

Back to Eden

Bread
Emotional Healing
Recipe
Health program

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I have enjoyed doing the research for this newsletter. It appears that in its purest form, bread is an ideal food. But it seems every aspect of it has been tampered with. Make sure that your grain is organic, has no chemicals added, and watch the added ingredients as there are many that are not necessary. Learn to make the right choices for your health, and consider making your own bread. I have been making bread now for quite a number of years and know the enjoyment this brings. It is very easy and does not follow the method of kneading and proving, but can be prepared in a matter of minutes. It can be even made in a bread machine.

Another subject that I am interested in is the healing that is available to those who have been victims of all types of abuse, physical as well as mental. As I meet with many people, I see that a number are emotionally crippled and because of this are finding it hard to cope. Their health suffers. They may even pretend that they have no problem, but they carry around guilt, loneliness, are hurting and may be depressed. They don't know how to be healed from these deep hurts. They do not realise that they can be free from these anxieties and have peace in their heart. Read the article on emotional health which reveals how to be healed from this burden that is becoming much more prevalent in our world today. This does actually work if put into practice.

Take note of the date of Barbara O'Neill's next seminar. Sorry the notice is short, but Barbara is a very busy woman and she only has a few dates free in the coming year. She will speak in detail of fungal problems and how they are the underlying cause for many health problems. See back page for details.

From Kaye and the Back to Eden team

Bread... it can be nutritious

Over the years we have been told that bread is the "staff of life". In earlier centuries bread was classed as our most essential food. Being without bread meant hunger or famine. Civilisations were built, advanced and sustained by bread alone. The integrity of the ingredients and the methods for baking bread were under the strict control of the king. This bread retained all the vital nutrients of the whole grain. It stayed fresh for weeks, did not need preservatives and actually improved with age and required no refrigeration.

History tells us that during the time of the early Christian church, those who were persecuted sought refuge in the deserts of Egypt and Arabia and they restricted themselves to only twelve ounces of bread per day as their only solid food. With this bread and water alone to drink they lived long and happy lives. Anthony lived 105 years, Simon Stylites 109, Jerome 100, Epaphamus 115, Romanuldu and Arsenius each 120 years. They were willing to deny themselves and were rewarded with very long lives. But this also tells us that the grain they used must have contained all the elements to sustain life.

The grain, in its purest form, is one of the most complete foods. The balance within the grain is vital for the health of those who eat it. When the whole grain is ground into flour and baked, the resulting bread fulfils the functions for which God intended it. If the grain is coarsely ground, the bread has a rough texture, when finely ground it has a smoother texture. In a desire to eliminate the brown colour, bakers have searched for ways to get softer, smoother whiter bread.

Milling

Steel rolling mills were introduced in 1874. These crushed the grain instead of grinding it, then flattened the germ and bran and after sifting left only the starch for white flour. The way to softer white bread was now available, but those eating it have had to pay a terrible price to their health.

Whole grain spoils and becomes mouldy in a relatively short period of time. By taking away the germ of the wheat, which contains the oil, and the outer covering, which contains the fibre, the flour can be stored for longer periods of time without it turning rancid. But really what has been removed are vital nutrients – vitamins, minerals and proteins. The germ is one of the richest sources of Vitamin E, which is necessary for the absorption of vitamin A and for general vitality. Wheat germ also contains vitamin B and high quality proteins.

Dr Roger J Williams (University of Texas, Austin) in 1970 reported a lab test with laboratory rats fed the identical "enriched" bread, consumed by most Americans. After 90 days, two-thirds of the rats fed this bread were dead with malnutrition. He stated that "Today's bread has about the same nutritional values as sawdust."

Milling wheat to produce white flour removes

40%	of the	chromium
85%		magnesium
50%		pantothenic acid
71%		phosphorus
30%		choline
86%		manganese
16%		selenium
78%		zinc
76%		iron
89%		cobalt
60%		calcium

78%	sodium
77%	potassium
77%	vitamin B1
67%	folic acid
95%	vitamin A
80%	vitamin B2
81%	vitamin B3
72%	vitamin B6
95%	vitamin D
86%	vitamin E

Wheat stores well because of its protective jacket which seals in freshness and seals out both oxygen and bacteria. This protective covering is called bran and is rich in fibre, vitamins and protein. As long as this covering remains unbroken, wheat can be stored for years. Inside this shell is a soft white substance called the endosperm. This is rich in carbohydrate and gluten. Gluten consists of two strong and elastic proteins which literally glue bread together while it rises. The third part of the kernel is the wheat germ. This is rich in oils and vitamins. If the protective layer of the bran seal is broken, the flour begins to self destruct in three ways.

