

Back to Eden

Optimal Health Principles
Five Worst Foods to Eat
St John's Wort
Recipe
Health Series

PO BOX 850 LAVINGTON 2641

KAYE SEHM 02 6025 5018

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e mail: backtoeden@aapt.net.au

I am so thankful that during the Christmas break my son was able to set up my computer and then to show me how to send out the Back to Eden newsletters by email. Before this I lacked the computer knowledge to do this, but now I am hopeful that all will go well. Many readers may not have email facilities and still wish to receive the newsletters by post and I will continue to send them, but to those who have email, it will save a considerable sum if you choose to receive it this way. You may then print it out on your computer and save it as a paper copy. I want to remind those of you who can, to send me your email address so I can update my mailing list.

Since last newsletter we were able to listen to excellent talks by Barbara O'Neill. The talks are now available on video or DVD. Phone Misty Mountain directly to order them. Phone 02 6567 8118. Barbara also has out another series of talks which cover many other subjects.

We plan to get Barbara again to speak in Albury on 6th May 2006. Watch for this again in the next newsletter to confirm date.

I am organising another series of talks in my home in February and March. These will not have practical cooking demonstrations, but I will give you all the delicious vegan recipes and tell you the reasons why you need to change your diet. We will go through the steps you need to follow to help you regain your health. I will also cover simple home remedies. The details of this course is on the last page of this newsletter.

From Kaye and the Back to Eden Team

Optimal Health Principles....

From PROOF POSITIVE:
by Dr Neil Nedley

Many erroneously believe that inherited traits (genetic factors) are the primary factors determining their quality of life and how long they will live. For the vast majority of us, our health is primarily dependent on two other factors: (1) what we put into our bodies, and (2) what we do with our bodies. A simple word that encapsulates both of these concepts is "lifestyle." The good news is that even though we cannot change our genetics, we can change our lifestyle. Those lifestyle choices can prevent or forestall the development of diseases for which we are genetically predisposed. Regarding the most common diseases, Dr. Lamont Murdoch of Loma Linda University School of Medicine has put it aptly: "faulty genetics loads the gun, lifestyle pulls the trigger."

I have often wondered why people take better care of their cars than their bodies. I have yet to meet a person who said, "God has a plan as to when my car should 'die,' and I do not need to worry about it. I don't need to check or change the oil, or perform any routine maintenance. And I don't need to worry about the type of gasoline I use." We recognize the necessity of proper care to get the longest life and best performance out of our automobiles. When will we realize that proper care also gives our bodies the longest life and best performance?

What are the root causes of death? When someone dies with a heart attack, stroke, or other fatal condition, what

really caused that fatal disease at that time in a person's life? Researchers McGinnis and Foege recently analyzed the root causes of what Americans die from and published their findings in the Journal of the American Medical Association. (The following data is from the US, but as we live a similar lifestyle, it impacts on Australians.) The nine leading causes of death were largely related to lifestyle choices: what we put into our bodies and what we do with our bodies.

The leading causes of death are

1. Poor diet, inadequate exercise.*
2. Tobacco.*
3. Alcohol.*
4. Infectious diseases.
5. Toxic agents.
6. Firearms.*
7. Sexual behaviour.*
8. Motor Vehicles.
9. Illicit drugs.*

All of the factors with asterisks are directly impacted by lifestyle. The total of these factors is about 1.25 million, which is over half of the total number of deaths in America each year. We see that the root causes of death are largely unhealthy lifestyles. As surprisingly high as this total is, it may greatly underestimate the total number of lifestyle-related deaths. Many deaths due to infectious diseases are caused by an immune system that is weakened by a poor lifestyle. Also, the researchers listed only the deaths that could be attributed to known lifestyle factors. As we continue to learn more about lifestyle and health, we likely will discover how other lifestyle choices could prevent still more deaths. Nonetheless, the figures demonstrate that the number of premature deaths in our country would be dramatically decreased if Americans would be willing to replace all of their harmful lifestyle factors with helpful ones.

