

Back to Eden

Food Additives
Stone flour mill
Just Like Sugar
Recipe
Health program

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This issue: Winter 2007 No 31

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

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We have completed a number of successful Sour dough Breadmaking classes. Remember, if you are interested in attending a class or having one in your area, contact me for details. I am offering the Sour Dough culture, including recipes Express posted to anywhere in Australia for \$20. The culture can be posted successfully and will still be able to be used after a few days in the mail. Contact me if you would like me to Express post this to you.

Read about our special speaker who will be taking 2 meetings on a Sunday afternoon in July. Karen is a most interesting speaker who has an amazing story to tell. First diagnosed with Multiple Sclerosis and later Lupus, she wants to share her story with the public. She has conducted many health programs, teaching health principles she has incorporated in her life. She is currently very interested in teaching gluten free diets and is helping those who have this problem. Invite your friends along, you will find this most enjoyable.

When researching this latest newsletter, I have become more convinced than ever that we have to avoid these additives. Combine this information with the problems of avoiding fungal infection as presented in our last newsletter, it is easy to see that only people who are very careful with their diet will avoid major health problems in the future. We must become educated, not only for ourselves, but for our families. Unfortunately, most of the MSG consumed in this country is done so unwittingly. This is because it is disguised under many names. Become aware, tell others, share your knowledge, and learn to eat healthy.

From Kaye and the Back to Eden team

Food Additives ...the taste that kills

Australia today is facing a health crisis such as we have never seen before. Rates of asthma, cancer, obesity ADHD and behavioural disorders in children are all alarmingly high. Diabetes and auto-immune diseases are escalating. Diseases once rare are now common. What is happening and what can we do to safeguard our own health and the health of our children? Check out the supermarket trolleys to see what people are buying for their families. It is alarming that most of the population seems to be unaware that our diets must be part of the problem and fixing our diets must be a large part of the solution.

The use of food additives in our everyday foods has increased so rapidly over the past 50 years that is getting increasingly difficult to find foods which are additive free. What is most concerning is the fact that there are many food additives used in our foods which are known to be harmful. Many are known to be bad for children and asthmatics, many are not recommended during pregnancy and some additives are banned overseas and yet still permitted for use in Australian foods.

A number of years ago the Californian Penal System conducted a six month test that removed all sugary and refined foods in the diets of nearly seven thousand offenders. The results revealed a drop in the suicide rate of 100% and there was an 83% reduction of aggressive behaviour. Now most nutritionally aware people try to avoid sugar and refined foods. But is sugar the only additive that changes behaviour?

I recently read a story from a woman who is very involved in exposing the food additives in Australian food, Sue Dengate. Sue is psychology graduate and former high school teacher who became interested in the effects of foods as a result of her own children's experiences. Over the last 15 years she has published five bestselling books and a DVD on this topic and has spoken to many thousands of parents all over the world. Together with her food scientist husband, they have founded and run the Food Intolerance Network through the website www.fedup.com.au. Sue recently went to Nepal for her fifth visit which spanned a period of 30 years. She loves the country, the culture, the people and noted the change in her last visit. The hill tribes in the Himalayas have traditionally eaten natural additive free foods that they grow themselves. Visitors to this beautiful country have always described these Sherpas as strong, cheerful, intelligent, loyal, hospitable, polite and respectful, devout, interesting and fun to be with.

What a difference she found this time. Thirty years ago the Sherpa diet consisted of potatoes, boiled, fried, mashed or in stews, with a few other home grown vegetables such as shallots, barley, buckwheat and millet, yak milk, butter, cheese and yoghurt in season, and very occasionally yak meat. Now they eat more rice and wheat and even instant noodles. MSG is added to soups and stews, packet soups with flavour enhancers are consumed as bases for other meals. Commercial sauces and pickles may contain preservatives and flavour enhancers. Jams from Nepal or Bhutan are largely artificial colour, flavour and preservatives. Commercial butter contains annatto 160b. Western style additive laden snacks, lollies, chewing gum and drinks are now widely

available. Previously cooking oil was home-pressed, now it is soybean oil containing BHA320. The one additive that is rarely used is sulphur as sulphited dried fruits and meats have not yet arrived in Nepal. Nepal currently has one of the lowest rates of asthma in the world.

