

# Back to Eden

Healing Leaves  
Trans fats  
Good oils  
Disease  
Cooking grains  
Recipe

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

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A number of years ago I read a book about Comfort for the Burns and Wounded by John W Keim. I have often thought about the information it contained. Over the last few years now, I have had a burden to relate to Back to Eden readers this story. I do not do this lightly as I realise that some may say that I am recommending that we do not get medical help when we are badly burned. But my aim is to educate so that in the event of a serious accident or emergency, people will know of an alternative.

There may be a time in your future life when you may be able to help someone who has been badly burned. We have no way to know what the future holds, circumstances may be such that we are unable to get any medical help. My mother-in-law told me of living in war torn Germany and how she was unable to get to any doctor. She had to rely on the herbs of the field to help keep her family healthy. This story is told with this in mind.

I would also like to remind readers to keep their addresses up to date. after each issue is mailed out, I always seem to get some returned because people have left their addresses. If you do not want to receive this newsletter anymore, please let me know and I will take your name off the mailing list. Since the newsletter is also sent out via e mail, this obviously saves the cost of producing and mailing. If you choose to receive it this way, it can be printed out if you would like to keep it for reference. Some readers photocopy it and send it on to their friends. I have no concerns over this as my aim is to educate as many as can be reached in the principles of natural health.

From Kaye and the Back to Eden team

## Healing Leaves for Burns and Wounds

History has demonstrated how a desire to help a loved one has revealed some of medicine's most effective treatments. Many have heard of such remedies as Lorenzo's oil, a natural oil developed by loving parents to help their son with a condition that was considered "untreatable" by the best medical authorities. Another man, a healer to many of his friends and neighbours, reveals how he helped his loved child by applying natural products to aid the body in healing. I would like to share his story with you. I am in no way suggesting that anyone treat any serious condition without first consulting a physician. I am merely relating this information for educational purposes only. There may be a time in your life when you are unable to get any medical help and would give anything to help suffering people.

This is a story about John Keim, a poor Amish farmer living in rural Ohio USA, who is not trained in orthodox medicine, but he does have a knowledge of the values of home remedies.

### Early training

As a young boy, his father taught John to take care of sick and injured animals. Many veterinarians put animals down because their bones take too long to heal. But, when his teens, John discovered that a dog's bones did heal if the dog was left alone. He prepared a bed for a dog that had his hip broken in two, so that his hind legs hung down as if the dog were standing. He fasted it for three weeks, giving nothing but water. Within a couple of months the dog showed no loss of movement from the break.

John then experimented, putting casts on many calves and dogs and later on horses. He then had about 70% success rate. He later became a blacksmith and began studying horses' legs and feet, helping many that had become lame. He developed a recipe to counteract fungal infections, reduce inflammation and promote circulation and healing that was used on animals as well as humans. He helped heal a man who had multiple breaks in both his legs that had not healed for over two years. He became renowned in his locality as he helped many people who came to him to be healed.

He developed a good nutritional program and studied plants in the natural habitat to discover why they grew where they did. He learned to correct soil deficiencies and thereby eliminating the growth of unwanted plants. He spent hundreds of hours in the woods among the wildlife, hiking through the mountains and communing with the God of nature, learning as he went.

### Son scalded

As a consequence of an accident, boiling water scalded John's two year old son over his entire chest and abdomen. When the parents removed his clothing, to their horror, the skin was removed with them. Parts of the burn were classed as third degree. The parents remembered all the possible emergency treatments they could think of; cold water, and a special burn salve that caused the child to cry more and so the salve was removed. Finally they wrapped the child in herbal salve and gauze wraps overnight.

In the morning the salve had absorbed and the gauze had glued itself to the skinless body parts. It was stuck fast to every part of his chest and abdomen. Trying to carefully remove this caused pain and bleeding to the child, but the parents too were suffering greatly. What

should they do? He knew he needed to go to town to get help.

Three months prior to this they had heard from relatives who had two of their children badly burned in a flash fire. These children had been transferred to a burn unit in a large hospital a long way from their parents. For three months they had been reading the letters of these pitiful stories of the children's suffering during the daily changing of the burn dressings.

Instead of immediately leaving for town, he told his wife he was going to the woods to think and pray. He wanted to be left alone for one hour. As he walked through the woods behind his home his thoughts were heavy. What could he do? He thought of how God created the earth. He reasoned that when God created the earth, God would have realised that there would be times when people would be living without hospitals and chemists – they would have to find the necessities for their needs. As these people would have had fire, they also would have had burns. He considered what these people would have had to help treat burns. He thought of water, mud, rocks, bark, wood and leaves.