Easily degenerates

Oils and fats are susceptible to changes in colour, fragrance and flavour caused by the air. Since the wheat germ contains most of the oils in a kernel, it is the first thing to become rancid. Normally as a seed germinates the enzymes convert the starches into sugars, but in flour the sugars are not used up and they quickly turn rancid. Even a few hours can make a difference in the taste of flour. Few people today have ever tasted the difference between bread baked with fresh and bread baked with stale flour.

If fresh flour remains uncovered at room temperature it can become contaminated within twenty-four hours. Bacteria and mould grow rapidly in the rich flour and give off toxic wastes which have a bad smell.

Normally whole wheat bread is one of the few foods that have the entire complement of B vitamins and is rich in vitamin E. However after milling the kernel is exposed to oxygen. Oxygen breaks down the chemicals which make up a vitamin and converts them to useless compounds. This begins immediately at milling and clinical tests reveal most of the vitamins stored in the wheat kernel are oxidised within seventy-two hours.

Chemicals

The growing grain is sprayed with toxic chemicals, many which remain in the grain. Unmilled grains are dusted with methyl bromide to retard spoilage. Ethylene oxide, (a known mutagen) is used on stored wheats and grains as fumigants. Only whole wheat flour attracts insects as refined flour doesn't have the food value to keep them alive.

Chemicals used in bread making include: Chlorine dioxide (more deadly than the banned Agene) is used to preserve, bleach and age flour. It also destroys linoleic acid (vitamin F) and methionine (an essential amino acid). Calcium steryl-2-lactylate and sodium stearyl fumarate are used as conditioners. Alum, chalk and ammonium carbonate has been commonly used as whiteners or improvers.

Lecithin, polyoxyethylene mono stearate, steryl tartrate or glycerol esters are used as softeners and emulsifiers, Di-acetyltartaric acid, esters of mono and diglycerides and succinylated mono are used as stale inhibitors.

Buffers and other acidifying or alkalizing agents are also permitted to adjust the pH of the bread mixture to the level required. They are calcium sulphate, calcium lactate, calcium carbonate, dicalcium phosphate, ammonium phosphate, ammonium sulphate, ammonium chloride, lactic acid and vinegar. In addition there are mould inhibitors, calcium propionate and phosphates, fungal amylases and bacterial proteases.

Dr Robert Harris (M.I.T. Nutritional Biochemical Lab) fed sorbitan mono laurate (anti-staling agent) to a group of rats, most of them died within 10 days, yet these same chemicals enjoy immunity when used in our foods.

The object of the baker is to create the biggest loaf, with the greatest speed, least work, long shelf life and greatest economy. It may be loaded with improvers, dough conditioners, leaveners, yeast foods, enzymes, bacterial and mould inhibitors, synthetic fats (monoglycerides) and hydrogenated fats, silicones (used as pan glazes) and white mineral oil as pan grease) nitric acid (a substitute for egg yolks) imparts a yellow tint.

Dr Henry Schroeder (Director Trace Element Lab of Dartmouth Medical School) told a Senate Sub-committee, "In pollution and food processing, science and the public hit on the major killers"... "one of the major sources is refined rice, white flour, and white sugar, all of which not only lose necessary zinc in processing, but are enriched in their cadmium content"... He points out that not only have white flour, white rice, white sugar lost all essential ingredients in their refining, but they "also gained hazardous substances"... "They are not only empty calories, but are dangerous calories, a major source of human cadmium consumption."

Fibre

Fibre is the wall of all plant cells. The nourishment is in the plant, and the fibre is in the walls. Fibre is the part of the plant that is not absorbed during the passage through the small bowel. All other nutrients as well as sugar, fat and protein are absorbed by the small bowel. High fibre diets are a protection against obesity as well as many other diet related illnesses. Many Western diets are poor in starch and poor in fibre. Some people think that if they eat a lot of salad they are eating fibre. What we really need to eat is more oats, rice, barley, wheat, corn, peas, beans, as well as fruits.

