

Back to Eden

Diabetes

Can you Trust God?

Recipe

and lots more

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Reading newspaper reports of an American filmmaker who ate nothing but McDonalds for 30 days made me curious to see his film "Super Size Me". So When my son gave me this DVD for Christmas, I eagerly watched it. The young man who made the award winning film, decided that for 30 days he would eat McDonalds for breakfast, lunch and dinner. There were 3 rules.

1. Only eat what is available over the counter.
2. Must supersize if offered.
3. Eat everything on the menu at least once.

Before he started this venture he was checked out thoroughly by 3 health professionals. He was pronounced fit and healthy.

About three weeks later he awoke in the middle of the night with breathing difficulties and chest pains. He thought he was going to die. The specialists recommend he stop the diet at this point, but he continued.

At the end his doctor was surprised by the patients decline. "I thought he would put on weight but I didn't think he'd get sick. I thought there was enough nutrition in there to keep him reasonably healthy". He also commented on the addiction he had to sugar and caffeine.

His dietitian was surprised at the decline in his health over the month. She had expected elevated blood fats, weight gain, increased insulin levels, constipation and taste fatigue. But she was surprised at the severity of his symptoms. He became depressed, his liver function decline was excessive.

The gastroenterologist predicted weight gain, lethargy and some sleep disturbance, but didn't foresee the rapid ballooning of weight and the decline in his health. He was told that if he did not get off the diet, he would die.

This film highlights the obesity problem that is happening today. This is a wake-up call for many people who think they can eat what they want and remain healthy.

From Kaye and the Back to Eden team.

Diabetes... carbohydrates... protein

Suddenly, the diet world has discovered a new fad – the low carbohydrate diet. Many are advocating that it does work. But is it healthy long term? How much protein do we really need? This newsletter will take a look at how this diet affects vegetarians, but first we need to understand what excess carbohydrates do to our body.

The diabetes epidemic is growing by leaps and bounds around the world. According to the World Health Organisation, in 2000, the total number of people worldwide with diabetes was 176 million plus. By the year 2025 the worldwide prevalence of diabetes in adults will have increased by 35% and the number of people with diabetes will have increased by 122%.

What is diabetes?

Diabetes is defined as a condition in which blood sugar (glucose) levels are above the normal range. In the minority of cases, this happens because your body is no longer producing the hormone insulin, which carries glucose into your cells where it can be converted into energy. This is known as Type 1 diabetes, sometimes called juvenile diabetes or insulin-dependent diabetes mellitus (IDDM). In Type 1 diabetes, the pancreas stops producing the hormone insulin which is necessary to move glucose into the cells where it is burned for energy. This form of diabetes usually starts in childhood, and requires lifelong insulin administration and careful dietary management. This diabetes accounts for 5-10% of all cases.

Type 2 diabetes is by far the most common type of diabetes and because it can be controlled through diet and lifestyle, it will be the focus of this article. In the large majority of cases of Type 2 variety, the individual still makes insulin – in fact they may make large amounts of it – but the cells respond more slowly to its presence. This slowed response is called insulin resistance. Over time, as the cells become more resistant to the insulin signal, blood sugar rises above normal levels. The amount of circulating glucose increases. To force the glucose to enter the cells, the pancreas pours out more insulin. Eventually the pancreas becomes unable to produce such high levels of insulin; as a result, insulin must be administered in order to control the blood sugar levels.

Diabetes and children

Until recently, Type 2 diabetes was primarily a problem for older adults. It was rare for children and those in their twenties or thirties to have Type 2 diabetes. Today, this has changed. As many as 45% of all children with newly diagnosed diabetes have Type 2. The causes are similar to those for adults; obesity, a sedentary lifestyle and high-carbohydrate diet. School lunches of refined snack foods may be easier for busy mums to prepare, but the cost will be much greater as the children gain weight and become diabetic. Never before in history have we given our children so much junk food. What future will they have?

The physical cost

The metabolic imbalance that raises your blood sugar causes a host of other very serious health problems, including high blood pressure, abnormal blood lipids (fats), and a sharply increased risk of

heart disease. Other complications include kidney disease, blindness, gangrene of extremities and an increased risk of cancer. In fact the dangerous duo of high insulin and high blood sugar has the potential to damage every cell in your body, which is why diabetes and its complications are the fourth-leading cause of death in developed countries.