There would be benefits even beyond the reduction in premature deaths. Quality of life would improve, as diseases would strike less frequently at any given age. You can help to change these statistics by joining the growing number of Americans who are focusing on healthy lifestyle choices to attain the highest quality of life and optimal longevity.

Prevention is the Key

Today, a wealth of scientific research has confirmed that most of the leading causes of death are preventable. The most common afflictions that cause death in America are

1. Heart and blood vessel disease.
2. Cancer.
3. Chronic lung disease.
4. Accidents.
5. Pneumonia/influenza.
6. Diabetes.
7. HIV/AIDS
8. Suicide.
9. Liver cirrosis.
10. Kidney failure.

C. Everett Koop, M.D., Sc.D, former Surgeon General of the United States, produced the first Surgeon General's Report on Nutrition and Health in 1988. It was based on an exhaustive review of the scientific literature. He concluded that "dietary excess and imbalance" contributed significantly to eight of the leading killer diseases in our country.

Longevity Studies Related to Lifestyle

Just what are these lifestyle factors that will help us to live a longer life? Drs. Nedra Belloc and Lester Breslow were among the first researchers to present a convincing answer. In their classic study of nearly 7000 individuals living in Alameda County, California, they found that there were seven lifestyle factors that influenced how long people lived.

These factors are

1. Sleep 7 to 8 hours.
2. No eating between meals.
3. Eat breakfast regularly.
4. Maintain proper weight.
5. Regular exercise.
6. Moderate or no use of alcohol.
7. No smoking.

The number of these habits that an

individual followed made a tremendous impact on their longevity. After nine years, the number of healthful lifestyle practices a person followed was directly related to the likelihood of dying. The results are

Men	
No. of health principles followed	Percent dead in 9 years
7	5.5
6	11.0
5	13.4
4	14.1
0-3	20.0
Women	
7	5.3
6	7.7
5	8.2
4	10.8
0-3	12.3

Another way of looking at the impact of lifestyle on longevity is by considering something referred to as "health age." As an example, a 50-year-old who embraces enough healthful lifestyle factors may have the same health or physiologic age as the average 35-year-old person. We could say that this individual has a "health age" of 35. On the other hand, another 50-year-old who had no regard for a healthful lifestyle may have a much older health age, perhaps as high as 72. In other words, a person's health age can be lower or higher than the actual chronological age, depending on the number of lifestyle factors adopted. Health age tables have been created from the Alameda County statistics. They cover the chronological age range from 20 years to 70, and are based on the same seven health habits listed before.

Age	Habits						
	0-2	3	4	5	6	7	
20	+14.3	+7.4	+0.5	-1.1	-4.2	-9.4	
30	+16.9	+9.1	+3.0	-0.6	-4.7	-11.1	
40	+19.4	+10.7	+5.4	-0.1	-5.2	-12.9	
50	+22.0	+12.4	+7.9	+0.3	-5.7	-14.7	
60	+24.5	+14.0	+10.4	+0.8	-6.2	-16.4	
70	+27.1	+15.7	+12.8	+1.3	-6.8	-18.2	

You can use this figure as a guide to get a feel for your own health age. For example, assume that you are an average 40-year-old person. If you are following only two of the seven health habits, your health age is 40 plus 19.4, or about 59, indicating a dramatic shortening of your life expectancy. You would have the same life expectancy as the average individual 19 years older. If you continue the same lifestyle for 10 more years, when

you are 50 your health age will be 50 plus 22, or 72. At age 40, you had a 19-year health handicap, but at age 50, the handicap will even be worse by 3 years. In 10 years you will age 13 years!

On the other hand, if you, at 40, are consistently following all seven of the health habits, your health age is only 27 (40 minus 12.9). Furthermore, at age 50 your health age will be only 35. In 10 years, you will only age 8 years! The concept of health age illustrates how much our lifestyle can either hasten or slow the aging process.

But What About Quality of Life at Old Age?

Some individuals believe that they are able to extend their lives, yet they fear the results of living longer. Tracy, a respiratory therapist, recently said to me, "I don't want to live to be 70 years old. People that age seem to have so many problems. I think I want to die before I'm 70."