Researchers at the University of Lund, Sweden, have found that fibre in the diet can absorb known compounds that cause cancer. The compounds are *quinolines*, which are very potent carcinogens (cancer causing agents). Various types of fibre, from wheat and other grains, were examined for their absorption capacity and were found to leach out up to 20% of these compounds. Flour from sorghum grain consistently absorbed 50%.

The presence of fibre is, therefore, important for three reasons. First it increases and softens the bulk of the stool by absorbing water; second, it decreases the transit time of the stool in the intestinal tract; and third, it absorbs cancer-causing compounds which may be in the diet. All three of these reduce the contact of carcinogens with the intestinal lining. This is very important because over 35% of cancer in the Western world is linked to the food we eat (tobacco being responsible for another third).

Different yeasts

Yeasts are microfungi, and are much larger than most bacteria. There are more than 350 different species, with countless additional strains and varieties. It is important to understand the difference between the wild yeasts of sourdough and the commercial baker's yeast used in most breads. Sourdough yeasts grow best in a slightly acid dough, while baker's yeast does better in a neutral or slightly alkaline one. Baker's yeast is represented by a single species, *Saccharomyces cerevisiae*, while sourdoughs are usually leavened by multiple species in the same dough, none of which are baker's yeast. Baker's yeast produces a uniform product that produces a uniform texture. The wild yeasts in sourdough are anything but uniform and vary from country to country. But a most impressive difference is that a single package of dried yeast produces only one loaf of bread, whereas the same amount of sourdough culture produces loaf after loaf for many lifetimes of many bakers.

Baker's yeast

For thousands of years prior to Pasteur's 1857 discovery that fermentation is caused by yeast and produces carbon dioxide which leavens dough, bread was raised using what we call a sourdough method. But with Pasteur's discovery, microbiologists isolated single yeast cells to select pure cultures. They selectively bred wild strains to develop yeasts that leavened faster, were more tolerant to temperature changes, and were easier to produce commercially. From these they mass-produced cakes of pressed yeasts and packages of active dried yeast that contained billions of cells that were all exactly alike.

According to a veteran European researcher, in baker's yeast fermentation, the starch cells of the bread literally explode. These explosions or the rising phenomenon form patterns and produce bio-electrical energy identical to those patterns and energies produced by cancer cells. In contrast, the starch cells of a naturally leavened (sourdough) bread simply expand and swell like ripening fruit.

Jacques de Langre, director of the Grain and Salt Society, Magalia, California is spearheading a drive to return to the staff of life using traditional or natural

leavening. He says "The natural leavening agents provide a better strain of bacteria to the human system than the *Lactobacillus acidophilus*, which is derived from cow's milk. These bacterium help control candida albicans. On the other hand, baker's yeast is a pro-candida organism."

Unleavened bread

There are many good qualities of unleavened bread but there is a problem. Wheat contains phytic acid or phytin, a natural ingredient that has been tied to chronic problems such as anemia, rickets and nervous disorders. Rickets and anemia can be caused by the consumption of yeasted whole wheat bread. These chronic calcium deficiencies are corrected and even totally eliminated when the whole wheat bread is naturally leavened. The natural group of leavening microbes eliminate 100% of the phytin. Baker's yeast cannot get it at all. And while baking may break down some of the phytin down, unleavened bread leaves even more phytin for the eater. In the natural leavening process, the phytic acid and the phytates are hydrolysed by the phytases of the bran in an acid environment and transformed into phytin and soluble phosphatic acids of magnesium, calcium and iron which are totally assimilable and beneficial.

Sweet Tasting Bread Made with Sourdough Starter

It is quite easy to obtain a sweet tasting bread with a natural leaven fermentation for a base. The slower proofing of the dough at temperatures between 18 and 20 degrees Celsius, made from a leaven always stored at low temperatures of 8 to 10 degrees Celsius and regularly refreshed, will totally prevent the characteristic sour dough taste often associated with natural leavened bread.

Two Extra Benefits from the Natural Leaven Process

The limited growth of friendly lactic bacteria and the presence of other micro-organisms will add little to the acidity, yet will create a good swelling of the gluten as evidenced by small but regular air cells in the crumb. As it ages, natural leavened bread will retain its moisture and keep well without refrigeration, quite opposed from the yeasted bread that stales and dries out within hours after its baking.

