

Back to Eden

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Earlier this year I made a decision to have more classes where I can teach interested people about the many and varied subjects I have been learning about for nearly twenty years. So during this year, on the first Wednesday of each month a group of interested people get together at my home where we share and learn. I have really enjoyed these classes and I plan to continue them next year. I'll let you know of the planned dates in the next newsletter.

Some ladies have phoned me, lamenting that they live too far away and whilst they would love to attend these classes, they cannot do so. For any who would like a program in their area, I am willing to travel and would be interested in discussing your particular details. Don't hesitate to phone me and ask for details. You would need to have a group of people who would be willing to attend and a home or small venue that can seat everyone.

We recently concluded a series with Barbara O'Neill. We will probably ask her back next year, maybe having a full day seminar on a Saturday. Her meetings are all on DVD. The full set of 6 DVDs cost \$125 posted anywhere in Australia, and can be ordered from Misty Mountain on 02 6567 8118.

As postage costs have just risen, those of you who have email, please consider receiving this newsletter electronically. This cuts my costs down dramatically. You still can copy it yourself and print it out in the same format which is posted out. Email your details to the above address. To those of you who receive it by post, any donation towards expenses is appreciated. Do not hesitate to photocopy it and give it to others.

From Kaye and the Back to Eden team

Barley Leaf Powder...an ideal "fast food"

In order to know what the best foods to eat are, we must study God's original plan for man's diet. The book of Genesis tells of the original diet given to Adam and Eve in the Garden of Eden. The first diet of man was grains, fruits, nuts and seeds (Genesis 1:29).

In the beginning it was contrary to God's plan to take the life of any creature for food. There was no death in Eden. The food given to man was a vegetarian diet, to which they were totally adapted. Man was not created as a meat eater. The organisms of animals who are meat eaters are somewhat different from man's. They have sharp teeth, shorter intestines which limit the factor of putrefaction, and have much stronger digestive juices.

After Adam and Eve sinned and were cast out of the garden, they received permission to eat the "herb of the field" (Genesis 3:18). Vegetables - meaning the leaves, stems and roots of plants were then added to man's diet. It is very interesting to note that right when man sinned, God added vegetables and herbs. Here we see that a loving God foresaw what was to happen and provided wonderful remedies for the diseases that are a result of sin. He gave us these remedies (plants) that can be used as a "service to man", that will bring untold blessings to the world.

Vegetables are generally considered the regenerators of the body, while fruits are considered the cleansers. They are extremely important sources of vitamins, minerals and enzymes. They also contain proteins of the highest quality, which are often of better biological value than those of animal sources.

It wasn't until the twentieth century that we started chemical food processing and food production. It wasn't until we began to refine and process nutrients out of our foods that "new" diseases began to appear. Many of these diseases the world had never seen before. Today, because of wrong agricultural methods, processing, and chemical additives, man's food has over 2000 substances to which man is not adapted, and his system is unable to handle these.

Yoshihide Hagiwara

Yoshihide Hagiwara got off to a tough start. His Japanese parents were unable to care for him so they put him up for adoption. His adoptive mother developed cancer and was too sick to care for him. During his tenth year he existed on the meagre diet he cooked for himself, boiled rice and soybean soup along with some pickles. In his malnourished state he was sent back to his own parents and where he was given a balanced diet that improved his health.

After graduating from university he ran a pharmacy to support himself and his parents. For at least fifteen years he worked into the night, sleeping for only about 3 hours each night. He worked as a research pharmacologist, eventually starting his own company, discovering formulas for many different creams and lotions. Later he would go back to university and study to become a doctor of medicine. He developed and patented over 200 medications and had a staff of over 700. He created the largest drug company in Japan.

His hard work seemed to pay off, having his own company. But in 1963, organic mercury was banned for sale. Having been working with it for many years he was unaware of its damaging effects. His

mental and physical strength began to decline. His teeth decayed, his hair turned grey. His mind clouded up and he could no longer manage a large company. He tried many of the drugs and vitamins that his company were making, but none worked. When he looked at his research team that was working with him, they too developed red sores on their noses and began to lose skin. They all had been poisoned with organic mercury.

At this time his diet was not very good. For ten years he existed on eating curry and rice for lunch and a hamburger steak at night, along with some liquor. He knew he would have to regain his health and did so by implementing a balanced diet. As a result of his failing health he lost his pharmaceutical company. Yet he did not lose his desire to find something to revitalise his health.