Risk factors for Type 2 diabetes

Obesity – the heavier you are, the greater the risk; especially carrying extra weight around the abdominal area.

Diet – sugary, starchy foods contribute to obesity and diabetes.

Sedentary lifestyle – this increases insulin resistance and contributes to obesity and loss of muscle mass.

Hereditary – having close relatives with diabetes increases the risk.

Elevated blood sugar – this increases risk of developing disease.

Abnormal blood lipids – the combination of high triglycerides and low HDL cholesterol is a major warning sign of abnormal blood sugar metabolism.

High blood pressure – high blood sugar and high blood pressure go hand in hand. Each warns of the same underlying metabolic problem.

Ethnicity – more common in ethnic groups, particularly those who have changed to a western lifestyle, or have moved from rural areas to the city.

Age – growing older increases the risk of Type 2 diabetes, especially in combination with any of the other risk factors.

Understanding blood sugar

The body uses glucose, a form of sugar as one of the primary fuels for energy. It is derived primarily from carbohydrates, or in the case of emergency, fat is used. Blood glucose (often called blood sugar) is the amount of glucose that is in your bloodstream at any given time. The amount can vary considerably over the day, generally being higher immediately after meals. Under normal circumstances your body can also manufacture glucose from dietary protein so that your blood sugar level can be maintained.

If your blood sugar begins to rise, the pancreas releases enough insulin to handle it. This released insulin carries the glucose into your cells where it is

converted into energy. If there is more glucose than the cells can handle, the body stores the extra amount as glycogen in the liver and muscle cells for future energy needs. Once the glycogen storage areas are full, any glucose remaining is then stored as body fat.

Normally, after eating a meal that contains protein, fat, and carbohydrates, you would expect that the glucose and insulin in your blood would first go up steadily within the proper range and then slowly go down again over the next several hours, without wide swings, which cause stress hormone release. This is how it should function. However if you are at risk for diabetes, your blood sugar and insulin balance can gradually get out of balance. It's a slow process, the symptoms developing slowly over many years.

The road to diabetes

The first steps on the diabetes road usually begins with excessive consumption of carbohydrates that leads to excess glucose being stored as fat. The result is weight gain. As weight increases you gradually become insulin resistant. The cells are less responsive to the effects of insulin. Yet not everyone who is overweight is insulin resistant. The heavier you are, the more likely you are to be so. On the other hand, insulin resistance can begin at normal body weight and can worsen due to a high carbohydrate diet, even if normal body weight is maintained. Fortunately when you control your carbohydrate intake this alone will help the cells regain their ability to respond properly to insulin.

To compensate for this insulin resistance, the pancreas pours out extra insulin to force your cell to take in glucose and keep the blood sugar normal. This causes hyperinsulinemia or hyperinsulinism – meaning that excess insulin is in the blood. This causes an imbalance between blood sugar and insulin. After time, this will worsen, the extra insulin causes the glucose to drop below its normal level and the result is reactive hypoglycaemia, or low blood sugar.

Hypoglycaemia causes many symptoms including physical sluggishness, shakiness, irritability, trouble thinking clearly, food craving for carbohydrates, as the body instinctively tries to bring

your blood sugar level up, but actually places you on blood sugar a rollercoaster.

The next step towards diabetes can take months or even years. The excess insulin does not force glucose to enter your cells so the amount of sugar in the blood begins to be elevated. You develop hyperinsulinemia and hyperglycaemia. Some people develop a high – low curve. One or two hours after a high-carb meal, the blood sugar rises too high causing sleepiness or a strong desire to nap. Then follows the insulin spike which causes hypoglycaemia. As the condition progresses, your fasting blood sugar begins to rise.

Unless action is taken to stop this cycle, the body will continue this overproduction of insulin and your blood sugar levels will become increasingly difficult to control and the pancreas will become increasingly stressed. The result will be developing true diabetes. The pancreas makes little or no insulin, and in order to survive, you will have to daily administer insulin.

What is a carbohydrate?

The food group known as carbohydrates divides into simple carbohydrates or sugars, and complex carbohydrates which include starches and fibres. We may see this more clearly if we think of sugars as bricks, and starches as a line of bricks cemented together and fibres as brick walls. Carbohydrates include bread, potatoes, beans, pasta, biscuits and pies. Legumes such as lentils, kidney beans and chick peas contain both carbs and protein. Remember we earlier stated that the body turns carbohydrates into energy. Any excess carbs that the body can't use are stored as fat cells and remain stored as reserves of energy.