As he considered leaves, he thought of the smooth shiny leaves that would not stick to any wounds. At that very moment he was walking through a heavy patch of plantain leaves. He decided to gather them up and take them home and use them.

After applying a herbal salve called BFC Salve (see herbal recipe for the salve later in this article), he then covered the entire burn area with a single layer of fresh plantain leaves. He repeated this twice a day. Within five days the entire scalded area was covered with new skin, even the part that had the third degree burn. What was most remarkable is that this treatment caused little or no pain to the little boy. Along with the treatment the child was supplemented with extra fruits and vegetable juices that supported his body to heal.

## A better way

After seeing the benefits of this treatment on his son, he began to consider how could this information be used to help others. He was aware of several considerations that must be addressed to ensure total healing.

Infections are the most feared complication that arise in burned or

scalded patients. This is when the patients own immune system must be boosted with specific nutrient supplements, proper diet and rest.

A standard daily treatment to prevent infections is to debride the wound of dead tissue and leaking fluids. When body tissues no longer have fresh blood flowing through them, bacteria have an opportunity to grow. But the leaking fluids and decaying tissues soon produce an odour. So the wounds needs to be debrided, or cleaned with wipes or brushes. But when John placed the covering of leaves over the wound, he found that the wound debrided itself. This relieves a great deal of the patient's pain.

The evaporation of body fluids is another concern when treating burns. Without skin to cover the wound, fluids evaporate much faster than normal. Fever may accompany these injuries, which increases evaporation. Dehydration becomes a major concern. Here again, the wet leaves give the tissue a chance to absorb moisture rather than eliminate it.

The leaves also gave relief of pain when they are placed over the burn. When the time comes to change the dressing, the leaves readily slip off, taking the dead tissue with them. People are amazed at how quickly the new skin grows.

The reason why the new skins grows so quickly may be unknown, but we do know that when a dressing sticks to the wound, any new growth is removed as the dressing is changed. Non-stick bandages will avoid any clinging to the new growth, but bacteria can thrive on damaged tissue and leaking fluids. Although abundant oxygen retards the growth of bacteria, it also creates a lot of pain and scarring. It is possible that the leaves allow exchange of oxygen while supplying the injury the nourishment it needs for repair.

John continued helping many other people who came to him and noticed that it seldom took more than seven days to get complete new skin coverage on second and third degree burns. For two decades he continued to experiment using leaves as dressings. During this time he never had an infection. He only saw two cases of minimal scarring, both of which may have avoided if the parents had better understood the correct method of dressing the burn.

## Experimenting with different leaves

As John experimented with leaves, he found that while at first using plantain leaves, he found he needed a greater quantity. He then tried different leaves. Because burns do often occur in the winter when there was not as many fresh green leaves available, he tried drying plantain as well as burdock leaves. He then experimented using pre-soaked burdock leaves on one area and pre-soaked plantain leaves on another part. He discovered there was no difference between both leaves. He gradually switched to burdock leaves because they were far more plentiful at the time.

One season his supply of burdock leaves ran out and so he searched for a substitute. He turned to a large supply of alfalfa leaf sprouts that he was preparing to eat. He tried using these and gained excellent results, eliminating the excruciating pain almost instantly. Then when his supply of sprouts ran out, he brought lettuce, spinach or kale leaves from a local produce market. These all worked far better than any of the acceptable dressings.

When using alfalfa seeds, it is necessary to soak them overnight to start the seeds sprouting. They need to be drained and then rinsed with lukewarm water three times each day and kept in a room at around 20 degrees Celsius. The sprouts may be used before they develop leaves, but the value is greater after they develop leaves. John also tried grape leaves. The older leaves are not as valuable as the younger leaves as after they mature, most of the nourishment has gone into the grapes.

Be aware that some leaves are very poisonous and no attempt should be made to use leaves unless the user has enough botanical knowledge to differentiate the safe from the deadly.

## Other treatments

Mastitis. Dandelion leaves, as a poultice have been used to treat mastitis. The large leaves are excellent for swollen or mastitis infected breasts.

Hemorrhages. Comfrey leaves have their value as a poultice but are more prone to reaction on tender skins than the other leaves previously mentioned. Comfrey roots and leaves help clot blood. When using dried roots they need to be scalded before using, but the green roots do not need to be scalded. Fresh leaves need to be cut or bruised first, but dried leaves need to be scalded first.