His discovery

Dr Hagiwara determined to completely transform his diet using many Chinese herbs and fresh greens. His health returned and once again he turned his energies to finding similar solutions for others. He wanted to find a food that would promote good health by vitalizing the body's own power of healing. He wanted to make the powers of green vegetables as easy to have as instant coffee.

“To fit into the modern world, it had to be easy to purchase, easy to use, and stable over a long period of time.... What I wanted was something with a modern look and form, an ideal ‘fast food’”.

During this time he examined many different plants. He saw that plants are the primary source of all nutritional elements. He investigated all the parts of the plants – roots, stems, twigs, leaves and flowers. He considered when is the best time to harvest the plant, and what minerals needed to be present in the soil.

For ten years his family and friends were subjected to many taste tests. Chopped leaves, ground leaves, macerated leaves, leaves with stems attached, leaves without stems, leaves freshly harvested and leaves that had been left standing in the sun – all were analysed and tested for nutritive value.

He analysed over 150 edible green plants including chickweeds, asters, pigweeds,

clovers, peas and acacias. He finally discovered the combination of nutritive elements and chlorophyll in the juice of cereal grasses – barley, rye, wheat and oats, had the most remarkable quantities.

Dr Hagiwara also believed that if he could develop a way to dehydrate Chinese herbal teas and maintain their wonderful benefits, then consumers would be able to use these readily in this modern world. He successfully invented and developed a spray that dried herbal teas in three seconds. Then he used this to dry his cereal grasses. But he developed problems. He reduced the temperature of drying to room temperature, but the product turned brown. He had problems harvesting the leaves. They too turned brown. He tried freezing the leaves but this inactivated the medicinal ingredients. The plants needed to be harvested when they were 20-25 cms long to yield maximum amounts of medicinal ingredients. He was driven to find an answer. Through trial and tribulation, he ultimately achieved a dried barley green juice powder that maintained the integrity of the fresh plant.

Many nutrients

In our modern age, to be healthy demands strict attention to many of the foods we eat. Our bodies are under attack from chemicals and pesticides, and at the same time are affected by nutritional imbalances. Illnesses are induced by both imbalances of minerals, enzymes and vitamins as well as pollutants and both causes often work in combination.

To make an effort to maintain good health takes a commitment. It is essential that we eliminate toxins from our body and take in essential ingredients that are necessary to life. Using barley leaf powder is a very effective way to do this.

Green vegetables are not all alike. Some are more nutritious than others. Some contain pesticides, herbicides and chemicals. Foods grown in deficient soil will not give us the rich supply of

Comparison of the Mineral Content of Green Barley Essence and Several Popular Foods (milligrams per 100 grams)

Food	Na	K	Ca	Mg	Fe	Cu	P	Mn	Zn
GREEN BARLEY ESSENCE	775	8,880	1,188	224.7	15.8	1.36	594	5.6	7.33
Vegetables	Celery	28	278	37	9.6	1.4	0.11	45	-
	Lettuce	30	208	21	9.7	0.5	0.15	25	-
	Spinach	25	490	98	59.2	3.3	0.26	52	-
	Onion	10	137	40	7.6	0.5	0.08	26	-
	Tomato	3	288	3	11.0	0.2	0.10	18	-
	Cabbage	15	240	45	16.8	0.4	-	22	-
	Kale	-	-	225	-	-	-	67	-
Comfrey	19	-	-	-	9.0	-	40	-	
Fruits	Banana	8	348	5	41.9	0.4	0.16	23	-
	Apple	8	-	3	-	0.2	-	7	-
	Orange	4	-	14	-	0.2	-	12	-
Grains	Wheat flour	3	361	30	105.0	3.2	0.65	330	-
	Mixed wheat flour	3	132	118	1.9	1.9	0.17	111	-
	Refined rice (raw)	6	113	4	13.1	0.45	0.05	99	-
	Refined rice (cooked)	2	38	1	4.4	0.16	0.02	34	-
	Pressed barley	3	-	24	-	1.5	-	140	-
Dairy	Cow's milk	36	160	100	14.0	0.1	0.02	90	-
Fish	Salmon (canned)	500	320	170	29.8	1.2	0.05	320	-

Na: sodium
K: potassium
Ca: calcium
Mg: magnesium
Fe: iron
Cu: copper
P: phosphorus
Zn: zinc

Presented by Resource Research Association, Office of Science and Technology, and Japan Food Analysis Center

minerals we need. An interesting observation was made in laboratory mice. When mice were fed on a high meat diet without grains or vegetables, they gradually became cruel and bit the hands that tried to catch them. The mice fed vegetables and no meat were tame, showing no sign of biting. Undernourishment has an enormous impact on human behaviour and I believe that we can see evidences of this in our modern society.