I said in response, "Tracy, you may say that now, but wait until you're 69. Then you will want to live until 70, and once you get to 70 you will likely want to live to 71, particularly if you have good health. I know many individuals in their 70's and 80's that are enjoying a good quality of life. The so-called 'golden years' are a reality for them."

More recent research has further helped to answer Tracy's concern. Although the original Alameda County reports focused primarily on the age at death, subsequent work has looked at quality of life issues. For example, the "Alameda seven" have emerged as powerful ways to prevent probably the most feared complication of aging: disability. A recent report demonstrated that those who followed the greatest number of these health habits experienced only half the risk of disability as those with the poorest habits. Those with an intermediate number of health habits also fared better than those who spurned most of the seven. They experienced only two thirds the risk of disability as the least health-conscious group.

Let us look at some of the individual habits that Belloc and Breslow identified and see how they have a bearing on life's quality as well as longevity.

Eat Breakfast Regularly

Many people reading the Alameda County study are surprised to find “eating breakfast” included in a list of seven of the most important longevity factors. Eating breakfast in and of itself increases longevity. In some of the original data it was found that men who ate breakfast and did not eat between meals had less than half the risk of death of men who skipped breakfast and snacked. A more recent analysis of the Alameda County study data focused particularly on individuals in the 60 to 94 year old range. Those who did not eat breakfast regularly had a 50 percent increased risk of death compared to the regular breakfast eaters. Remarkably, in this group of older Americans, long life was as dependent on eating a good breakfast as it was on not smoking and getting regular physical exercise.

Despite these facts (and what their mothers likely told them), most people give a variety of reasons for not eating breakfast. A common reason is that they are not hungry in the morning, which is the usual result of eating a full meal in the evening. A lighter evening meal will tend to solve the problem. Better yet, if you have the resolve, try eating no suppers for a week. By the end of the week you will likely be hungry for a good breakfast. You might also find that you are sleeping more soundly, even though you may go to bed hungry for a few nights until your body adjusts. With a little planning, breakfasts are usually easier to prepare than lunch or supper. Be creative with your use of grains and legumes and be sure to have several servings of fresh fruit.

Eating Breakfast Helps to Prevent Weight Gain

Another reason given for skipping breakfast is to keep from gaining weight. Some reason that because they were not hungry in the morning, skipping breakfast would help them eat fewer calories during the day and would thus favor weight loss. This is a myth. The truth is that eating a good breakfast should be part of any weight loss program.

Years ago Dr. Charles Cupp proposed that weight gain is the result of inappropriate timing of food intake in relation to the evening sleep time.

During a medical practice that spanned a remarkable seven decades, Cupp instructed hundreds of patients on his novel approach to weight control. Overweight patients were instructed to change their meal pattern from a heavy meal and snacks in the evening to a heavy morning meal, a moderate lunch, and a light supper. They were to eat their last meal ideally at noon but by no means later than 3:00 p.m., and they were instructed not to go to sleep for at least eight and a half hours after the last intake of food. Of significance, they were not asked to change their food choices nor the amount of calories they ate. Intrigued researchers in the Department of Nutrition at Tulane University’s School of Public Health analyzed the records of 595 of Cupp’s overweight patients.

Lose Weight by Changing Meal Timing

This evidence and numerous other studies indicate that eating breakfast regularly should be part of any serious weight reduction program. Note that some additional benefits accrued from eating breakfast: improved blood hemoglobin level, reduced blood sugar, and improved thyroid function.

The types of foods typically eaten at breakfast may also contribute to the importance of the morning meal for weight control. In the U.S. culture the evening meal traditionally features a fat-rich fare based on animal products, and breakfast is often centered around fruits and grains with their associated complex carbohydrates. This becomes important when we recognize that weight gain is often related to getting too many calories from fat rather than from complex carbohydrates. In the research lab, animals on a high fat diet gain more weight than their peers on a low-fat regimen—even when both groups eat the same number of calories each day.