## Gathering and drying the leaves

It does make a difference where the leaves grow. Leaves that grow along roads are often dusty or dirty and are affected by petrol fumes. By using choice leaves, John, to his knowledge, never caused an infection by using fresh unsterilized leaves or poultices. The most ideal time to pick leaves is during the first week of summer after the leaves have had a chance to gather as nutrients as possible, but before the leaves get too old. The body uses the nutrients in a poultice to repair and build new tissue. As a body can be poisoned through the skin, so too can it be nourished through the skin. Take care not to gather leaves that have spiny ribs as they can be pressed into the wound causing pain. Gather leaves in their prime as when leaves are older and are insect eaten they are not as efficient.

Never allow drying leaves to be soaked in the rain or wet by dew. They need to be air dried under shade, free from dust. They must not be allowed to get mouldy. Store the brittle dry leaves in cardboard boxes or paper bags, not in plastic.

## Dressing burns

When a person is burned, the first thing to do is to cool the injured area, either with ice or cold water. As soon as the pain is gone, apply an herbal salve. This needs to be redressed twice daily. The leaves are prepared in the following way. Take a pan large enough to accommodate the leaves. Pour hot water in the pan to submerge the leaves completely. The water temperature needs to be between 170 – 180 degrees Fahrenheit. This will be a little hot for your fingers to press the leaves under the water, so use a wooden or metal object for this. Keep submerged for a little while to soften. Dried leaves will usually colour or darken within 45 seconds to 2 minutes. As soon as the leaves begin to darken, remove. Hold them above the pan to drain and place them in an empty pan to cool off. After the leaves are cooled to the centre of the bunch, squeeze them to remove any excess water. They need to be quite moist but not dripping when they are applied.

Coat the burn with the salve a few millimetres thick. Next, a single layer of leaves is placed over every spot of the burn. If the wound is too sensitive to apply a coat of salve at this time, spread

the salve on the leaves. A roll of gauze is wrapped around the affected area. A small blanket or towel is used for the top wrap. Secure in place. The dressing is changed every 12 hours. The old dressing slides off if done correctly. Then new salve and new leaves are used in the next dressing to replace the old one.

## Burns and Wound Salve

The ingredients listed in this salve are as follows. Honey, wheat germ oil, aloe vera, olive oil, lanolin, marshmallow root, white oak bark, wormwood, comfrey root, lobelia, vegetable glycerine and beeswax.

Honey relieves the pain and blistering; wheat germ oil provides vitamin E which promotes healing and reduces scarring; aloe vera gel is well known as a burn remedy; olive oil has an abundant supply of vitamins A,D,E and K besides other vitamins and minerals; lanolin is the grease in sheep's wool. It is similar to the cholesterol that is secreted through the sweat glands of our skin. It acts as a lubricant and serves as a barrier excluding the air from the burns and wounds; marshmallow root soften and soothes; white oak bark is a powerful vegetable astringent as well as having antiseptic action, firms up tissue, reduces inflammation and soothes irritated skin; wormwood relieves soreness; comfrey root promotes rapid reproduction of the cells; lobelia is used to treat muscle spasm; vegetable glycerine is a preservative and inhibits mould and bacterial growth in the herbal mixture. Beeswax is used to keep the oils firm enough so that the body heat does not cause the salve to run off the patient.

**PLEASE NOTE: These salve ingredients are given for your information. I do not have any specific measurements or quantities for this salve so do not ask me for them, but if you have experience making up ointments you may experiment, realising that all the ingredients are excellent poultice and ointment ingredients. (You cannot buy Lobelia in Australia. You may have to leave this ingredient out)**

## Other dressings

Raw unprocessed honey has been used as a dressing for burn patients for many years. In China, over 50,000 burn patients have been treated with a honey salve. The following mixture may be used as a burns dressing: ½ cup raw honey, ½ cup wheat germ oil, as many comfrey leaves

as needed to make a thick paste, a small amount of shredded lobelia. This will ease the pain at once and new skin will form in about three days. This mixture can be made and kept for the winter but dried leaves must be used and a little glycerine needs to be added as a preservative.

A report from China reveals that burns patients were treated with the juice of freshly crushed ginger. Another successful remedy is clay. This is applied cold as a thick poultice. Aloe Vera pulp taken from the leaf relieves pain and promotes healing. Grated potato covering the burned area, using raw honey as a sealer, is also an excellent dressing. Egg whites, beaten until foamy and applied immediately have proven to be a satisfactory healer. Applying Epsom salts on a burn is another effective treatment.