Good or bad carbs

Traditionally we have considered carbohydrates (bread and pasta) “good” because of they take longer for the body to digest. But recently research has shown that those starches that are found in commercial bread and most commercial breakfast cereals offer little nutritional value over simple sugars. We need to carefully look to see if even “wholemeal” is actually unprocessed. Remember that any processing loses nutritive value.

The simple sugars in fruit divides about evenly between fructose, which does not get released directly into the blood, and glucose which does. These sugars have the same effect on our body whether they are consumed in sweets or fruit, yet fruit contains vitamins, minerals and fibres that are absent in sweets.

Carbs satisfy

There is no doubt that eating a fresh bread roll, creamy mashed potato and a warm apple pie delivers an immediate satisfaction. However a few hours later you may find yourself as hungry as ever. Dr Eric Westman, research director of the Diet and Fitness Centre at Duke university in North Carolina has reached the provisional conclusion that protein suppresses hunger more than carbs. "We're not sure of the mechanism behind this effect, but many studies, including our own, suggest that proteins offer the greatest satisfaction of all the food groups."

Is it dangerous to reduce carbs?

Some of the fad diets include meats, dairy and eggs every day – but is this the way we want to go? Eating excess amounts of animal protein causes a different set of problems. Yet evidence is clear that reducing carbs leads to short-term weight losses. Metabolic studies have shown that if you give people the same calories, the type of food does not matter much.

Good fats

Just as our body must have vitamins every day, our body needs certain dietary fats. Nutritionists call them essential fatty acids and there are three categories – saturated fats, monounsaturated fats and polyunsaturated fats. There are basically two types of polyunsaturated fats: omega-3 fatty acids (nuts, seeds, dark green leafy vegetables) and omega-6 fatty acids (vegetable oils). These fatty acids support a range of crucial bodily functions. In the modern western diet the balance of these fats is way off. Because omega-6 fatty acids are found in the cheap, highly processed oils found in most processed foods, the average Western diet contains about 16 times as much omega-6 as omega-3. The more natural ratio is one to one. Time restricts

going into detail over all harmful fats, but if we remember that any fat that has been heated causes problems to our body.

Nuts and seeds are an ideal way to get our fats. The fibre in nuts helps slow the entry of the carbohydrates into the bloodstream. They contain good supplies of trace minerals such as magnesium and selenium that are necessary to keep the blood sugar balanced.

Proteins

Protein is the building block for every part of your body. They are made up of some 20 different amino acids. Protein is needed for growth and repair, make thousands of enzymes, hormones and other chemical messengers that make the body function properly. How much protein do we need? There is a formula to calculate the amount of protein we need every day, but I have never met anyone who works by this. Instead people guess. Some Vegetarians feel that their protein requirements will be met by following a balanced vegan diet, others feel they get all the protein out of their vegetables. What is the answer?

It is important to eat some protein at every meal. Far too many Vegetarians eat grains for breakfast (eg rolled oats, barley, millet) with fruit, and then again have a grain based main meal (eg roasts or patties made with grain, pasta or rice) with a few vegetables. Then they may have a light third meal of fruit. This type of diet will lead to certain health problems. There are far too many carbs and sugars. Some have related that even though they are on healthy diets, they complain of foggy thinking, forgetfulness, weight problems etc. Remember back to earlier in this article of what high blood sugar does to us. Cut your carbs and see what will happen.

Protein sources

The quality of protein is just as important as the quantity. Some books tell you that the best proteins are animal foods. My belief is that we can gain all our protein through "nuts, seeds, grain and vegetables" because God told us that is what we should eat. While eating lots of animal protein causes many problems, vegetable protein does not cause the same problems. We must also consider where we get our protein from. The

answer is simple – legumes and beans, as well as nuts and seeds. Legumes and beans contain differing amounts of protein, but contain carbohydrates in smaller amounts as well. By having different varieties of legumes and beans over the week, we get a good supply of protein. I am not suggesting that you eliminate your grains and substitute legumes instead, but consider the balance more carefully. Many vegetarians have a plate of salad or vegetables for lunch, which is great, but add some protein (beans, legumes, nuts, seeds) as well. Even if you have cut out all refined carbs, watch all grains and starchy vegetables. Remember not to overeat these.