With natural leaven, no dried out bread need ever to be thrown out.

Jacques de Langre gives other reasons for returning to natural bread. "It's more nutritious. The long proofing allows the ferments to break down the cellulosic bran of the grain, releasing valuable minerals, which are dissolved in the rich dough. It's much easier to digest. The bread itself contains strains of *Lactobacillus* which are essential to the proper digestion of complex carbohydrates. Natural bread also helps restore the peristaltic action of the intestines, resulting in better assimilation and proper elimination."

Dr Johannes Kuhl, in his book "Checkmate to Cancer", asserts that yeasted bread is a cause of cancer while naturally leavened bread is an inhibitor of cancer. "The phytin is eliminated and naturally leavened bread remains fresh and edible much longer without resorting to preservatives. Yeasted bread may lose its moisture in hours, while sourdough holds it moisture tenaciously, and a well formed loaf with a continuous crust will remain moist and impervious to mould for days, even weeks." Kuhl also stipulated that the healthful properties of the natural bread reached a peak in about five and up to ten days.

Rapid rising breads

As yeast cells grow, they reproduce new cells through a process called budding. In just two hours a single yeast cell can multiply itself more than five hundred times. This means that a baker must be careful not to start with too much yeast as too much yeast may cause the dough to rise so quickly it bursts. Adding more or less yeast controls the baking time.

As the dough rises, it changes not only in size but in nutritive value. As the dough rises, a natural enzyme called phytase releases stored nutrients from the flour. The fermentation process triggers the flour to unlock the stored minerals and causes phytase to transform non-usable elements into digestible nutrients. These minerals include phosphorus, zinc, calcium, magnesium, iron and copper. Without proper fermentation these minerals remain inaccessible. They pass through out digestive tracts without ever being absorbed.

Large bakeries which make loaves of

bread twenty-four hours a day often mix their liquid ingredients together with the yeast and let them ferment separately from the flour. This shortcut reduces the time needed to make a loaf of bread, but it also eliminates the rising process through which minerals are released from the flour. Without the chemical interactions which takes place as bread rises, minerals remain locked in the flour in a form which our bodies cannot digest and use.

Digestibility

Bread and grain-based diets, especially at the beginning, give the illusion that they do not readily digest. Natural leaven bread, because of its inherent beneficial ferments, slowly recreates the population of friendly lactobacillus digestive bacteria in the absorption tract. The end result is a recovery of digestion and proper elimination by the effective action of friendly bacteria. Natural leaven bread provides more stable nutrition than that obtained mechanically by non-fermented (and thus non- pre-digested) bran and other raw or cooked roughage diets, since these only succeed in physically abrading and irritating the colon.

Underbaking

One of the purposes of baking is to stop the enzyme actions which break down proteins and starches. If not stopped, these enzymes eventually “over-ripen” the loaf. Like a banana that begins to turn brown, under-baked bread discolours and rots from the enzyme action inside the loaf.

Bread today

Most of the baking industry has been content to sell to the public a phoney counterfeit product, while extolling its nutritional properties. Bread has never been considered a frivolous food, and most people depend on it for its nutritional base. The wrapper that encases each loaf does not warn the consumer about its deficiencies. Enrichment in no sense restores grains with their original nutrients.

When buying bread, be sure to read the labels. Do not touch bread with preservatives, with bleached flour, any enriched bread. Buy bread from small bakers who uses stone ground, organically grown grain, bakes daily, or

better still start baking your own bread. This requires no special skill and you control the ingredients. Grains can be purchased at stores that provide natural foods. This homemade bread surpasses even the “healthy” bought breads.

Allergies and sour dough

Wheat, in the form of bread is the staple of the Western diet, the food that appears at nearly every meal, yet it is also one of the most common allergens. This inability to digest wheat cannot have been so prevalent in prior history or the history of mankind would have been very different.

Bread as we know it today, made almost entirely from wheat (whether wholemeal or white) and from baker’s yeast, only appeared in the last 200-300 years. Until that time bread was made from many grains and also legumes and seeds and leavened by sourdough cultures.