## Applied on wounds

Leaves used on swellings, wounds and infections are prepared the same way as for burns. It is better to twist the green leaves to rupture them after scalding them and before applying to the wound. The leaves produce a quicker result after they are bruised. They then need to be applied as you would a poultice. Instead of using only one layer of leaves to cover the area, many layers are used to cover the injury. They are applied directly to the skin without any salve or oils on the skin. Wrap a bandage around the poultice to keep it in place and keep warm with another heavy bandage or towel. When the poultice is kept warm, it produces a better result. A fresh poultice needs to be applied every three to four hours day and night. Occasionally a green poultice causes the skin to blister, change the poultice to a ground flaxseed poultice (made by mixing water and ground flaxseed in a saucepan and gently heating until it thickens). The ground flaxseed is milder than the leaves and is more suitable for larger open wounds, although there are many benefits to be derived from alternating between leaf and flaxseed poultices.

Many different flours, fruits, vegetables, plants and spices are valuable for making poultices. Bread and milk used to be a very popular poultice. The burdock and comfrey leaf poultice has been very effective in reducing proud flesh on horses. These work better when gathered green, are bruised and then packed around the proud flesh.

*Comfort for the Burned and Wounded  
by John W Keim*

# Trans fats

In case you have had your head buried in the sand for the last decade or so, here is an article documenting how margarine and trans fats will increase the risk of heart attacks. However, they also have a major increase in cancers, arthritis, fatigue and nearly all chronic illness.

A report recently published on the internet said that 90% of the money Americans spend on food goes towards processed foods. Supermarket shelves abound with processed foods. Take-away food is so common. What is uncommon is unprocessed, healthy food.

Yet many Vegetarians, who, while thinking they may be on a healthy diet by eliminating animal foods from their diet, may give themselves another very large health problem. This is caused by eating the wrong fats in the diet. These fats may seem healthy, but are far from healthy. We must be careful not to eat “partially hydrogenated vegetable oil”.

## Trans-Fat - what is it?

Trans fatty acids, also known as trans fat, is an artery-clogging fat is formed when vegetable oils are hardened into margarine or shortening. It is found in many other foods besides margarine and shortening, however, including fried foods like french fries and fried foods, doughnuts, cookies, pastries and biscuits. Typically, we find that french fries may have about 40 percent trans fatty acids and many popular biscuits and crackers range from 30 percent to 50 percent trans fatty acids. Doughnuts have about 35 percent to 40 percent trans fatty acids.

Trans fat is known to increase blood levels of low density lipoprotein (LDL), or “bad” cholesterol, while lowering levels of high density lipoprotein (HDL), known as “good” cholesterol. It can also cause major clogging of arteries, type 2 diabetes and other serious health problems, and was found to increase the risk of heart disease. Many food companies use trans fat instead of oil because it reduces cost, extends storage life of products and can improve flavour and texture.

While some foods like bakery items and fried foods are obvious sources of trans fat, other processed foods, such as cereals and waffles, can also contain trans fat. One tip to determine the amount of trans fat in a food is to read the ingredient label and look for shortening,

hydrogenated or partially hydrogenated oil. The higher up on the list these ingredients appear, the more trans fat.

You can also add up the amount of fat in a product (saturated, monounsaturated and polyunsaturated), provided the amounts are listed, and compare the total with the total fat on the label. If they don't match up, the difference is likely trans fat, especially if partially hydrogenated oil is listed as one of the first ingredients.

The purpose of hydrogenation is to solidify an oil so that it can be made to resemble real foods such as butter, but what it really does is ruin the nutritional value of vegetable oils. The hydrogenation process imparts desirable features such as spreadability, texture, “mouth feel,” and increased shelf life to naturally liquid vegetable oils.

In the hydrogenation process, vegetable oil is reacted under pressure with hydrogen gas at 250 – 400 degrees F for several hours in the presence of a catalyst such as nickel or platinum. However, this industrial process cannot control where the hydrogen atoms are added to the “unsaturated” double bonds. Randomly adding hydrogen atoms to polyunsaturated fats converts natural food components into many compounds, some of which have never been seen before by man until partially hydrogenated fats were manufactured.

Some of the several dozens of altered compounds created in the manufacture of partially-hydrogenated fats are “trans” fatty acids. Fatty acids are the building blocks of fats, much like amino acids are the building blocks of proteins. Other new compounds accidentally synthesized include fatty acids having double bonds translocated to new and un-natural positions, and various molecular fragments. Many of these altered compounds are detrimental to health.

What does this mean in layman's terms. When a molecule of natural, polyunsaturated fat is examined under a microscope, the compound is called “cis”

as the molecule is bent because of the crowding of the atoms to one side. When fats are partially hydrogenated, the molecule shape is changed and it becomes a “trans” form. These are un-natural and are not intended for use in the human body.

## Diseases linked to trans fats

More than a decade of research at the University of Maryland, as well as research that was being done at other institutions, showed that consumption of trans fatty acids from partially hydrogenated (a process that adds hydrogen to solidify or harden) vegetable fats and oils had many adverse effects in health areas such as heart disease, cancer, diabetes, immunity, reproduction and lactation, and obesity.