Eating vegetable protein at each meal helps you to feel satisfied without that overfull feeling. You will be surprised at how quickly you feel full after eating protein. The reason is because protein helps balance blood glucose levels within the optimum range. Make sure you get some good fat as well. The balance we need is not just to concentrate on protein and fat, but include plenty of vegetables and some grains and fruits.

Use lots of beans, peas and lentils, eg chick peas, lentils (both red and brown) kidney and soybeans, plus there are other varieties of beans available. The beans to avoid are baked beans and similar dishes - but not because of the beans. Baked beans, barbeque beans and similar dishes contain added sugar that add lots of empty carbs, which can put you on a sugar roller coaster. Avoid all grains that are refined or processed.

Exercise

Exercise is integral to your new lifestyle. A massive study from around the world reported that physical inactivity among the most important risk factors threatening global health. But for the diabetic, it is even more crucial. Regular exercise results in a more efficient use of glucose at cellular level, and this in turn reduces the output of insulin by the pancreas. It is vital that we get on an exercise program if we want to have good health.

Atkins Diabetes Revolution by Mary C Vernon and Jacqueline A Eberstein RN

Correction: Last issue of this newsletter was numbered incorrectly. The Spring 2004 issue was No 20, not 19 as was printed.

Can we trust God's Word?

Is there a God? Does my life have any meaning or does everything happen solely by chance? How do I find the truth about life and death? What will happen when I die? Is the Bible truly the "inspired" Word of God or is it just the philosophical writings of a group of ancient men? These questions have occurred to all of us at some point in our lives. Our answers to these questions are vitally important because they affect our goals, our relationships, our peace of mind and, ultimately our eternal destiny. The Bible claims to be the inspired Word of God and declares that its message is absolutely true. Therefore, it is of the utmost importance that each of us determines for ourselves whether the Bible is truly the Word of God or not.

Is there some way to determine the truth about God and the Bible? In the past we have often referred that God has given us health laws in the Bible. Can these laws be trusted? If these laws are relevant, are the other laws of the Bible relevant?

This short article will reveal facts that are fascinating proofs that absolutely authenticate the Bible as the inspired and authoritative Word of God. These are just a few of the countless evidences that the Scriptures contain.

Fulfilled prophecies

The study of the fulfilment of Biblical prophecy provides overwhelming proof that God is controlling human history. Despite that cynics may suggest otherwise, the hand of God is still moving behind the scenes of current history to bring about His will. The details of the history of God's chosen people were precisely prophesied, their three captivities, their exile and many, many more events were foretold. Other prophecies map out the rise and fall of world kingdoms. These predictions were fulfilled exactly because only God can predict the future precisely. He foretold the precise conditions that would exist on the world immediately prior to His second coming. Some verses prophesy that great calamities, wars, earthquakes, famines, terrors, fearful signs and great signs in the heavens will occur in the future, and that God's faithful followers will be persecuted and even imprisoned.

The Old Testament contains many prophecies. I would like to draw your attention to over three hundred passages that refer specifically to the coming of the Messiah, Jesus Christ. Within these hundreds of prophecies, Bible scholars have found forty-eight specific details about the life, death and resurrection of Jesus. These Scriptural prophecies were published over five centuries before Christ was born in Bethlehem. It has been proven that Jesus of Nazareth fulfilled all of them, showing that He was indeed the promised Messiah, the Son of God.

There are Laws of Mathematical Probability that have been proven and are absolute. The Laws of Probability reveal that the probability of a single event occurring randomly is one chance in five, and the probability of another event occurring is one chance in ten, then the combined probability that both event will occur together in sequence is five multiplied by ten. Thus, the combined chance of both events occurring in sequence is one chance in fifty. To put this in a perspective we can appreciate, consider the odds when you toss a coin in the air. The odds are one chance in two that "heads" will appear. However, if you tossed two coins together, the chance of getting two "heads" is one in four. Now if we threw ten coins, the odds would be one chance in 1,024. Now if we took 17 of these prophecies occurring in the life of one man, the chance would be one in 480,000,000,000,000,000,000,000,000,000 or 480 billion x 1 billion x 1 trillion. Now remember that there are forty-eight prophecies given in the Old Testament about the promised Messiah. If we were to calculate the odds against all forty-eight predictions occurring by chance in one person's life, we would arrive at a number so large that it would exceed our capacity to comprehend it.