Breakfast and Heart Attacks

Eating breakfast has been found to have yet another benefit. Adults may be able to reduce their risk of heart attacks by eating breakfast regularly. Platelets, the body’s blood clotting cells, become “stickier” in the morning before breakfast. This increases the tendency

for a blood clot to form during the morning hours. If such a clot occurs in a heart blood vessel, a heart attack can result. As expected from this physiology, most heart attacks occur between 7 AM and 12 noon. Eating breakfast can help the platelets to become less sticky and thus decrease the risk of morning heart attacks. Without breakfast, possible heart attack risk may be elevated for 2-3 hours after waking. For breakfast skippers, the risk rises from normal and elevates 2.5 times.

Breakfast Helps Our Mental Capability

There are additional benefits from eating a good breakfast beyond longevity. In August of 1995, the Pediatrics Department at the University of California at Davis hosted a number of psychologists, neuroscientists, nutritionists, and physiologists to review the scientific studies on breakfast. The researchers concluded that the “eating of breakfast is important to learning, memory, and physical well-being in both children and adults.” Good breakfast habits are essential for maximum efficiency, both mental and physical, particularly during the late morning hours. Breakfast eaters demonstrate better attitudes and scholastic score, improved memory, verbal fluency, attention span and more efficient problem solving.

Sleep, Exercise, and Smoking

The Alameda County study showed that our lifestyle habits regarding sleep, exercise, and smoking impact the risk of death. Six to nine hours of sleep per night appears to be ideal for most people. It is actually possible to get too much sleep as well as too little. Those that slept significantly more or less than this experienced a 60 to 70 percent increased risk of dying within a nine year period. For men, too much or too little sleep carried a risk similar to not exercising regularly. Within the nine-year period, the non-exercisers had a 50 percent increased risk of dying compared to those who made a consistent effort to keep fit. Women with low physical activity fared even worse. They had over twice the risk of dying within that nine year period.

Exercise

It is never too late to begin an exercise program. A separate study found that regardless of how out of shape a person is, the risk of death from all causes could be reduced by merely becoming fit through a regular exercise program.

Exercise reduces death rate

Death rate per 10,000 men, all aged between 20 to 82.

Unfit - 122 deaths

Fit - 40 deaths

Unfit, then became fit - 68 deaths

Dangers of Smoking

The Alameda County data revealed that if a man smoked, he had double the risk of dying within a nine year period compared to a man who did not smoke. If a woman smoked, she had a 60 percent increased risk of dying. Another study found that men who smoked throughout their entire adult life had an average life expectancy of only 65 years. This is 12 years shorter than the expected 77-year life span for a lifelong nonsmoker.

Although length of life is important, quality of life is also critical to all of us. Smokers tend to have a poorer quality of life. For example, peptic ulcer disease is much more common among smokers. Awakening at 2:00 AM with burning abdominal pain certainly is not quality living. Even if a smoker does not get ulcers, other digestive problems may arise related to the smoking habit. For example, tobacco decreases the tone in the band of muscle between the esophagus (swallowing tube) and the stomach. This makes it easier for stomach acid to flow into the esophagus and cause heartburn, another common robber of life's quality.

Cigarette smoking also affects other organ systems. It contributes to early skin wrinkling and osteoporosis (thinning of the bones). Skin wrinkling is merely an undesirable condition, but osteoporosis can be life threatening. Hip fractures are among the leading causes of death in older Americans. The thinner one's bones, the more likely they will fracture when subjected to even minor trauma. When osteoporosis is not threatening life, it is often decreasing its quality. The disease can lead to chronic pain as well as to physical deformity.

These are just a few examples of the many dangers of smoking. More

complete information on this subject is found in many other publications.

Alcohol Use Shortens Life

There are many voices today advocating moderate alcohol consumption. This is not out of harmony with what the Alameda County study in the early 1970s revealed; namely, that moderate or no use of alcohol enhanced longevity. However, research in the 25 years following Belloc and Breslow's landmark publication demonstrates that total avoidance of alcohol is the best option from the perspective of disease prevention.