When the young barley plant were compared with other plants, they were seen to have certain advantages. Firstly, they were relatively free from fungi and bacteria. They are also cleaner as their smooth surface enables any foreign matter to be washed easily away. Early harvest reduces the likelihood of insect infestation. They are free from aromatic or germicidal components and have no pungent or other displeasing taste.

Many scientists today will tell you that green vegetables have cancer-preventing properties. Yet how many people actually eat these vegetables. Then there is also the problem of vegetables that are grown in deficient soil and do not have the full nutrition that they are capable of having. Most Australians do not eat enough green vegetables to experience the health benefits. Green Barley leaf powder is known to restore nutrients missing from many diets. It has been documented that Green Barley leaf powder is particularly rich in protein, minerals, vitamins, enzymes and chlorophyll. These five essential ingredients are found in Barley Leaf powder in a totally natural state.

Minerals

To maintain health we need minerals. But the human body, unlike plants, cannot draw these needed minerals from the environment or manufacture them from other substances. Our only source is in the food we eat. If we do not get them, our body will not be in good health.

To maintain health, minerals such as potassium, magnesium and calcium are essential. Of these Potassium is ranked as one of the body's most needed minerals. It is closely linked with the health of the nerves and muscles. Your blood pressure as well as glands and hormones depend on a sufficient supply. It is necessary for normal growth and as an alkalizing agent for keeping proper acid-alkaline balance in the blood and tissues. It aids in retaining normal osmotic pressure of essential body fluids and in using protein efficiently. The red blood cells need Potassium to effectively carry carbon dioxide (CO₂) to the lungs to be exchanged for oxygen. It also stimulates the excretion of water by the kidneys, thus ridding the body of poisonous waste materials. It also activates certain enzymes required in carbohydrate metabolism.

Barley Leaf Powder is one of the best foods to restore the acid-alkaline balance. Acidic food contain only a small amount of potassium and our environment is

steadily increasing the deficiency of potassium. Hypocalcemia (reduced calcium concentration in the blood) manifests itself in bone troubles, osteomalacia, abnormal excitation of nerves or a disordered condition of the parathyroid gland. Hypokalemia (reduced potassium concentration in the blood) leads to body languor, muscular fatigue, heart troubles and cirrhosis of the liver.

A very common condition of potassium deficiency is debilitating fatigue. Fatigue may follow vigorous physical exercise, or severe mental stress or even a lack of sleep. These various kinds of fatigue share one factor – the storing of sodium and the excretion of potassium. So if we want to avoid that tired feeling, can enjoy the revitalization power of Barley Leaf Powder.

Vitamins

Vitamins are catalysts for all living cells regulating body processes. Their presence or absence, even in very small amounts may mean the difference between good and bad health. They combine with oxygen, enzymes, minerals and hormones to form other chemical compounds. If they are not present, certain chemical reactions will not take place.

Our health problems can be reduced if these vitamins were taken in our daily diet, however vitamins are very easily destroyed by storing, scraping, soaking, shredding, cooking or even by exposure to air. For example, vitamin C contained in crushed raw radish is reduced by half after about five minutes exposure, and more than 70% of it decomposes in about 20 minutes. Vitamins B1 and B2 in foods decrease drastically in quantity when they are cooked for a long time.

Analysis clearly show that Barley Leaf Powder contains many vitamins in quantities which far

surpass those of other foods. It has a generous supply of Beta-carotene. This is precursor to vitamin A and because it stimulates the production of lymphocytes and other cells involved in the body defences, it is credited with controlling infection and cancerous cell growth.

Proteins

Many people think that meat, fish, milk and dairy as high sources of protein without giving the same consideration to the protein content of plants. Protein is necessary for good nutrition. Yet in every plant, every vegetable, every seed, every fruit, every nut contains some protein. It is difficult to eat natural food that does not have protein in it. A diet high in animal protein content acidifies the blood as much as sugar does. Acidified blood will dissolve calcium from the bones and the more animal protein eaten the more calcium is excreted.