The mathematical signature of God in the words of Scripture

The Scriptures reveal God as the great mathematician who numbers the smallest detail of His creation, and measures and numbers all things. Over one hundred years ago, Ivan Panin, a famous

The Bible is the most widely distributed and discussed book, translated into over 1000 languages. God's hidden messages contained in the Bible prove we can trust every word. These include His astounding health laws.

mathematician left Russia to settle in Canada. Although a committed atheist in his early years he discovered the reality of Jesus Christ in his early life. In 1890, Panin embarked on an exciting journey of scientific exploration of the text of the Bible that would prove that the Bible is truly the inspired Word of God.

For 50 years Panin studied the amazing mathematical pattern beneath the surface layer of the text in the Bible. He worked diligently up to eighteen hours a day to illustrate the divine inspiration and authority of the Scripture. As one small example, Panin discovered that the first verse in the Bible in the book of Genesis contains an astonishing number of mathematical patterns that illustrate divine inspiration. "In the beginning God created the heaven and the earth" Genesis 1:1

We need to understand that the Bible was original composed in languages (Hebrew, Aramaic and Greek) that are alpha-numeric, or use various letters of the alphabet to express numbers such as "1,2,3," etc. Because each letter had a numeric value, every word can be given a numeric value by adding up the total value of each of the individual letters.

Ivan Panin carefully examined the Hebrew text of Genesis 1:1 and discovered an incredible phenomenon of multiples of seven that could not be explained by chance. Genesis 1:1 was composed of seven Hebrew words containing a total of 28 letters. Throughout the Bible the number seven appears repeatedly as a symbol of divine perfection – the 7 days of creation, God rested on the 7th day, the 7 churches, the 7 seals, the 7 trumpets etc. In total Panin discovered 30 separate codes involving the number 7 in the first verse of the Bible.

A list of the features of seven found in Genesis 1:1

- * The number of Hebrew words - 7
- *The number of Hebrew letters equal 28 ($28 \div 4 = 7$) -7
- *The first three Hebrew words translated contain 14 letters ($14 \div 2 = 7$) - 7
- *The last four Hebrew words have 14 letters ($14 \div 2 = 7$) - 7
- *The fourth and fifth word have 7 letters - 7
- *The sixth and seventh word have 7 letters -7

*The three key words: God, heaven and earth have 14 letters (14÷2=7) - 7

*The number of letters in the four remaining words is also 14 (14÷2=7) - 7

*The middle word is the shortest with 2 letters. However in combination with the word to the right or to the left it totals 7 letters - 7

*The numeric value of the first, middle and last letters is 133 (133÷19=7) - 7

*The numeric value of the first and last letters of all seven words is 1393 (1393÷199=7) - 7

When professors on the mathematics faculty at Harvard University they tried to duplicate this mathematical phenomenon using over 400,000 words. Despite their advanced mathematical abilities and access to computers the mathematicians were unable to come close to incorporating 30 mathematical multiples of 7 as found in the Hebrew words of Genesis 1:1.

Patterns of other numbers as well as seven occur throughout the Bible. In the book *Number in Scripture* by E W Bullinger he approaches the subject by examining the supernatural design of the Bible. He notes amazing patterns of different numbers and numerical features of the scriptures that give evidence of their Designer. He also highlights the spiritual significance and symbolic connotations of numbers which are repeated in the Bible. When in the original Hebrew and Greek languages certain words, names, titles, phrases etc (as written in the original language), are given their corresponding numerical values, these numbers reveal an amazing consistence. In *Bullinger's* book he details hundreds of pages of words, titles, names, phrases or sentences, and when the numerical values for the letters are added up, an amazing design is noted. For example, when dealing with all aspects of the life and ministry of Christ and of all spiritual perfection, all these all added up to seven or a multiple of seven. In contrast, anyone who rebelled, apostatised or became enemies of God's people, (including Satan and all the names given to him) the numbers were either 13 or a multiple of 13. It is most interesting to see that numbers (names) are not used by chance, but by design; not haphazardly, but with significance not only in the Word of God, but in the creative works of God.

Hidden Bible codes

For 3000 years a code in the Bible has remained hidden. Now it has been decoded by computer – and it reveals details of events that took place thousands of years after the Bible was written. The code was

broken by an Israeli mathematician, who presented the proof in a major science journal and has been confirmed by famous mathematicians around the world.