Social Relationships and Mortality

To the surprise of many skeptics, research also suggests that trusting God and attending church on a regular basis increase longevity. Having genuine friends, being a member of a group, and even being married have beneficial effects on longevity. Most people intuitively understand that these elements enhance the moral and social quality of life, but in addition they also positively affect physical health and longevity. When the Alameda County data was analyzed for these social and spiritual factors, the results were impressive. Particularly striking were the results for those who are 30 to 49 years old. A growing body of research testifies to the value of belief in God to one's social and emotional health. One such report from Duke University found that individuals with strong religious faith reported higher levels of happiness and satisfaction in life. They also appeared to handle traumatic events better-with less mental and social difficulties.

Conclusion

Many people in America think that because of their genetics or because of some celestial clock, the day and hour of death are fixed in stone. This fatalistic attitude forces them to conclude that they can do nothing to prolong their lives. The evidence presented in this chapter dispels all such myths. W. C. Willett of the Harvard School of Public Health, Department of Nutrition states, "One clear conclusion from existing epidemiologic evidence is that many individuals in the United States have suboptimal diets and that the potential for disease prevention by improved nutrition is substantial." Belloc

and Breslow summarized their findings in these words: "These data are consistent with the idea...that a lifetime of good health practices produces good health and extends the period of relatively good physical health status by some 30 years."

Indeed, Belloc and Breslow's seven health principles are simple, yet they are extremely effective. Furthermore, they have no adverse long-term side effects and offer profound benefits in the quality of life. If any one of these seven health principles were a medication it would be classified as a "wonder drug." The originator and manufacturer would no doubt be rewarded with fame and fortune. However, as an Internal Medicine specialist, I can unequivocally say that no medication even comes close to a single one of these health principles in its power to improve and maintain health.

The good news does not stop there. This book will reveal a host of additional health principles that careful researchers have discovered in the 25 years following Belloc and Breslow's original studies. These principles offer additional benefits for maintaining health and treating certain disease states. You will see that the health principles brought to light in this book are dependable. They can be relied on with confidence to help you reach and maintain your health goals.

Reaping health benefits by following sound lifestyle principles is not a new concept. Centuries ago God made a promise recorded in the Bible to the newly formed nation of Israel, "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee."

Yes, following certain principles that result in good health is not a new concept. But this very old concept needs to be resurrected in our personal lives, across America, and throughout the world. As Egyptian diseases could be avoided in ancient times, the ten leading causes of death in these modern times can largely be avoided by following sound health principles. In the chapters that follow you will find the information you need to successfully guide you to "do what is right" and thus experience the optimal health promised.

Exerpts from a chapter on CD Rom. Permission received.

The Five Absolute Worst Foods You Can Eat

The following foods are so bad for your body that there is no reason to eat them. Not only do they have zero nutritional value, but they also give your body a healthy dose of toxins, which should make the idea of eating them really hard to swallow.

Doughnuts

Doughnuts are fried, full of sugar and white flour and most all varieties contain trans fat. Store-bought doughnuts are made up of about 35 percent to 40 percent trans fat. An average doughnut will give you about 200 to 300 calories, mostly from sugar, and few other nutrients. Sugar is not a food, but it robs your body of nutrients.

It's too bad that many view doughnuts as a breakfast food as, nutritionally speaking, eating a doughnut is one of the worst ways to start off your day. It will throw off your blood sugar and won't stay with you so you'll be hungry again soon. You are better off eating no breakfast at all.

Soft Drinks

One can of soft drink has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colors and sulphites. There is no good reason to ever have it. The diet varieties are also problematic as they are filled with harmful artificial sweeteners like aspartame.

Studies have linked soft drink and soda to osteoporosis, obesity, tooth decay and heart disease, yet the average Australian drinks an estimated 56 litres of soft drinks each year. Plus, drinking all that sugar will likely suppress your appetite for healthy foods, which pave the way for nutrient deficiencies.

Soft drink consumption among children has almost doubled over the last decade. If you routinely drink soft drink—regular or diet—eliminating it from your diet is one of the simplest and most profound health improvements you can make.