Some protein molecules are very difficult for the body to break down and assimilate. Vegetable proteins have only half the putrefactive effect of animal protein. The protein of cereals and legumes were found to be the least putrefactive of all proteins.

Raw proteins have a higher biological value than cooked proteins. You need only half the amount of protein if you eat raw vegetable protein as compared to cooking them. Furthermore, raw protein is utilised twice as well as cooked protein. In the case of Barley Leaf Powder it is rich in lightweight protein molecules (45%) of which 90% is usable. The protein content comprises about 45% by weight of the ingredients, and represent its largest single component.

Chlorophyll

Chlorophyll is a natural cleanser and tissue healer and has a role of stimulating human tissue growth and repair. It has recognised deodorising effect on body odours and indications are that it can retard the growth of kidney stones.

When we look at the chemical structure of chlorophyll we see that the cells of the human body are much like that of green leaves. The composition of electrolytes (minerals) is much the same for both. It is very interesting to note the similarity between green leaves and human blood.

Comparison of the Vitamin Content of Green Barley Essence and Several Popular Foods

Food	Carotene I.U.	B1 (mg)	B2 (mg)	B6 (mg)	C (mg)	E (mg)	H (mg)	Folic Acid (μg)	Panto-amic Acid* (μg)	Nico-lic Acid* (mg)	Chloro-phyll (mg)	Chole-sterin (mg)
Green Barley Essence	52,000	1.29	2.75	0.03	329	-	48.0	640	2.48	10.6	149	260
Vegetables												
Celery	0	1.03	1.02	0.10	10	0.5	0.1	7	0.40	0.4	-	-
Lettuce	200	0.06	0.06	0.07	5	0.5	0.7	20	0.10	0.2	-	-
Spinach	8,000	0.12	0.10	0.10	100	-	0.1	80	0.30	1.0	-	-
Onion	20	0.03	0.02	0.10	10	0.3	0.9	10	0.10	0.2	-	-
Tomato	400	0.08	0.03	0.10	20	0.4	1.2	5	0.05	0.8	-	-
Cabbage	100	0.08	0.05	-	50	-	-	-	-	0.5	-	-
Kale	10,000	0.15	0.33	-	326	-	-	-	-	-	-	-
Cornley	9,800	0.77	2.20	-	60	-	-	-	-	1.0	-	-
Fruits												
Banana	200	0.03	0.05	0.30	10	0.4	-	10	0.20	0.5	-	-
Apple	45	0.01	0.01	-	55	-	-	-	-	0.1	-	-
Orange (fresh)	120	0.09	0.02	-	50	-	-	-	-	1.0	-	-
Orange (concentrate)	20	-	-	-	3	-	-	-	-	1.0	-	-
Grains												
Wheat flour	-	0.30	0.10	0.40	-	2.6	5.0	35	4.50	4.5	-	-
Mixed wheat flour	-	-	-	0.10	-	1.7	0.6	14	0.80	-	-	-
Refined rice (raw)	-	-	-	0.30	-	0.4	3.0	10	6.60	-	-	-
Refined rice (cooked)	-	-	-	-	-	-	-	-	-	-	-	-
Pressed barley	-	0.18	0.07	-	-	-	-	-	-	2.5	-	-
Dairy												
Cow's Milk	20	0.04	0.15	0.04	2	-	2.0	0.3	0.35	-	-	-
Fish												
Salmon (canned)	-	0.02	0.12	0.03	-	-	10.0	5.0	0.50	-	-	20.1

*milligrams

Prepared by Research Research Association, Office of Science and Technology, and Japan Food Analysis Center.

Comparison of the Components of Various Foods and Green Barley Essence (%)

Food	Protein	Lipid	Carbohydrate
Green Barley Essence	45.2%	3.2%	23.2%
Milk (whole, fresh)	2.9%	3.3%	4.5%
Banana (raw)	1.3	0.4	21.4
Apple (raw)	0.4	0.5	10.4
Orange (raw)	0.8	3.3	9.3
Lettuce (raw)	1.0	0.2	2.4
Spinach (raw)	3.0	0.4	3.9
Tomato (raw)	1.3	0.3	6.9
Cabbage (raw)	1.6	0.2	2.4
Ice cream	4.0	8.5	21.8
Peanuts	26.3	48.2	17.0
Boiled rice	2.1	0.3	29.6

Their chemical structure is almost identical, the only difference that chlorophyll contains magnesium bonded to its structure, whereas haemoglobin contains iron. We could say the fluid in green leaves is the blood of the plant.