She was stunned as she saw something she had never seen before - a Sherpa child having a tantrum in the street. As she looked around, she noticed how many of the children had changed. They spoke louder, were more disrespectful in their behaviour, were squabbling amongst themselves. She heard frequent arguing and screaming coming from homes. The Sherpa children were behaving like Western children. These families were also giving their children a powdered orange drink or a similar lemon flavoured cordial which contains the artificial colour tartrazine (102), well known for causing irritability, restlessness and sleep disturbance.

Sue noted that not all children were affected, and some were affected only at some times. As she left this region and went further from civilisation into Eastern Nepal, she noticed the difference in the children. Here the children were quiet and courteous, and fun to be with. Here they were not eating the foods with additives.

A Herald Sun article (April 6, 2007) reported that more than 10,000 chemicals are added to food these days. The average American consumes 2.4kg of additives a year - and nutritionists say Australia is not far behind. Even supposedly healthy food such as bread, butter and dried fruit are now understood to cause aggression, hyperactivity and depression in children. A new Nutrition Australia report notes children in daycare who eat highly processed food are more likely to injure others in the playground, according to the staff who care for them. And staff also find children who come to daycare on an empty stomach are more likely to be their victims.

As one searches for information on food additives, Health Authorities state that food additives are safe to eat and have been tested carefully. While they claim that some people have adverse reactions to the additives, these occurrences are few and far between and the convenience of these foods far outweigh any problems that may occur. This article shall take a look at just a few of the many

additives that are known to be harmful.

Types of food additives

The many different types of food additives and their uses include:

- Anti-caking agents - stop ingredients from becoming lumpy.
- Antioxidants - prevent foods from oxidising, or going rancid.
- Artificial sweeteners - increase the sweetness.
- Emulsifiers - stop fats from clotting together.
- Food acids - maintain the right acid level.
- Colours - enhance or add colour.
- Humectants - keep foods moist.
- Flavours - add flavour.
- Flavour enhancers - increase the power of a flavour.
- Mineral salts - enhance texture.
- Preservatives - stop microbes from multiplying and spoiling the food.
- Thickeners - enhance texture.
- Stabilisers - maintains uniformity of food dispersion.
- Flour treatment - improves baking quality.
- Glazing agent - improves appearance and can protect food.
- Propellants - help propel food from a container.

Preservatives included in food

200-203 sorbates commonly found in margarine, dips, cakes, fruit products

210-213 benzoates commonly found in juices, soft drinks, cordials and syrups

220-228 sulphites in drinks, particularly wine, sausages and dried fruit

249-252 nitrates, nitrites, found in processed meats such as ham

280-283 propionates found in bread, crumpets and bakery products

Sulphites

Dried fruit is probably the single biggest source of sulphur dioxide your family will ever encounter. In Australia, dried fruit can contain extremely high amounts of sulphites – 3,000 parts per million (ppm) compared to 2,000 ppm in the UK, and far higher per serve than any other food consumed by children. Figures from actual analyses are hard to come by, but government and industry reports say that levels can be close to or over the

limit. Analyses by a year 12 chemistry student at a Brisbane High School of dried apricots, peaches and pears found an average sulphite level of 2885 mg/kg. That means an average 200 gm packet of dried fruit would contain 577 mg of sulphur dioxide, or 144 mg per 50g serve.

Here is a comparison with other possible sulphite sources for children (sulphite levels are very variable):

- dried fruit - 16 mg in one dried apricot
- sausages - 8 mg in half a thin sausage
- drinks - 5 mg in one glass of cordial
- hot chips - 2 mg in a cup of hot chips

To put that into perspective, the Acceptable Daily Intake (ADI) for a 10-year-old weighing 21kg is just 15mg of sulphite per day. It was found in 1996 that many Australian two year olds ate seventy times more dried fruit than a twelve year old per kg of body weight. In 1999, the World Health Organisation (WHO) warned that up to 20-30 per cent of childhood asthmatics may be sensitive to sulphite preservatives, and recommended that the use of sulphite preservatives should be reduced or phased out wherever possible. A re-analysis of the same data in 2005 using a different method, concluded that the average child aged between 2-5 have an intake of sulphites three times higher than the ADI. Many schools across Australia promote children to have snacks of dried fruit and snack foods containing additives associated with asthma. The highest sulphited food eaten is dried apricots.