French Fries (and Nearly All Commercially Fried Foods)

Some people have to watch their consumption of potatoes as their simple sugars are rapidly converted to glucose that raises insulin levels and can devastate your health. But when they are cooked in trans fat at high temperatures, all sorts of interesting and very unpleasant things occur. Anything that is fried, even vegetables, has the issue of trans fat and the potent cancer-causing substance acrylamide.

Foods that are fried in vegetable oils like canola, soybean, safflower, corn, and other seed and nut oils are particularly problematic. These polyunsaturated fats easily become rancid when exposed to oxygen and produce large amounts of damaging free radicals in the body. They are also very susceptible to heat-induced damage from cooking. What is not commonly known is that these oils can actually cause aging, clotting, inflammation, cancer and weight gain.

It is theoretically possible to create a more "healthy" French fry if you cook it in a healthy fat like virgin coconut oil. Due to its high saturated fat content, coconut oil is extremely stable and is not damaged by the high temperatures of cooking. This is why coconut oil should be the only oil you use to cook with.

It has been said that one French fry is worse for your health than one cigarette, so you may want to consider this before you order your next binge on French fries.

Chips

Most commercial chips, and this includes corn chips, potato chips, tortilla chips, you name it, are high in trans fat. Fortunately, some companies have caught on to the recent media blitz about the dangers of trans fat and have started to produce chips without trans fat.

However, the high temperatures used to

cook them will potentially cause the formation of carcinogenic substances like acrylamide, and this risk remains even if the trans fat is removed.

Fried Non-Fish Seafood

This category represents the culmination of non-healthy aspects of food. Fried shrimp, clams, oysters, lobsters, and so on have all the issues of trans fat and acrylamide mentioned above, plus an added risk of mercury.

Seafood is loaded with toxic mercury and shellfish like shrimp and lobsters can be contaminated with parasites and resistant viruses that may not even be killed with high heat. These creatures, considered scavenger animals, consume foods that may be harmful for you.

Eating these foods gives you a quadruple dose of toxins—trans fat, acrylamide, mercury and possibly parasites or viruses—with every bite.

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California Sues Potato Chip Makers

California Attorney General Bill Lockyer has filed a lawsuit intended to force makers of potato chips and French fries to warn consumers about a potential cancer-causing substance in their products.

Acrylamide. The chemical in question is acrylamide, which is created when starchy foods are cooked at high heat. The lawsuit states that producers of French fries and potato chips are in violation of a 1986 law requiring California companies to warn consumers about known carcinogens.

"Can Cause Cancer" In a March press release, the FDA stated that acrylamide "can cause cancer in laboratory animals at high doses, although it is not clear whether it causes cancer in humans at the much lower levels found in food." Acrylamide is also used for sewage treatment and other industrial purposes.

CNN August 27, 2005

www.mercola.com.2005

St John's Wort

Hypericum perforatum

During the spring and summer in southern New South Wales, we see an abundance of the herb St John's wort. Even though farmers class it as a noxious weed, I have often collected it in the wild and picked bunches to soak in oil or to use them as a dried herb. St. John's wort is a bushy perennial plant with numerous yellow flowers.

The plant has been used as an herbal remedy since the Middle Ages. Many believed it to have magical powers to protect one from evil. Early Christian mystics named the plant after John the Baptist and is traditionally collected on St. John's Day, June 25, soaked in olive oil for days to produce a blood red anointing oil known as the "blood of Christ."

It has a 2,400-year history of safe and effective usage in many folk and herbal remedies. Historically used as a nerve tonic, St. John's wort is now widely used as a mild antidepressant. It is a potent antiviral and antibacterial that is being investigated as a treatment for AIDS.

One of the best herbs for mood elevation is St. John's wort. Several controlled studies have shown positive results in treating patients with mild to moderate depression. Improvement was shown with symptoms of sadness, helplessness, hopelessness, anxiety, headache and exhaustion with no reported side effects.