There are some factors that can contribute to the widespread inability to digest wheat. Firstly, any food eaten on a regular basis can lead to a sensitivity to that food. By current estimates 36% of people in the world today rely on bread for their daily calories. This is mostly wheat bread. Often other grains such as rye can contain some wheat flour. Wheat appears in many cakes, biscuits, breakfast cereals, pasta, thickeners for sauces and processed foods. Gluten, the same group of protein which make wheat so suitable for producing the familiar risen loaf, is commonly identified as the particular offender in wheat intolerance. Severe intolerance is known as Celiac disease. Extra gluten is routinely added to both commercial and homemade bread.

There are four factors that can be changed to improve the digestibility of bread and other grain food.

1. Choose organically.
2. Stonegrind flour. (keeps temperature of flour down)
3. Mill immediately prior to using flour.
4. Rotate use of grains

The common bread yeast *Saccharomyces cerevisiae*, which belongs to the same class as the *Penicillium* mould, contains enzymes which break down the sugars which amount for 2.5% of the flour, but cannot act on the 69% which consists of starch. This fermentation of sugars produces carbon dioxide gas which forms bubbles in the dough, causing it to rise.

During germination of grains, some of the starch is broken down and the yeast can act on that, but germinated grains rarely appear in bread. Nor is the rising time for yeasted bread sufficient to allow the water in the dough to begin the effects of germination in the flour. This means that bread (and other grain products) still contain the enzyme inhibitors which interfere with digestion, and the phytic acid which interferes with mineral utilisation.

Normal yeasted bread rises for only 2 hours or so (much less in commercial bakeries), but most sourdough recipes involve a much longer interaction between the flour and the culture organisms. This long interaction between the grain and the culture alters the nature of the grain to make it more readily digestible in the same way that miso is more digestible than soybeans or yoghurt than milk. The grain can absorb sufficient water to activate the enzymes within the grain. The complex proteins, fats, and carbohydrates are broken down by enzymes to forms the body can handle more easily. The phytic acid is converted by enzyme action, increasing utilization of minerals in the grain. As in other cultured foods, the B vitamin content is increased. A further advantage of sour dough bread is that lactic acid organism ‘digest’ gluten- sourdough starter made from wheat has lost the stretch characteristic of high gluten flours.

Note: most commercial “sour dough bread” is not fermented by traditional methods, but is yeasted bread with a little culture added for flavour only.

You can capture your own wild culture by combining 2 cups of flour, 1 cup of water. Mix well and cover with cheesecloth. Let this sit outside. Stir twice in 24 hours. If you capture and active yeast (enough to be of use) a 2-inch foam will form on top of your mixture.

How to control weight by eating bread

According to a Reader’s Digest article (November 1987 p 150-162) entitled “Eat More, Weigh Less, Feel Great.” “...The secret of permanent weight control is not in diet at all. It is a well-balanced, lifetime eating plan, based on good, tasty foods that have good, maximum nutritional value....When we

decide to shed unwanted weight, many of us automatically cut out bread, potatoes, rice and spaghetti. We subsist instead on steak and salad, cottage cheese, and fruit, tuna salad and tomatoes, or some similar combination of a high-protein animal food and a low-calorie fruit or vegetable.

“Yet studies show that such a high-protein, low-carbohydrate can make us fatter than a low-protein, high (or complex) carbohydrate diet will. Foods high in complex carbohydrate – starches – contain less fat, and up to one third of their calories are excreted undigested. Starchy foods, especially unrefined

grains such as whole wheat, rye, oats and brown rice, also satisfy the appetite because they come with fibre, a low-calorie belly-filler.

“Olaf Mickelsen, then professor of food science and human nutrition at Michigan State University, demonstrated that bread can actually help control weight. Overweight young men were told to consume twelve slices of bread a day in addition to whatever else they ate. They were also advised to minimise their consumption of high-calorie foods like doughnuts and to avoid alcohol. After eight weeks the young men who ate ordinary white bread had lost an average of 13.7 pounds, while those who ate

high-fibre bread had lost an average of 19.4 pounds.

Summary

Bread today can be nutritious and very healthy to eat. Be very discerning when buying your bread checking the label very carefully, or better still learn how to make your own and experience the aroma of a freshly baked loaf of bread.