It is rather easy today to come up with a long list of these adverse effects from the published research done by many scientists around the world, as well as the researchers at the University of Maryland. The reason there is so much recent interest is that during the past three years there has been a number of major research reports published in prestigious medical journals that caught the attention of the press.

These studies have usually been shown in independent non-industry studies. Perhaps the most significant event though was the report from researchers at Harvard University, who evaluated more than 85,000 women in a long-term prospective study and found that there was a significantly higher intake of trans fatty acids in those individuals who developed heart disease. Several other research groups around the world also reported a higher intake of partially hydrogenated fats in those individuals who have developed cancer.

Basically, trans fatty acids cause alterations to numerous physiological functions of biological membranes that are known to be critical for cell homeostasis, e.g., appropriate membrane transport and membrane fluidity, and these altered fatty acid produce changes

in cell size, cell number, lipid class and fatty acid composition.

## **Trans fats increase allergies**

A team of researchers from Finland have found that diet may play a role in the increased incidence of allergies. Their study found that children who eventually developed allergies ate less butter and more margarine compared with children who did not develop allergies. The

allergic children also tended to eat less fish, although this dietary difference was less significant.

The study is not the first to suggest that certain types of fatty acids may play a role in the onset of allergic diseases. Polyunsaturated fats like those in margarine are thought to promote the formation of prostaglandin E2, a substance that promotes inflammation and causes the immune system to release a protein that triggers allergic reactions.

Their results support the hypothesis that the quality of the fat consumed in the diet is important for the development of allergic diseases in children.

The possibility of preventing allergic diseases by supplementation or by changing the fatty acid composition of the diet of young children remains to be tested by clinical trials.

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# **Disease..... result of breaking health laws**

There is an old Chinese proverb that reads “Those who disregard the Laws of Heaven and Earth have a lifetime of calamities, while those who follow the laws remain free from dangerous illnesses”. The aim of this newsletter is to teach these laws of health. We are all responsible for our own health, and many of us are responsible for the health of our families. It is essential to understand these laws of health, and then do your very best to fulfil them.

If you were to examine the lifestyle, eating habits, mental state etc., of and person (child or adult) afflicted with infectious disease, asthma, arthritis, chronic fatigue, cancer or any such disease, I do believe you would find that their lifestyle was not in harmony with these laws of health. Sickness is not bad luck, it is no accident, it is not God’s will and not “just one of those things”. Sickness and disease is a direct consequence of breaking those laws that govern the health of the body.

## **Understanding sickness**

If a child develops measles, mumps, whooping cough, rubella, or any of the other common childhood infections, then it is because that child does not possess a clean and healthy system. The same can be said for adults. We show symptoms of toxemia when we develop skin diseases, asthma, allergies, bronchial problems, arthritis, and many more common diseases.

A very important point to understand is written by Dr Henry Bieler, author of

‘Food is Your Best Medicine’. He writes “The primary cause of disease is not germs. Disease is caused by a Toxaemia which results in cellular impairment and breakdown, thus paving the way for multiplication and onslaught of germs”. Natural Health teaches that the root cause of most disease, including infection, is a toxic system, which they refer to as Toxaemia. Natural Health does not deny the presence of germs in infectious disease, but explains that their presence is a direct consequence of the toxic conditions of the body.

Toxaemia simply means that there is too much toxic waste in the system. This waste is made up from the body’s own metabolic wastes, as well as foreign waste material such as chemicals, preservatives, insecticides, drug and vaccine residues etc. Whenever toxemia is present, there will be often be accompanying disorders, nutritional deficiencies and sluggish metabolism. Sluggish metabolism adversely affects digestion and assimilation of nutrients, leading to nutritional deficiencies. Even if one part of the body is not healthy or not working properly, it will adversely affect the whole body.

## **Causes of Toxaemia**

Low Vitality. The immune system and eliminative organs which have a job of eliminating toxic and metabolic wastes from the body, become sluggish and less efficient. The result is a build-up of toxic waste in the blood and tissues. The causes of low vitality are numerous and include lack of fresh air and sunshine,

shallow breathing, insufficient sleep, overwork, sedentary living, boredom, stress, worry, overeating, medical drugs etc

Environmental and chemical pollutants. If the chemicals and pollutants entering your body exceed the amount you are able to eliminate, the result will be a build-up of toxic waste. The major causes are chemicals in our diets, animal, dairy and other refined foods, fluoridated water, drugs and vaccines, smoking, alcohol, and air pollution.