Natural chlorophyll is produced by naturally growing plants. We cannot manufacture or gain chlorophyll from any other source. But it is chemically very unstable when separated from the plant. It loses its green immediately upon exposure to sunlight or drying as well as losing its biochemical activity. When within the plant a solution of chlorophyll is exposed to sunlight, it completely absorbs sunlight and turns nearly black. This is the phenomenon of chlorophyll storing solar energy. Within the plant cells, the stored energy is utilised by the plant. When this chlorophyll which has absorbed sunlight is examined in the dark, it looks a reddish-violet colour. This fluorescence is caused by the release of stored energy.

Dr Hagiwara faced the problem of somehow being able to keep the chlorophyll content of the leaf without losing the nutritive benefits. The green barley leaves are harvested and very quickly after picking and are subject to low temperature drying to prevent destroying heat sensitive compounds. This process dehydrates the juice of the young leaves and it forms into a powder at room temperature within as short as 2 or 3 seconds, using a spray-drying process which has been patented in many countries around the world.

Enzymes

Modern science has made it clear that all chemical changes within the cells are performed by the action of enzymes. They break down our food into nutrients,

and even thinking. They regulate our body.

There are more than 3000 enzymes that can be classified into three groups – food enzymes, digestive enzymes and metabolic enzymes. Most metabolic enzymes are produced by the pancreas. When cooked food is eaten the body's enzyme supply is used for digestive enzymes. This puts a strain on the pancreas and causes it to enlarge. We need a substantial supply on enzymes in the diet.

Green Barley Powder has over twenty enzymes that include cytochrome oxidase (required for cell respiration), peroxidase (to decompose hydrogen peroxide), catalase, fatty acid oxidase (oxidises fatty acids) and transhydrogenase (helps muscle tissue in heart). When these enzymes become weak, the decomposition of fats within the body does not proceed smoothly, causing build-up of fats within the body and, consequently, weight gain. Cytochrome, oxidase, peroxidase and catalase are contained in both red and white blood cells. They can decompose toxic substances within our body. Super-oxide dismutase (SOD) is an enzyme which is able to reduce arthritic inflammation and encourage tissue repair of the heart, kidney, pancreas and bowel in particular. SOD has also been reported to inhibit the early stages of carcinogenesis.

These five nutrients work together on our bodies. Minerals (especially potassium, calcium, and magnesium), vitamins, proteins, chlorophyll and enzymes are the key to good health. Together they maintain our cells in a healthy condition and work to correct any abnormal condition that occurs. They do not like drugs, which are foreign to the body, but love plant based nutrition. Health can be maintained when enzymes work together

allowing us to digest and absorb these nutrients. They enable the gas exchange inside the lungs to send oxygen to the cells. Enzymes stop bleeding, create new cells, are involved in our moving

with minerals. So we must conclude that it is only when the body has a good supply of minerals that as many as 3000 enzymes can perform harmonious metabolism.

Twenty-first century food

It is evident that many people are suffering from many and varied illnesses that have as their foundation nutritional deficiencies. Our bodies are subject to external attacks of pollutants and internally by nutritional balance. The starting point to breaking this vicious cycle is to make a commitment to mental and physical habits that contribute to good health.

What started as a personal search by Dr Hagiwara to regain his health has given us a wonderful product that has a balanced and extremely high nutritive content, but also is easy for us to access. This has been a problem for many folk who desire the benefits of fresh vegetable juice in their diets. I am not saying do not have vegetable juices, but for those who have not the time to spend juicing and then washing up the juicer, try Barley Leaf Powder. **I would class other cereal grasses such as alfalfa and wheat grass in the same category as Barley Leaf Powder, which is also known by their brand names - Barley Green or Green Barley Essence.**

Some ailments helped by using Barley leaf powder

- *Promotes mobility of the intestinal tract. Because of its potassium content, it brings about a good evacuation of the colon which is essential for good health.
- *Asthma and Eczema
- *Obesity
- *Skin rejuvenation
- *Anemia
- *Shoulder stiffness and lumbago
- *Gastritis, Gastrostosis and Peptic ulcer
- *Diabetes
- *Hypotension and Hypertension
- *Heart disease
- *Nephrosis (kidney disease)
- *Cirrosis hepatitis and liver diseases
- *Inhibition of cancer
- *Cures ulcers

How to use barley leaf powder

It is recommended to be taken two or

three times a day in a dosage of 1g for infants, and 2g (1 teaspoonful) to 6g (3 teaspoonfuls) for school children and adults. The nutrients contained in 3g are equal to 300g cabbage or more than one head of lettuce.