Its action is based on the ability of the active ingredient, hypericin to inhibit the breakdown of neurotransmitters in the brain. The herb also inhibits monoamine oxidase (MAO) and works as a serotonin reuptake inhibitor (SRI); both are actions similar to drugs prescribed for depression. In Germany, nearly half of depression, anxiety, and sleep disorders are treated with hypericin. St. John's wort should not be taken with any other antidepressants, it is not effective for severe depression, and no one should stop taking any prescribed medications for depression without proper medical care.

St. John's wort has been administered in the treatment of many illnesses. The most well known action of St. John's wort is in

repairing nerve damage and reducing pain and inflammation. The herb has been used to relieve menstrual cramping, sciatica, and arthritis. It has a favorable action on the secretion of bile and thus soothes the digestive system.

The blossoms have been used in folk medicine to relieve ulcers, gastritis, diarrhea and nausea. St. John's wort can also be effective in the treatment of incontinence and bed-wetting in children. Externally it is used on cuts as a disinfectant and to relieve inflammation and promote healing. The oil can be applied to sprains, bruises and varicose veins. Folk medicine has also used it as a treatment for cancer.

The active constituents in the herb (there are over 50) include hypericin and pseudohypericin, flavonoids, tannins and procyanidins. The tannins are responsible for the astringent effect for wound healing. Hypericin increases capillary blood flow and is a MAO inhibitor.

There are many studies documenting the clinical effects of hypericum as an antidepressant treatment similar to several synthetic antidepressants, but with a minimum of side effects. Hypericin has been demonstrated to increase theta waves in the brain. Theta waves normally occur during sleep and have been associated with deep meditation, serene pleasure and heightened creative activity. St. John's wort effectually may improve perception and clarify thinking processes.

There have been incidences of photosensitization as a side effect in animals. Anyone who is hypersensitive to sunlight or is taking other photosensitizing drugs should be cautious. One quality that hypericin has is that of being photodynamic, that is, its different qualities are either initiated by the presence of light or enhanced by it.

Parts Used: Herb tops and flowers. Used as a tea, extract, oil and in tablet form.

Common Use: St. John's wort has been used traditionally as an herbal treatment for anxiety and depression. It is an effective astringent that promotes wound

healing and has antiviral properties that can counter herpes simplex, flu viruses and is being investigated as a treatment for acquired immunodeficiency syndrome (AIDS).

Note: If you are pregnant or lactating or taking anti-depressants like Prozac, check with your physician before taking St. John's wort. St. John's Wort is known to interfere with a number of prescription medications, including anticoagulants, oral contraceptives, antidepressants, anti-seizure medications, drugs to treat HIV or prevent transplant rejection. Since MAO-inhibiting activity has been linked to St. John's wort, it would be potential dangerous in combination with conventional, widely prescribed antidepressants such as Prozac. The above statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease.

A summary of health benefits

- Cancer, colon cancer, leukemia, stomach cancer – inhibits the ability of Epidermal Growth Factor and Protein Tyrosine Kinase to initiate cancer.
- Chickenpox – oil alleviates itching
- Inhibits growth of many detrimental bacteria
- Suppresses or inhibits some viruses – HIV, hepatitis B, herpes type 1 and type 2
- Possesses antioxidant properties
- Alleviates fatigue
- Alleviates pain of fibromyalgia
- Reduces aggressiveness
- Improves anxiety
- Reduces apathy
- Alleviates depression
- Significantly alleviates insomnia
- Effective treatment for obsessive-compulsive disorder
- Counteracts the effects of excessive stress
- Alleviates common cold symptoms
- Alleviates influenza symptoms
- Alleviates symptoms of irregular periods and pre-menstrual symptoms
- Oil applied topically prevents the infection of burns and accelerates the healing of burns, sunburn, wounds, bruises, lumbago, nerve pain and damage to nerve tissue
- Blood purifier
- Urinary infections

Products for Sale

These products are being introduced for your convenience.

Licorice Root Powder 200g.....\$12

Licorice root is used to rebuild Adrenal Glands. Suggested maximum daily dose is 1½ teaspoons.

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.