## **Nutritional deficiency.**

If the body is not supplied with all the necessary nutrients, if it is not getting enough vitamins and minerals, then every cellular activity, every metabolic function, will begin to break down. This leads to toxemia. Causes of nutritional deficiency are numerous and include deficient diets, high protein diets, malnourishment, poor digestion and assimilation, lack of sunshine and medical drugs.

## **Putrefaction and fermentation.**

Any food within the digestive tract that has not broken down properly and digested, will soon begin to ferment and putrefy. This results in bacterial and parasitic infection, as well as introducing certain gases to the bloodstream. The main causes of fermentation and putrefaction can be traced to poor food combining, eating too many dishes at one meal, overeating (particularly flesh

foods), drinking with meals, eating during acute illness and eating while under emotional stress.

As you can see, many of the causes of Toxaemia are related to our lifestyle. Even babies and infants can develop toxaemia through such things as polluted breast milk, fluoridated water, drugs and vaccines, powdered milk, over excitement, overeating, lack of fresh air and sunshine. In fact many babies are born with toxic systems because of poor parental health.

## How does Toxaemia actually cause these diseases?

Toxic waste matter is poisonous, and its retention within the system will destroy body tissues and cells unless removed. Our bodies are equipped with a sure way to enable our body to throw out excess toxic waste so as to ensure that it does not reach dangerous levels. We call this sure way **sickness**.

Whenever we get a fever, sore throat, runny nose, no appetite, skin rash, mucous elimination etc. then all it means is that we are experiencing a cleansing reaction, an elimination of toxic waste that has built up within our system. From the Natural Health viewpoint, any acute sickness is the body's effort at eliminating toxic waste, and for this reason is **beneficial**. This is why sickness should be treated with Natural Health principles i.e. bed rest, sunshine, pure water and fresh air. By allowing sickness to follow its course our body will benefit and be cleansed, thus restoring our health.

On the other hand, if you treat sickness with drug medication, what you are doing is closing down the body's channel to eliminate this toxic waste. Drug therapy **suppresses** the body's attempt to cleanse its own system. When you hear of children suffering from complication of infectious diseases, find out how the child has been treated. It is a totally different matter in third world countries where millions die each year from diseases. These can be attributed to malnourishment, starvation, impure water and unsanitary living condition.

## Natural Health philosophy of disease

It is crucial to understand the Natural Health philosophy of disease. If a person has an infectious disease, the symptoms of these diseases (fever, rashes, glandular swellings etc.) all arise from one underlying cause, Toxaemia, and are used by our body to eliminate toxic waste.

Hippocrates wrote "All disease is one" and "The symptoms of disease are evidence of the body's natural curative reactions". He is saying that sickness is curative, or in other words, is **beneficial**. This is exactly what Natural Health believes.

## What about germs?

According to medical theory, which most people believe in, germs are the cause of sickness. Louis Pasteur was the scientist who came up with the germ theory over 100 years ago. Did you know that before Pasteur died, he admitted he was wrong. He completely changed his mind and stated that the true causes of infection was **not** the germ, but the unhealthy condition of the body. He realised that infection can only arise in those individuals whose body's are unhealthy and toxic. There are two reasons why this theory exists today. The first is the commercial value to the drug and medical empires, and the other is because people want to blame something for their self-inflicted illnesses. It is much easier to blame the flu bug or virus than admit we caused our sickness by overindulging and eating the wrong food.

## Where do germs fit in?

The germs true role is to consume organic wastes undergoing putrefaction and decay. It stands to reason that the more toxic wastes you have in your body, the more germs you will have. In fact, germs are not our enemies, but our friends. They assist in keeping the insides of our bodies clean. Germs, like flies, are attracted to filth. If you don't want germs, get rid of the filth. Every time infection arises in the body, regardless whether it is viral or bacterial, whether it's measles, herpes, cancer or AIDS, the root cause of such infection, is in every case, an unhealthy toxic body. Whenever you read of so called epidemics of diseases, those who succumb to these diseases do not have healthy bodies.

By understanding the toxaemia theory

and the true role of germ in your body, you will understand why Natural Health rejects the use of drugs and vaccines. Drugs do nothing to remove the toxic conditions of the body, the root cause sickness. For this reason drugs cannot cure sickness, drugs merely suppress the sickness. Treating bacterial infections with antibiotics kills the germs but does not remove the root cause of the problem, toxaemia.

For the very reason that drugs do not cure sickness, vaccines cannot prevent sickness. Vaccination is based on the idea that germs are the cause of sickness, and is aimed at giving protection against supposedly disease causing germs. Again, vaccination does not remove the toxic condition of the body, and for this reason they cannot and do not work.