At first the powder may not be palatable as other pleasant tasting foods. But most everyone who takes it says they do get used to its taste. It may be added to juice to make more palatable. You can even add lemon, grapefruit, orange or any citrus juice along with a little water. It is best to drink three glasses of Green Barley every day. But even if you don't take three glasses, start on at least one glass a day. When taken on an empty stomach in the morning, Barley Leaf powder brings life to the mind and blood, providing a boost of nutrition for the day. Taken at midday it helps to drive off afternoon drowsiness. In the evening it lowers acidity in the blood when resting. Take note that it is unstable when used in

water warmer than 120° F, and the important enzymes, vitamins and chlorophyll will be lost. Take it in water that is room temperature and is more effective when sipped rather than gulped down. It needs to be stored out of the light. When stored in a cool dark place, it has a shelf life of about three years. Even when taken excessively it never affects the body adversely. It is like eating raw vegetables, which even in excessive quantities cause no trouble to the body. Some mild effects can be associated with the first use of Barley Leaf Powder and may cause temporary mild diarrhea if too much is taken.

Hypervitaminosis is a condition that is associated with taking vitamin preparations in high doses. Almost no problem occurs when taking natural vitamins in a well-balanced state. But when taking Barley Leaf powder the carotene contained in it is converted to vitamin A on entering the body. This

cannot cause hypervitaminosis. However when a product that has cleansing properties is taken into the body a "healing crisis" may occur. If this happens, large quantities of water needs to be taken.

Barley Leaf powders are rigidly controlled and monitored throughout the growing, manufacturing and packaging process to ensure the highest quality, best value product is available. They are grown organically without the use of synthetic chemicals or pesticides.

Green Barley Essence by Yoshihide Hagiwara

Wheat Grass Nature's Finest Medicine by Steve Meyerowitz

**See page 7 for details
on how to order your
Barley Leaf powder
from Kaye**

Calcification ... the hidden dangers of acidic foods and drinks

Calcification is a common problem today, occurring in various parts of the body in many people. It has long been observed on autopsy. It is indicated elsewhere in the body with the appearance of calculus on teeth. It is confirmed in living subjects by CT scan. It increases with age in coronary arteries of both healthy and symptomatic people. It is influenced by Vitamin C intake, and by many other diet and lifestyle variations. It is responsible for a multitude of disorders such as kidney stones, atherosclerosis, calcified gall stones, dental calculus, spurs, dysfunction of the heart valves, hardening of the pineal gland and other endocrine glands, ovarian disease, calcification of the joints, inflammatory disorders, fibrocystic problems and many more.

Calcification is preceded by or accompanied by five sub-clinical defects. These are:

1. Acidemia
2. Free calcium excess
3. Chronic inflammation
4. Connective tissue degeneration
5. Oxidative stress

All of these defects are a result of lifestyle violations. When God's laws of

health are violated, the pH of the body fluids generally tends toward acid. The body's effort to maintain an arterial blood pH of 7.4 overrides just about every other function. The following scenario may illustrate this point.

A glass of cola has a pH of approximately 2.6. When added to 45 litres of water with a pH of 7.4, the cola will acidify the entire solution resulting in a pH of 4.6. When a person drinks a glass of cola the arterial blood pH starts to acidify, dropping to 7.39, 7.38, 7.37, 7.36, and so on. By the time it reaches 7.35 the oxygen level in the blood has reduced by 65%. This condition is known as acidemia. In an effort to prevent death, the body will draw phosphates from the bones to alkalize the blood. This will correct the blood pH fairly quickly, but calcium will be freed from the bones and will need to be eliminated from the system. After drinking a glass of coke, calcium can be measured in the urine, along with sodium, magnesium and other important minerals. If the calcium is not excreted quickly, it will be deposited on the bones, in organs, glands, muscle tissue and many other places. Wherever calcification occurs, other toxins are soon deposited into the surrounding tissue. Eventually excessive

blood will be sent in to cleanse the diseased tissue, resulting in chronic inflammation.