Parents of asthmatic children are rarely warned of the effects of sulphites on asthma, and most people do not see a connection between what is eaten and asthma unless the attack occurs within minutes of eating. However, sulphites are likely to cause irritated airways with no obvious symptoms until the person is exposed to an asthma trigger such as cold air, running around (exercise) or a virus. When sulphites (and possibly other additives or natural food chemicals) are eliminated from the diet, the person is less likely to have asthma when exposed to a known trigger.

Food additives and asthma

A month after Jamie Oliver introduced additive free meals at Wingfield Primary School in London in 2003, teachers noticed that asthmatic children no longer

needed their asthma medication at school. “Unbelievable,” Jamie commented. “I’m totally dumbfounded. That primary school, with little kids? ... you just change their food and then you don’t have to be ramming all those chemicals and drugs down them.”

Over many years, it has been noted that when families go on an elimination diet to help a child with behaviour problems, any asthmatics in the family are likely to improve as well. This is because the food chemicals that can be associated with asthma are the same as those that can cause behaviour problems in susceptible children.

In 1999 the World Health Organisation decided that many more asthmatic children are affected by sulphite preservatives (up to 20-30 per cent) than previously thought (4 per cent). This is still a conservative estimate considering Australian research showed that over 65 per cent of asthmatic children were affected by sulphites.

The effect is related to the size of the dose

Sulphites are used in varying levels. The ADI for sulphites can be exceeded by a two year old who eats more than half a dried apricot in a day or a ten year old who eats more than one and a half dried apricots in a day, although the ADI is no guarantee of safety for asthmatics. A seven-year-old with no known asthma who reported ‘it was a bit hard to breathe’ after eating ten dried apricots in a day could be an asthmatic and have to be on daily medication if he ate that level of sulphites every day, as some do. High consumers of highly sulphited foods are particularly at risk of asthma or chronic cough.

Major sources of sulphites in the diet include dried fruit and dried fruit in fruit bars, muesli bars, fruit rolls and other processed foods, sausages, cordials, some fruit juice drinks, flavoured water, some soft drinks

A woman who developed adult onset asthma within three months of starting a weight loss program had been snacking on dried fruit and nut trail mix. After her doctor advised her to drop the dried fruit, her asthma disappeared. For adults, sulphites in wine and beer can be a major source of sulphites.

Other food chemicals that can be associated with asthma

Preservatives

Benzoates (210-218 but especially sodium benzoate 211) are another preservative that can trigger asthma. They are commonly found in drinks, icecream toppings, pickles, milkshake syrups and syrup medications sometimes consumed in very high amounts by young children. A case history reported in a French medical journal describes a child diagnosed with asthma by her first birthday and treated with continuous medication for almost six years. At that time her condition worsened, requiring hospitalisation about once a month. Challenges showed that the girl was sensitive to benzoate preservatives (211) in her asthma medication. After 12 months of avoiding benzoates in foods, drinks and medications, she remained asthma-free. In Australia, there are benzoates in asthma medication and other medications given to asthmatics, despite objections by doctors.

Benzoates can affect adults too. One woman noticed that her diagnosis of adult-onset asthma coincided with a switch to diet cola. After three months, she needed daily asthma preventers and relievers. The diet cola is preserved with benzoates, regular cola is not. When she reverted to regular cola, her asthma disappeared. One wonders why she did not eliminate cola completely, and rid herself of all its other harmful effects.

Professor Peter Piper from Sheffield University has just issued a warning that certain compounds found in fizzy drinks, pickles and sauces could damage DNA. This could cause the same sort of liver damage seen in alcoholics, and is linked to neurological disorders such as Parkinson’s disease. Professor Piper’s original laboratory research was published in 1999, but he is raising the issue again to highlight the need for modern safety tests. “Many of the tests on these chemicals were done 50 years ago when we simply did not know how to measure this kind of damage,” he says. A review by the World Health Organisation in 2000 into sodium benzoate reported a vast number of studies showing people suffered from hives, asthma and anaphylactic shock after exposure to this additive.

Nitrites and Nitrates

Nitrites and nitrates are compounds that are used to cure meats. They generally are applied as sodium salts, NaNO_3 and NaNO_2 . These preservatives generally are spread onto the surface of red meats to prevent bacterial growth and to maintain a more marketable red color. Sometimes they also are incorporated into processed meats.