Computers were told to skip letters as it scanned the Hebrew language of the Bible. Often words and messages leaped out of the text when the computer used only every 50th letter or 26th letter. By reading across, computer programmer Dr Eliyahu Rips, a Hebrew University mathematician has found coded in the Bible, references to hundreds of world-shaking events – everything from World War 11 to Watergate, from the holocaust to Hiroshima, from the moon landing to the collision of a comet with Jupiter, assassinations of John and Robert Kennedy, Sadat, and Rabin. Names such as Clinton, Einstein, Shakespeare, Hitler, Churchill, Stalin, Wright Borthers, Edison, Newton, Beethoven, Mozart, Picasso and many more are encoded with certain details pertaining to their leadership, discoveries, and/or inventions.

Rips explains that the Bible is constructed like a giant crossword puzzle. It is encoded from the beginning to the end with words that connect to tell a hidden story. To find the code, Rips eliminated all the spaces between the words, and turned the entire original Bible into one continuous letter strand, 304,805 letters long. The computer searched that strand of letters for names, words, and phrases hidden by the skip code. It started at the first letter of the Bible and looked for every possible skip sequence – words spelled out with skips of 1, 2, 3 all the way to several thousand. It then repeated the search starting from the second letter and did it over and over again until it reaches the last letter of the Bible. But it is more than a simple skip code. Criss-crossing the entire known text of the Bible, hidden under the original Hebrew of the Old Testament, is a complex network of words and phrases.

The Bible was encoded with information about the past and about the future in a way that was mathematically beyond random chance, and is found in no other text. Time after time it finds connected names, dates and places encoded

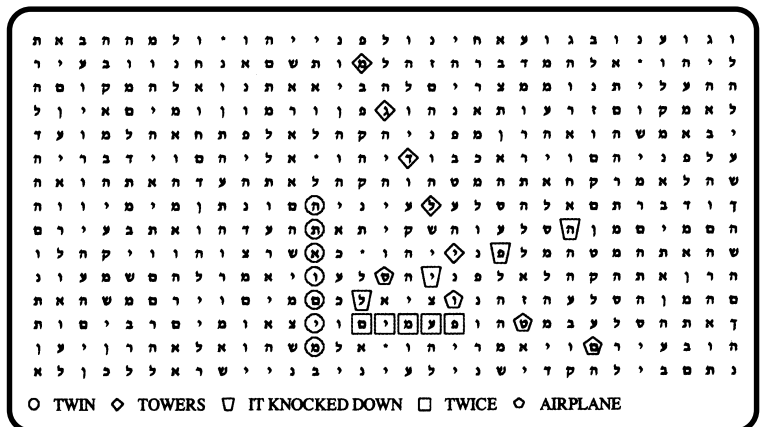
together – President Kennedy, to die, Dallas, Oswald, marksman, name of assassin who will assassinate; Gulf War, Saddam Hussein; Bin Laden, terrorism; scuds, Russian missiles, date the war began; Twin, towers, it knocked down, twice, airplane; Pentagon, damaged; Bush, the end of days. These and hundreds of more examples are documented in the two books *The Bible Code* and *The Bible Code 2* by Michael Drosin

A senior code breaker at the top secret National Security Agency in America had spent his life making and breaking codes for American intelligence. He was trained as a statistician, spoke Hebrew and was sure that the Bible code did not exist. He wrote his own computer program and looked for the same information that the Israelis had found. He spent 440 hours to try to prove the code did not exist, only to find it was there. The names of the people in the codes, the dates that they were born and died were encoded. He was not the only one to question the validity of the code. Three other mathematicians checked it out and agreed to publish it in their *Statistical Science Journal*.

The Bible was written over 16 centuries with around 40 different authors. It was written by men in different ages with different cultural backgrounds. Throughout the entire Bible there is a theme of utter consistency, a revelation of how God is acting to bring salvation to mankind.

Notwithstanding all the information in this article regarding prophecy, numbers and codes in the Bible, the plain words also tell us something remarkable. They are well worth examining. My hope is that you have been challenged into thinking that the Scriptures can indeed be trusted and take the time to consider what they say.

The Signature of God by Grant R Jeffrey
Number in Scripture by E W Bullinger
The Bible Code by Michael Drosin
The Bible Code 2 by Michael Drosin



Sugar and Memory

People with an ability to quickly bring down their high blood sugar levels are more likely to suffer from memory loss. Blood sugar has been suspected to play a role, as diabetics have a greater risk of memory problems, possibly because diabetes harms the blood vessels that supply the brain and other organs.