Urine and saliva should be checked regularly for pH. On rising the pH of both fluids should be around 6.8. Two hours after a meal they should read 7.0. If your pH is consistently less than 6.5, then action needs to be taken.

1. Review the 8 laws of health.
2. Wrong habits need to be corrected.
3. Unhealthful conditions need to be changed.
4. Nature is to be assisted in her efforts to expel impurities and to reestablish right conditions.

- Short term juice fasting (1-3 (days)
- Steambaths - Sunbaths
- Increase pure water in take
- Ripe lemon juice 15 mins prior to eating
- Citrates stimulate stomach to release secretion, which causes pancreas to secrete bicarbonates into small intestine, thus alkalizing the entire system.
- Mineral supplementation. (Ocean water has pH of 8.1.)
- Ocean minerals, colloidal or chelated minerals will alkalize the system.
- Barley Leaf Powder or any leafy green

How Safe is the Water You Drink?

Problems of water quality and quantity are spreading across the world, to affect even those societies accustomed to a cheap, safe ample supply of it. Though 70 per cent of the earth's surface is covered in water, only two per cent of this is fit for agriculture and domestic use. Australia has no uniform legislation determining a standard that drinking water must meet, no national policy on the use of guidelines for water quality, and no nationally-accepted method by which water quality is monitored.

Chemicals added to your water

While many chemicals accidentally end up in our drinking water, up to 50 different chemicals can be legally added to our water in order to attempt to make it free of harmful bacteria. Water-treatment experts in Europe and the USA have become increasingly disturbed by the health implications of some of these chemicals (chlorine & fluoride in particular) when they are added to water.

What you need to know about chlorine

Chlorine has had an important role in disinfecting public water supplies ever since 1904, when Sir Alexander Houston demonstrated that its addition to water destroyed the typhoid bacillus. This discovery had a profound impact on disease control all over the world, since it virtually wiped out typhoid, cholera, dysentery and several other water-borne diseases.

Scientists are now reassessing the effects of chlorine. The main threat to health comes from a family of chemicals called trihalomethanes (THMs). These are formed when chlorine combines with humic acid from decayed leaves, soil algae and other natural debris often present in water. The best known THM is chloroform. Chloroform, once used as an anaesthetic, was also commonly used in cosmetics, cough medicines and other drugs until it was discovered that it

caused cancer of the liver and kidneys. For this reason its use was banned in the USA in 1976.

In June 1988 the US National Cancer Institute released the results of an intensive 10,000-person study, which showed that people who drink chlorinated water for long periods of time have twice the incidence of bladder cancer as those who don't drink chlorinated water. Because there may be other environmental factors involved, these figures are not regarded by the medical profession as conclusive proof, but they certainly provide grounds for caution.

When chlorine is regularly ingested, it destroys vitamin E in the body, and its presence is closely linked with vascular disease. It will also destroy the beneficial flora in the intestines. Chlorine is considered a hazard even on the surface of the body. The Environmental Protection Agency has warned that prolonged swimming or bathing in chlorinated water contributes to skin cancer.

What you need to know about fluoride

Optimistic claims were made for fluoride when it was first introduced into Australia in 1953. Scientific studies at the time indicated that fluoridation of water supplies would reduce tooth decay by 50 per cent or more, and that there were absolutely no ill-effects.

Originally, decay-prevention tests with fluoride were carried out with calcium fluoride, yet sodium fluoride is the chemical added to city water supplies. Sodium fluoride is a toxic by-product of the aluminium industry and was expensive to dispose of until cities were persuaded to put it in the public water for tooth decay prevention. Up until this time, its primary use was as rat poison.

As a result of research in Europe, sodium fluoride treatment of water is now illegal in Sweden, Denmark and Holland. France and Norway have never found sufficient

evidence to warrant water fluoridation. Many studies now show undesirable properties of sodium fluoridation, some examples are:

1. Sodium fluoridation inhibits proper functioning of the thyroid gland and all enzyme systems.
2. Causes damage to the immune system increasing the likelihood of cancer and other degenerative conditions.