By understanding the toxaemia theory and how sickness arises, you will understand the true way to prevent disease. If you do not want to develop any infectious diseases, remember to keep your system clean and healthy. It you don't want flies around the garbage bin, keep the bin clean. If you don't want cockroaches in your cupboard, then keep your cupboards clean.

Now if sickness does arise, remember that this is a cleansing response, an elimination of toxic waste. Realise that this sickness serves a very important role protecting your body from self poisoning, and that it is therefore beneficial to your long term health. Allow the illness to run it's course. Become educated and learn how to assist nature in expelling these toxins. Learn how to use water, internally as well as applying externally (hydrotherapy). These are essential skills we all need to know. There are some simple remedies that aid the body to heal faster. Next year we plan to run some seminars that teach these remedies. Watch for information on time and dates in next newsletter.

If this Natural Health science is new to you, I encourage you to do further study on the subject. Become motivated to search out truth, stimulate your thinking and do further research for yourself. Back to Eden offers Natural Remedies Seminars on Natural Healing. Become acquainted with the simple remedies that God has provided for us to heal ourselves.

# Good oils

In pre-industrial times the average diet consisted of one part omega-3 to two part of omega-6; now in modern western diets the ratio is one part omega-3 to fifteen parts of omega-6

When vegetable oil is processed, a great degree of damage is done. To take just one tablespoon of oil that has been damaged that has been damaged only 1%, there are one million toxic molecules. It is known that only two molecules will change gene expression. So if we are introducing any food into the body that can change gene expression, we are programming our bodies for disease. This is the programming that allows tumours to grow in the body, produce pain to the joints and swellings and deposits in the arteries. Thereby we can see that not only our genetic make-up is the sole contributor to our diseases, but by making poor food choices we can certainly bring on our health problems.

## Omega 3 and 6

Omega-3 and omega-6 are two oils that cannot be made by our bodies, so they have to come from our food. If we do not get enough of these in our diets, our health will deteriorate. If enough of these oils are taken into the body, then all the problems caused by a lack will be reversed. They are called essential fatty acids because they are essential (discovered to be essential in 1930 for omega-3, and in 1981 for omega-6). When we look at the population, 99.9% do not get enough of them. Most of the oils we eat are high in omega-6 and low in omega-3. Omega-3 oils are a manufacturer's nightmare because they are five times more sensitive to damage than omega-6 oils.

Flaxseed oil is the richest source of omega-3 oil in the form of alpha-linolenic acid. Its benefits are increased energy, nicer skin and elevated mood. When omega-3 is introduced into the diet, nearly every major degenerative condition is benefited.

But by using flaxseed alone, we may become omega-6 deficient. The symptom of this is arthritis-like pain in the finger joints and papery thin skin. Some research says that by limiting only to omega-6 oils, there is an increase in prostate and breast cancers. When we are omega-6 deficient the immune system is retarded. This is why we should not use flaxseed alone, but combine this with

organic sunflower, sesame or evening primrose oil. Our body needs both oils in the correct ratio

## Cheap commercial oil

The commercial oils found on the supermarket shelves have two main problems. The molecules are damaged during processing, creating toxic molecules. These cause inflammation and cardiovascular disease. The second problem is they are completely deficient of omega-3 oils. Commercial oil is treated with various chemicals, heated and bleached before going in the bottle. This supposedly makes them "purer" and gives them a longer shelf life. Any oil will deteriorate if it is exposed to light, heat and oxygen. Oil must not be stored in plastic as the chemicals in the plastic leach into the oil from the plastic itself. Glass is by far the superior packaging material.

## Fish oils

If we take the essential fatty acids in the form of fish oils, you can increase inflammation if you are under oxidative stress. Possibly the reason for this is that fish oils are 25 times more sensitive to damage than omega-6 oils. When fish is squeezed during processing it is harder to extract the oils than when seeds are pressed. Another problem with fish oils is getting rid of the dioxins and PCBs which are pollutants in the ocean.

## Aids brain development

There is now reasonable research that suggests that when you give autistic children omega-3 fatty acids, their condition improves (also vitamin B6 and magnesium). When these essential fatty acids are given in the diet, almost every degenerative disease is improved. Research shows that an increase in omega-3 in the diet will elevate the mood and reduce depression. They are also useful for hyperactive children and for those who have an inability to concentrate. Many children with ADD and ADHD as well as dyslexia, learning problems, schizophrenia, obsessive compulsive disorder and Alzheimer's disease show changes for the better

when given the correct supply of essential fatty acids. Omega-3 is not the only essential nutrient to correct these problems, as there are 20 minerals, 14 vitamins and eight essential amino acids. All these are essential in the control of all these diseases as the brain can only work when all the nutrients are there.