For each Alzheimer's patient, there are eight elderly people who do not have dementia but whose quality of life is diminished through memory loss. The study of 30 non-diabetic middle-aged and elderly people raises the possibility that exercise and weight loss, which help control blood sugar levels, may be able to reverse some of the memory loss that is associated with aging. Various factors were measured in the study including how participants performed on several memory tests, how quickly they metabolised blood sugar after a meal, and through the use of MRI scans, the size of the hippocampus, the brain region responsible for learning and recent memory. Results indicated that people who metabolised blood sugar slowly had a smaller hippocampus and scored worse on tests for recent memory.

The brain gets most of its energy from blood sugar, so if glucose stays in the bloodstream rather than being metabolised into body tissues, the brain has less fuel available to store memories.

The study is the first to show an association between the size of the hippocampus and the ability to control blood sugar levels in the body. Though further research is needed, this association suggests that delivery of glucose may influence the hippocampal structure and function. Further, if confirmed the results indicate that controlling blood sugar levels through exercising and eating a healthy diet may help to protect the brain from memory loss associated with aging.

Exercise has long been known to be beneficial in the treatment of Alzheimer's. One of the most profound beneficial effects of exercise is in lowering insulin levels. This is an effect that is largely unappreciated, even by many exercise experts. When the fasting levels of insulin were tested in over 1000 patients, it was quite clear that many people can't control their insulin levels with an excellent diet alone. This is why we must exercise.

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Early Baldness may Result from Insulin Resistance

There exists a proven association between male-pattern baldness and serious cardiovascular events, but the mechanism of action is unknown. Now, a new study has shown a strikingly increased risk of insulin resistance, hyperinsulinemia, and insulin-resistance-associated disorders in men with early onset of male-pattern baldness (alopecia), supporting the theory that early male-pattern baldness could be a clinical marker of insulin resistance.

*Researchers performed a practice-based case-control study on 154 subjects (aged 19-50 years) with early-onset male-pattern baldness (onset prior to 35 years of age) and age-matched controls.

*Men were only selected whose hair loss was significant, using an accepted classification method.

*Information on diagnoses of chronic diseases and data on current medication, weight and height, fasting total cholesterol, triglycerides, HDL cholesterol, and blood glucose were collected.

*Blood insulin levels were measured.

Researchers looked at the following insulin-resistance-associated risk factors:

*Elevated lipids

*Abnormal glucose metabolism

*High body-mass index

*Elevated systolic blood pressure

A "cluster" was considered to be present if at least three of the four variables were simultaneously positive.

The risks for the following were all found to be elevated for the alopecia group:

*Nearly 5 times more likely to have clustered risk factors

*Hyperinsulinemia risk was increased nearly 2-fold

*Moderate obesity was increased nearly 2-fold

*Severe obesity was increased nearly 150%.

*Use of cholesterol lowering medication was increased more than 4-fold

*Use of blood pressure or diabetic medication was more than double

Researchers maintain that their findings "... raise the question whether insulin resistance could be a pathophysiological mechanism or promoting factor in early androgenetic alopecia, which could, in

turn, be an early marker of insulin resistance." In addition, they suggest that men with early-onset male-pattern baldness should be screened for insulin resistance and other cardiovascular disease risk factors.

This tell us that an excess of high grain foods, sugar and breads is associated with premature baldness.

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Baking Powder and Baking Soda

Many recipes call for baking powder or baking soda. It is a very harmful substance and does lots of damage to our body.

Baking powder is not a food but a chemical. "Soda causes inflammation of the stomach and often poisons the entire system" *Counsels on Diets and Foods p342*

*It contains a mixture of several chemicals, and produces chemical reactions when mixed with water

*It destroys vitamin B1

*It encourages calcium loss, leads to osteoporosis

*It leaves a residue of aluminium hydroxide and aluminium phosphate, leads to Alzheimer's Disease

*It raises the alkaline content of the blood

*It disrupts body reserves of calcium, B vitamins and minerals

*It produces a high level of salt in the blood (Hypernatremia)

*It causes high blood pressure

*It raises the levels of acid in stomach as baking powder increases secretions

*It causes low kidney hormone (Hyporeninemia)

*It causes low potassium levels in the blood (Hypoklaemia)

*It causes water deprivation (almost every bodily function relies on water)

*It interferes with the blood clotting process

Castor Oil for Itchy Eyes

Castor oil is a very useful remedy to have in the home. It may be applied externally as a poultice over any congested area. But another use is use a few drops of oil on your finger and rub into itchy eyes for relief. Do not dip your finger into the bottle to contaminate the rest of the contents, but place an amount into a small jar for easy access.