An article in The Sunday Telegraph 24/11/96 reported research findings kept hidden in America for 50 years, suggesting that fluoride can damage the central nervous system as well as the teeth. US Government documents, recently declassified show that the scientists had evidence in 1944 that fluoride could cause confusion, drowsiness and listlessness.

Water is the most abundant nutrient in the body, comprising two-thirds of the body's mass. Some people make a real effort to obtain unadulterated food but neglect to seek water of a similar quality. Health practitioner, Paul Pitchford says, "When a person has a weak immune system or a degenerative condition, water free from toxic residue is important. In some cases, it actually seems to be the decisive factor between recovery and further degeneration."

How much water should I drink?

The optimal water intake for an average sized adult is about two litres. Many people no longer drink enough water because of its impure nature. This is usually not a conscious choice. When good purified water is available, the natural instinct to drink it must often be relearned. Confusion about how much you should drink is also increased by the fact that many drinks such as coffee and soft drinks actually have a dehydrating effect on the body. If possible consume purified water at least 30 minutes before meals or one hour after meals. Drinking with meals dilutes digestive enzymes and impairs effective digestion.

Healing with Whole Foods, Paul Pitchford, North Atlantic Books, 1993

How Safe is our Food? Australian Consumers' Association, Random House, 1991

On the Water Front, John Archer,

Products for Sale

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

Maca Root Powder 200g.....\$14
A GREAT PRICE for this superfood. Great for a diverse range of conditions. Especially good HRT alternative, menopause, PMS, Anemia, Thyroid deficiency, osteoporosis, fertility and increased energy. Organically grown.

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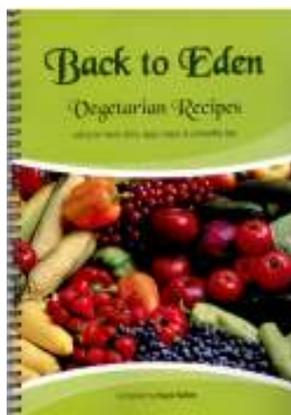
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Recipes

JACK CHEESE

1¼ c hot water
1½ c sunflower seeds
¼ c yeast flakes
2 t onion powder
½ c lemon juice
¼ c cornflour
1-2 t Celtic sea salt
½ t garlic powder
3 T grated carrot

Blend all ingredients until very smooth. Heat in a heavy pan, stirring until very thick. Place in a container or mould. It will keep for about one week in the fridge. For variation, add green or red capsicum for a slightly different flavour.

This can be baked in an oven dish. You can experiment and use raw cashews instead of sunflower seeds.

BEAN SPREAD

2 c cooked beans, any type
1 t sea salt
½ t oregano
½ t sweet basil
6 T tomato paste or 3 t miso
Garlic powder to taste
4 T olive oil (opt)

Blend beans until smooth adding enough bean cooking liquid or water to make a thick puree. Pour puree into a double boiler and cook until thoroughly heated through, stirring frequently. Cool, then chill until needed.

VARIATION: use any beans, mash them, add any tomato sauce. Season with very finely chopped onion or onion powder, fresh garlic or garlic powder, basil, parsley, celery salt, olives, dill weed, paprika etc., and add a little lemon juice.

Sourdough Breadmaking Class

The only bread allowed on
the anti-fungal diet

A true sourdough is nothing more than flour and water with wild yeast to make it rise and special bacteria to provide the flavour. Before commercial yeast, all bread was made from sourdough. Every baker, every household had a wild sourdough culture with special and often secret recipes.

With the advent of commercial yeast in the late 1800s, the art of breadmaking gradually changed. The natural process of rising and fermentation of sourdough requires up to 24 hours - far too long for commercial bakeries. As a result, most sourdough available in the marketplace has been produced by fast-acting commercial yeast spiked with a variety of artificial agents and chemicals to produce bread that has a sour taste but little resemblance to the sourdoughs of the past.

You will be given a sourdough culture and receive lots of hints of how to use this along with varied recipes.

**Learn how easy it is to make sourdough bread
using different grains....
including wheat, rye, spelt, oats, rice, barley**

- ◆sourdough breadmaking
- ◆sourdough muffins
- ◆sourdough fruit bread
- ◆sourdough pita breads
- ◆sourdough foccacia
- ◆sourdough tomato bread
- ◆sourdough pizza base
- ◆sourdough in bread machine
- ◆tastings
- ◆recipes
- ◆take home sourdough culture

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