*Basic Care Bulletin by Medical Training
Institute of America
World sourdoughs From Antiquity by Ed
Wood*

Sourdough Breadmaking Class



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 crackers**
- ◆ **sourdough pizza base**
- ◆ **sourdough in bread machine**
- ◆ **tastings**
- ◆ **recipes**
- ◆ **take home sourdough culture**

Venue: 496 Hague Street, Lavington
Date: Sunday afternoon, 11th March 2.30-4.30pm
Cost: \$10
Bookings: Phone Kaye on 6025 5018
or Beat on 6025 3584

Emotional Health...

How to regain it

Do you want to help those who have deep emotional hurts? Or have you been hurt yourself? Many are emotionally crippled and long to be healed. There is a way to be healed. Our Creator, who knows how our minds work, has given us the remedy.

Have you ever been hurt in your life? Hurt is a universal problem. It is impossible to find anyone in today's society who has not been hurt. It is interesting to discover that many deeply troubled people have been affected by hurts done to them in their childhood years. But hurts happen to all of us, every single day. Sometimes they happen to little children, sometimes to older people. They happen in different ways, but they all hurt.

Hurt has got to be one of the major problems in society today. You can get hurt so badly that you try to cut yourself off from feeling altogether. Some people say "I've been hurt too many times, I'm never going to love anyone again." As a result they become hard and cynical. This is one way people deal with pain—they withdraw themselves so they will not be hurt again. God has devised a way to be healed of all hurts and bitterness. He heals your heart and He takes the cynicism out of your life. Then you can once again open your heart to others and love again.

Even Christians get hurt. It's not wrong to be hurt, but the way you deal with that hurt makes all the difference. Being hurt is a big enough problem, but if that hurt is not handled in the right way, bitterness will set in. In the end it is bitterness, not "being hurt" that will destroy you.

Recognising hurt

It is not complicated to recognise hurt, especially if bitterness has set in. Here are some of the characteristics of a hurt person.

1. They show a lack of concern for others. A bitter person cares very little about anybody else.
2. They're very sensitive and touchy. They often jump to a conclusion that people are talking about them.
3. They become very possessive with a few friends, and rarely have any real close friends. They are also frightened of losing their friends.

4. They tend to avoid meeting new people.
5. They show little or no gratitude at all.
6. They will usually speak words of empty flattery or harsh criticism.
7. They hold grudges against people, often for a long time. They find it extremely difficult to forgive.
8. They often have a stubborn or sulking attitude.
9. They are usually unwilling to share or help anybody.
10. They end up experiencing mood extremes—very high and happy one minute and the next minute they are down very low.

Childhood rebellion

God has given children an amazing ability to quickly forget hurts and disappointments. But if they keep happening again and again, the hurt will probably develop into bitterness, and this is when they do not forget. Children do not want possession, they want love. When this love is being cut off, he thinks to himself "I will not say thank you because you hurt me." He becomes bitter and begins to lose respect and affection for the person who has hurt them and becomes very, very ungrateful.

Over the years, the many hurts and disappointments turn the wounded heart into a bitter heart. Open rebellion follows. He disregards authority and becomes his own boss. He looks for company with others who are "their own boss." They have something in common—loneliness and rejection. They begin to flaunt their independence. He rebels and becomes openly immoral. But this is a downward road. Drugs, sex, rock music all lead to him thinking there is no way out. Then suicide is contemplated. He may or may not kill himself, but unless he can find healing and restoration through Jesus, his ultimate end is a very sad one. Every day thousands of teenagers attempt suicide. It is a very real problem in our modern day society.

Change focus of thinking

In bitterness, you focus on what that person has done to you. You have a memory of all the hurtful things the person has done to you. One of the causes of continual bitterness is that we try to balance out guilt and blame. We say "well I'm wrong, but they are worse. I have a good reason to be bitter. You don't know what they have done to me." We try to ease our consciences.

Many use bitterness for revenge. That's why we hold on to it sometimes. "I'll show you, and you're really going to be sorry." But what does this do to us. Bitterness and revenge bring onto us all sorts of medical problems. People who carry around bitterness cannot even enjoy a good meal.