## Olive oil

Extra virgin olive oil is recommended as an oil for use as it has not been damaged by processing. It does not contain any toxins but it contains virtually no omega-3s and 10% of omega-6s. It contains omega-9 but this oil is not classed as essential as the body can make it from sugar and starch.

## Boosting essential fatty acid intake

Those who are on a vegetarian diet may conclude that they do not need to worry about their fatty acid intake, yet it actually may be very low which plays a critical role in good health and prevention against disease.

Each day, incorporate in your diet foods that are rich in omega-3 and omega-6. If you take flaxseed oil, remember to keep this oil in the fridge. It must not be heated, it must be kept in the dark with the lid tightly in place, not exposed to oxygen. A daily serving of 1 teaspoon of flaxseed oil may be taken, but another more economical and easier way is to grind a combination of equal parts of sunflower seeds, sesame seeds, green pumpkin seeds, linseeds and any nuts you may like eg walnuts, almonds, brazils etc. Measure about ¼ - ½ cup (per serve) of the combined seeds and freshly grind in a coffee grinder each day immediately before serving. Never grind up more than needed as this will oxidise and begin to go rancid with twenty minutes of grinding. If you grind too much, it may be stored in the freezer, but it is a far better health practice to grind it up each day prior to use. Many people enjoy this seed mixture along with their breakfast.

*From New Vegetarian and Natural Health Autumn 2006, interview with Udo Erasmus*

## Products for Sale

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## Cooking Whole Grains

In 1968 Volkheimer reported finding starch granules in human blood, urine, bile and human milk after the subject had drunk a suspension of water and raw starch. In recent years, tiny lacunar scars in all people over 30 have been associated with the intake of inadequately cooked starch. It was shown that incompletely hydrolyzed (cooked) starch could pass through the intestinal wall and enter the general blood circulation.

These small starch granules travel through into the smallest arteries and capillaries. In the brain, neurons may be lost as blood vessels are plugged by starch granules, eventually leading to a reduction in thinking processes. Other organs affected are bones, adrenals, muscle, joints and lymph nodes.

An experiment was conducted at Uchee Pines in USA in which rolled oats, corn grits, whole grain rice, whole grain wheat, and cracked wheat was cooked. These grains were tested during boiling at 10, 30,

60, 90 minutes, 2, 3 and 4 hours. The rolled oats showed complete hydrolysis of the starch granule (breaking down into fully digestible portions) in 90 minutes. The corn grits required 3 hours and other grains between 2-3 hours.

### Cooking times

Rolled, flaked grains - 1 to 1½ hours.

Cracked and small grains – 2 to 3 hours.

Whole grains – 3 to 4 hours.

### How to shorten cooking time

Dextrinising grains changes starch molecules into dextrin, which has a molecular structure in between that of starches and sugars. It shortens the cooking time, and imparts a nutty flavour and fluffier texture. It may be done by heating the dry grain in a heavy pan, until the grain is a very light golden colour ( about 5 minutes), or place the dry grain in a baking dish a heat through in the oven at a temperature of 160 for 15

## Recipes

### LENTIL SHEPHERD'S PIE

¾ c dry brown lentils  
1 onion, chopped  
2 tspns healthy curry (see below)  
1 heaped tablespoon tomato paste  
2 carrots, diced  
1 parsnip or small sweet potato, diced  
1 stalk celery, chopped  
1 cup peas  
½ capsicum, diced  
1 tspn miso (opt)  
1 tsp basil  
2 tspns parsley  
Sea salt for lentils and vegetables  
Water or vegetable stock to cover  
5 potatoes (approx)  
1 small sweet potato  
Sea salt for potatoes

Cook lentils in 2 cups salted water until cooked. Set aside. Boil the potatoes and sweet potato together and when cooked, mash. (May use soy milk to make creamy). Set aside. Saute onion in a little water until soft, add healthy curry powder and tomato paste. Stir until well mixed. Add rest of the vegetables, lentils, water or vegetable stock to cover. Simmer until cooked. Sea salt to taste. Thicken with cornflour. Place lentils in base of dish. Cover with mashed potato mix. You may use on a pastry base if you like, or may place the lentil mix between two layers of mashed potatoes. Bake for 30 mins or until potatoes are browned.

### HEALTHY CURRY POWDER

1 tbs tumeric 1 tbs coriander

1 tsp garlic powder 1 tsp sea salt

2 tsp cumin 1 tsp fennel

1 tsp fenugreek powder

Grind all together in food processor, store in an airtight container.

minutes or until heated through. (The dry heat changes the molecule).

This short feature is in response to those who do not realise that eating raw uncooked muesli is not the best for the health. Slow, long cooking is recommended.