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

The weed eradication programs targeting St. John's wort are sparked in part because of the herb's potential toxicity to livestock, particularly sheep causing "photodermatitis" or "photo-toxicity". A condition called "hypericism," was first recorded in 1787. When light-skinned livestock, such as sheep, goats, horses, and cattle ingest the plant, then are exposed to bright sunlight, they develop welts on the skin, and other symptoms. Dark-skinned animals are unaffected. This photodermatitis is the result of the interaction of sunlight and oxygen with the pigment hypericin, after it has been ingested, absorbed through the intestinal wall, and reaches the blood without being eliminated by the liver or kidneys. The photosensitization does not occur, and has not been recorded, from external contact with the plant by animals or humans.

St. John's Wort Oil

St. John's wort oil is used for bruises, is anti-inflammatory, and is often used by herbalists to help speed healing of wounds and sores. St. John's wort oil has antiphlogistic qualities, in other words, it helps to reduce inflammation. Externally it is applied to bruises, sprains, burns, skin irritations, or any laceration accompanied

by severed nerve tissue. The German government allows such external St. John's wort preparations to be labeled for the treatment or after treatment of sharp or abrasive wounds, myalgias (muscular pain) as well as first degree burns.

This is not a new herbal treatment, but one that has been handed down for hundreds of years. Once known to pharmacists as "red oil" or "Hypericum liniment," it was still available in pharmacies in the early twentieth century. The practice of soaking the flowers in olive oil, infusing the oil in the sun, then using the oil internally as a diuretic and external application for wounds dates at least to the time of the first edition of Gerarde's *Herball* (1597).

It is simple to make St. John's wort oil. The herb is harvested just as the plant comes into bloom. Take about one cupful of the fresh flowers, adding a sufficient quantity of the best quality virgin olive oil to just cover the flowers. Use the best as this adds to the healing properties. The fresh herb should be finely cut or crushed, covered with the oil, then placed in the sun or warm area for two to three weeks until the herb imparts its

Recipe

SCRAMBLED TOFU

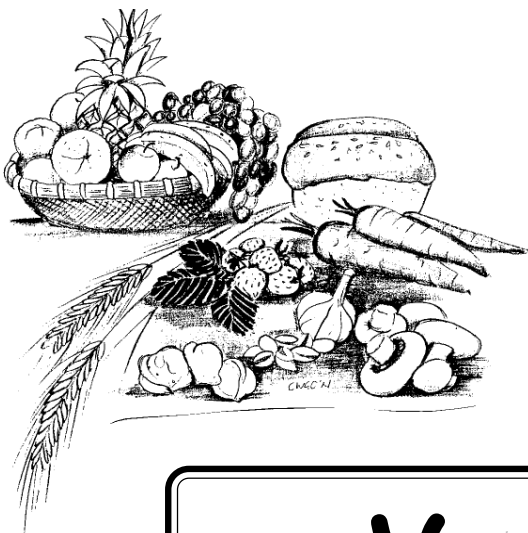
300 g tofu
1 small onion
¼ c raw cashews
1 c water
1 tspn sea salt
1 tspn lemon juice
½ t tumeric
2 tspns corn flour
chopped parsley for garnish.

Finely chop the onion. Saute this in frypan with a little water until soft. You may add other finely sliced vegetables before sauteeing if you would like eg capsicum, carrots, broccoli, zucchini etc.

Crumble tofu over the cooked onions. Place other ingredients in a blender and blend thoroughly until smooth. Pour this cashew mixture over the tofu. Heat through, stirring until cooked. Add parsley. Serve over toast or serve as a main meal with cooked vegetables. It is also delicious cold served on bread or with a salad.

qualities to the oil. Shaking it once a day helps to bring more plant cell surfaces in contact with the menstruum, enhancing this simple extraction process. Once the allotted time (2-3 weeks) has passed, the herb should be pressed, strained from the oil, then stored in a dark, closed container in a cool place.

The yellow flowers will turn the oil a deep blood-red color. Basically you are extracting the pigment, hypericin, considered one of the biologically active compounds of the plant, found in the flowers as little black dots along the petal margins. It is best to use the fresh flowers, as hypericin may degrade upon drying. Store the oil for up to a year in a cool dark place.



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