the most stupid talk imaginable. You can replace your car engine, but you can't replace your health once you've lost it.

Genesis 1:29,30. "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed, to you it shall be for meat, (food). And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so."

Actually, man's original diet consisted of just three things, fruits, grains, and nuts. The nearer we get back to this diet today in our homes, the healthier we'll be. God's original diet is what we call a vegetarian diet. God allowed the eating of meat because of the hardness of man's hearts. But He then specified, no blood and no fat. Those of us who will continue to eat this heavy meat diet are running tremendous risks, health wise. Certainly we ought to lay aside the unclean meats. But before anyone rushes home to the refrigerator and gives it all to the next door neighbour, might I suggest that you take a little caution. I believe that we ought to get rid of all the unclean foods from our refrigerators right a way because God especially forbids that. We should never touch another piece. But of the clean meats I don't think we ought to rush into getting rid of it until we learn how to replace it in the diet.

I don't think it's a matter of legislation in this area, but it's a matter of education. I think you will be absolutely surprised at the tremendous variety. And not only the variety, but the cheapness of the alternate diet which is not only a Bible diet. It's a possible to have a healthy diet, have a clear mind, a healthier body, and a sharp intellect. Those men and women in the world today who have the greatest endurance, you'll find are those who are vegetarians. But don't let anyone tell you

that you can't do a good day's work on a vegetarian diet. I guarantee that you can do twice as much as the meat eater can as far as endurance is concerned. As we follow this counsel on diet from the Bible, we will be healthier and happier and above all we'll have that glow of good health that we'll be able to help others to know.

1 Corinthians 6:19. "What? Know ye not, that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?"

You see, the Bible teaches me that my body is the temple of the Holy Spirit. We would never consider dragging a bag of rotten potatoes, say, into a church. We would think that that would desecrate the church. And yet how many of us would drag rotten food that is less than the best into our bodies, and think nothing of it. But the Bible says that our bodies are the temple of the Holy Spirit. We are to be particular about what goes into our bodies.

1 Corinthians 10:31. "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

We are to do it to God's glory.

1 Corinthians 3:16,17. "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

So God says we're not to defile our temple. That's the reason why I don't smoke. I don't feel that it's possible to not defile my body and smoke at the same time. That's why I don't drink alcohol either. Because once again, every glass of alcohol when a person drinks, do you know that you are destroying brain cells? Alcohol, no matter how moderately you drink, is destroying your body. That's why I believe we ought to lay aside any of these things. The taking of unnecessary drugs and all things that are not beneficial to our bodies we are to lay aside. And God says, Don't defile your body. It's precious and God has given it to us and He wants us to have maximum and optimum health.

May God help us as we begin to study this fascinating subject to become more and more interested in it.

Recipes

COCONUT COOKIES

2 c dessicated coconut
½ c chopped dried apricots
¼-½ c honey
1 c wholemeal flour
½ c chopped walnuts
½ c coconut cream
vanilla

Rinse the dried apricots. Mix all the ingredients together. Roll into balls and place on oiled baking tray. Flatten with a fork if desired. Bake 180° for 15 minutes or until done.

GLUTEN AND GRAIN FREE VARIATION OF THESE COOKIES

2 c dessicated coconut
¼-½ c honey
1 c besan flour (chick pea flour)
2 tsp orange rind
½ c coconut cream
½ c chopped walnuts (optional)
vanilla

Mix all ingredients together. Roll into balls and place on oiled baking tray. Flatten with a fork if desired. Bake 180° for 15 minutes or until done.

MORE VARIATIONS

Substitute any flour; may need to add more coconut cream with certain flours to moisten dough
Add carob powder
Add different dried fruits eg dates, pineapple.
Add different chopped nuts or seeds or soy carob buds
Roll in coconut before baking
If using a strong tasting flour, use lemon or orange rind to lessen the distinctive taste.
Whiz coconut in the food processor to make a finer texture.

don't miss this opportunity to attend
these very interesting meetings

FREE ADMISSION

a one day Health Seminar
comprising of 3 meetings



with Barbara O'Neill

Natural Health Meetings

Back to Eden is bringing Barbara O'Neill to the Albury area to speak in a Natural Health Seminar for one day only. Barbara has a profound insight into Natural Health and is well known as the Health Director of Misty Mountain Health Retreat, a Naturopath and Nutritionist. She has worked in the area of natural health for 15 years and has raised eight children. Her experiences are vast and her knowledge is incredible, but she presents them with a practicality that will amaze you. She also fits into her busy schedule speaking appointments that have taken her as far as teaching in schools in New York and Fiji, to meetings in Los Angeles, Wisconsin, Holland, Africa, New Zealand, Cook Islands, as well as all over Australia. She will weave into her talks some of her many experiences.

When: Saturday 26th November

Times: 9.30 am.....How to balance hormones naturally.....for both men and women
11.00 am.....Is soy a good vegetable protein?.....looking at answers to the soy debate
2.30 pm.....Fungus, a mushrooming apidemic.....how fungal problems affect our health

Where: Lavington Public School Hall
Hague Street Lavington

for those who book in before November 21st,
a light vegetarian luncheon will be provided free
Phone to book for this **Beat 02 6025 3584**
Kaye 02 6025 5018

Cost: Entry free

This special Seminar is sponsored by **Back to Eden** and donations towards the costs will be appreciated.