Here are some basic steps to overcome our hurts

1. Make a list of the people who have hurt you. Write down everything they have done to hurt you.
2. Make another list of the things you have done to hurt them. This is much harder because we don't remember these as easily. We don't want to. One of the hardest things is to clear debts between parents and children. But we can all remember when we have been lazy, deceitful, ungrateful etc. We tend to magnify others faults and minimise our own. We have to see our wrong.
3. Take a good look at how you have hurt God. Once you have finished your list, you still have the main task to do. Get down on your knees and ask God to show you what you have done to hurt Him. Don't hold onto excuses. One of the most important keys to forgive others and let go of all bitterness is to understand that God knows what it is to be deeply, deeply hurt, and yet He has never responded in bitterness and resentment. God really knows what it is to be hurt. He hurts when we hurt Him as well as well when we

Products for Sale

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.

Comfrey Root Powder 200g.....\$10

Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.

Activated Charcoal Powder 200g.....\$10

Adsorbs and binds toxins from the stomach when taken internally, and when used as a poultice externally draws the poisons out through the skin. This is a must to have on hand for sickness and emergencies

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

Recipes

MILLET CASSEROLE

1 c millet (hulled)
3 c water
½ c raw cashews
2 c tomatoes, canned or fresh
1 medium onion cut in chunks
1½ t sea salt
1 t oregano
1 t sweet basil
1 t honey
½ cup black olives, sliced

Bring millet and water to a boil, simmer gently for half an hour. Grind cashews in a dry blender, then add tomatoes, onion and salt. Blend well. Add herbs and honey. Blend briefly. Combine all ingredients in a dish. Place in a casserole dish, cover and bake for 45 mins in a moderate oven. Serve 5-6.

SOYA MAYONNAISE

1 c soya milk
2 tbspn cornflour
1 t sea salt
½ t onion powder
½ t garlic powder
2 tbspn lemon juice
1 c cold pressed olive oil

Mix cornflour and milk together so there are no lumps. Cook in saucepan until thick. Cool. Place in blender with salt, lemon juice, onion and garlic powders. With the blender running, add olive oil very slowly. SUGGESTION: Add ½ t of dill weed, basil and Italian seasoning.

When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death." Ministry of Healing by E G White p 241

ourselves are being hurt. Remember when we hurt, He is along side of us, feeling our hurt with us.

4. Pray and ask for the forgiveness of God and man. This is not complicated, but is costly. It costs you time and a humble attitude. Get your list out of how you have hurt God and others, and let the Lord break you. Ask God's forgiveness for these things one by one. And when you are finished, take the list and rip it up. Speak to the people you've hurt and ask for their forgiveness. Even a letter saying you're sorry for how you have treated them will begin the work of healing. Start to care for this person.
5. Destroy your memory files. In your mind, where you previously stored and remembered all the hurts done to you, ask God to take these memories out of your mind. He alone can get rid of them. Destroy any list you may have. You must release it all to God. Forgiveness is opening the filing cabinet of your mind before God and clearing the debts. We are

to keep **no** record of wrong done to us. Remember if we do not forgive others, we will not be forgiven. (Matthew 6:14-15)

It's a choice you must make in response to God's offer of forgiveness and healing to you. He does not force, but gently asks and offers to us complete restoration.

"The love which Christ diffuses through the whole being is a vitalizing power. Every vital part—the brain, the heart, the nerves—it touches with healing. By it the highest energies of the being are roused to activity. It frees the soul from the guilt and sorrow, the anxiety and care, that crush the life forces. With it come serenity and composure. It implants in the soul, joy that nothing earthly can destroy,—joy in the Holy Spirit,—health-giving, life-giving joy." Ministry of Healing by E G White p 115

"The relation that exists between the mind and the body is very intimate.

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When: Saturday 27th January

Times: 9.30 am.....Fungus.....what is it?
11.00 am.....Fungus.....how it gets out of control.
2.30 pm.....Fungus.....how it can be controlled

Where: Lavington Public School Hall
Hague Street Lavington

Cost: Entry free

Fungal problems are the primary underlying cause of diverse health conditions including chronic fatigue syndrome, crippling arthritis, severe intestinal disorders, chronic allergies, chronic respiratory illnesses, asthma, women's health problems, "brain fog" syndrome, depression and chronic skin conditions.

for those who book in before Jan 22nd, a light vegetarian luncheon will be provided free

Phone to book for this Beat 02 6025 3584

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