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.

Charcoal Powder 150g.....\$5

An absolute must for all homes. Wonderful medicinal properties to use internally and externally.

Maca Root Powder 200g.....\$14

A GREAT PRICE for this superfood. Great for a diverse range of conditions. Especially good for hormonal problems. Organically grown.

Comfrey Root Powder 200g.....\$13

Ground dried root, great for using in poultices and ointments.

Blood Cleansing Herbal Tea 200g.....\$12

Contains Buckthorn, Licorice Root, Burdock, Chaparral, Red Clover, Cascara Sagrada, Dandelion, Cat's Claw.

Use it long term to help cleanse bowel, liver and blood.

Barley Leaf Powder 200g.....\$12

Loose powder, organic 450g.....\$27

A powerful way to get needed nutrients including beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll.

Order by phoning Kaye on 02 6025 5018. Prices do not include postage

Recipe

LEMON PIE

Pie Crust

2¼c wholemeal bread crumbs
½ c dates softened in ½ c water
½ c coconut

Whizz or mix all ingredients thoroughly. Add more water if necessary. Press into a pie dish and bake until firm and lightly browned, about 15 mins at 180 degrees.

Pie Filling

3 c soy milk
2-3 t lemon rind
5 T lemon juice
¼ t sea salt
5 T corn flour
4 T honey

Blend all ingredients. Cook in saucepan, stirring until thick. Pour into baked pie crust. May sprinkle with chopped walnuts.

Insect repellent

Both eucalyptus and peppermint essential oils are good insect repellents. Combine three drops of each oil with three drops of citronella essential oil, mix the oils into 1 tablespoon of unscented skin cream and rub the cream on your skin before going outside.

Toothache

Maybe you have a toothache and cannot get straight to the dentist. The first and best alternative home remedy for killing the pain from an infection in the gum or the nerve of the tooth is hydrogen peroxide and if used safely can be a big help. Floss first, then swish a mouthful of 3% solution of hydrogen peroxide in your mouth for a few seconds. Let stay in your mouth for about a minute, then spit it all out and rinse thoroughly with water. Do this once a day for 2 or 3 days in a

row. There are a few precautions - don't swallow the peroxide as it can burn your esophagus and can cause stomach cramps. Use this treatment for no more than three days. Used too often, peroxide can burn tender gums

Nuts

Nuts are used in the vegan/vegetarian diet. They are not to be consumed freely, but in small amounts they are an excellent source of vitamins, minerals, fibre and other nutrients that are beneficial to our health.

Studies have shown that eating a small quantity of nuts regularly reduces the incidence and survival of heart attack. The report showed that eating nuts 1-4 times per week reduces your risk of coronary heart disease by 25%, and eating them 5 or more times per week reduces the risk by 50%.

Nuts contain large amounts of mono-unsaturated and polyunsaturated fat. They are high in fibre (the soluble type that helps lower cholesterol), and are a good source of protein. They also have a rich supply of magnesium (helps against heart attack) and are a good supply of natural anti-oxidants. Other important phytochemicals include folic acid, copper, selenium and potassium.

It is important to remember that nuts should be chosen carefully (whole and not broken), stored in a cool place (or even freeze) and protected from light as their fats can oxidise rapidly if mishandled. Always use ground nuts immediately, or store in the freezer to delay them from oxidising and going rancid. Do not consume roasted, salted nuts if you are wishing heart health protection. The roasting of the nuts damages the fats and instead of them being a health promoter they become a health risk.

don't miss this opportunity to attend

FREE ADMISSION

a one day Health Seminar
comprising of 3 meetings



with Barbara O'Neill

Natural Health Meetings

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

When: Saturday 5th March

Times: 9.30 am.....the master chemist in the body...how we can assist our livers
11.00 am...the master chemist and his friend the glucose regulator..how we can assist our pancreas
2.30 pm.....protein, protein...why we need more protein today than 50 years ago

Where: Lavington Public School Hall
Hague Street Lavington

Cost: Entry free

for those who book in before March 2nd,
a light vegetarian luncheon will be provided free
Phone to book for this **Beat 02 6025 3584**
Kaye 02 6025 5018

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