Lately, there has been some concern about the use of nitrites as preservatives. It appears that, in the body, nitrites can be converted in to nitrosamines. Nitrosamines are a class of chemicals that may be carcinogenic in humans. Because of this, the United States Department of Agriculture strictly limits the amount of nitrates and nitrites in meat products.

There are many ways to preserve food. Some common methods include salting, smoking, canning and refrigeration. All of these processes inhibit the growth of microorganisms and the natural breakdown of foods that we call spoiling.

A number of studies have shown the incidence of pancreatitis is on the rise. Many factors can increase the risk of this disease – high carbohydrate diet, alcohol, smoking, aspartame, chronic viral infections of the pancreas, but the highest risk is from eating foods containing nitrites and nitrates. A recent study found that people who consumed nitrites and nitrates are 62 times more likely to develop pancreatitis cancer. Other studies show that women who eat food containing these preservatives are dramatically boosting their children’s risk of developing these

Flavor enhancers

Found in fast foods, snack foods, Chinese food

621 MSG, also avoid HVP, a natural form of glutamates

627 sodium guanylate

631 sodium inosinate

635 ribonucleotides

MSG

In the Winter 2000 edition of this newsletter information was given about excitotoxins. An American nationally recognised neurosurgeon has authored three books on nutrition and wellness,

including Excitotoxins: The Taste That Kills. In this book, Dr Russell Blaylock, who has served as Clinical Assistant Professor of Neurosurgery at the University of Mississippi Medical Center in Jackson, Miss, and is currently a visiting professor of biology at the Bellhaven college in Jackson, Miss, gives startling evidence of the harm that MSG does to our bodies. He states that it can cause brain damage in young children, affecting their nervous system as it forms during development which causes learning and emotional difficulties. He gives evidence that the artificial sweeteners in diet soft drink can cause brain tumours to develop. He demonstrates that these chemicals, called excitotoxins can aggravate or precipitate many of the neurodegenerative brain diseases such as Parkinson's disease, Huntington's disease, ALS and Alzheimer's disease.

Dr Blaylock says that these brain lesions are irreversible and follow a single exposure of a sufficient concentration. Yet the food industry disguises many of these excitotoxin additives so that they will not be recognised. In fact many foods that are labelled "no MSG" not only contain MSG, but contain excitotoxins of equal potency.

During the last century, a "taste enhancing" ingredient was isolated. Chemists realised that when it was added to food it could make food taste delicious. So it was added to foods of all kinds, including baby foods. But researchers soon discovered that it had the potential to be especially harmful to the developing brain of infants and they gave the information to a Congressional committee and in the 1970s, baby food manufacturers voluntarily agreed to remove MSG from baby foods. So instead of adding MSG they decided to add substances even more dangerous than MSG known as hydrolysed vegetable protein and casienate. Unfortunately MSG is not only the only taste enhancing additive that damages the nervous system. In fact there is a whole class of chemicals that produce similar damage. They not only harmful to infants but to everyone.

Several of these chemicals are man made, others are found in nature such as glutamate, aspartate and cysteine all of which are amino acids. Often food manufacturers will mix MSG with other substances to disguise it, or use

substances known to contain high concentration of glutamate and/or aspartame. For example, the label reading "natural flavourings" may contain from 20-60% MSG

Hydrolysed vegetable proten is made from "junk" vegetable that are unfit for sale. They are especially selected because they have naturally high contents of glutamate. This extraction process of hydrolysis involves boiling these vegetables in a vat of acid. This is followed by a process of neutralisation with caustic soda. The resulting product is a brown sludge that collects on the top. This is scraped off and allowed to dry. The result is a brown powder that is high in the three known excitotoxins glutamate, aspartate, and cystoic acid. This is what is added by the food industry to everything from canned tuna to baby food – to improve the taste.

The more we find out about MSG and food additives, the scarier the health implications become. Some users are more affected by MSG than others. Reactions can vary (for example, migraine, asthma, irritable bowel symptoms, difficulty sleeping, heart palpitations, pseudo heart attack, heart arrhythmia, numbness, irritability, restlessness). Some people are more sensitive than others, children are more vulnerable to the effects of additives than adults and effects are related to the amount consumed.

Food always contains MSG when these words are on the label:

MSG
Gelatin
Calcium Caseinate
Monosodium glutamate
Hydrolyzed Vegetable Protein (HVP)
Textured Protein
Monopotassium glutamate
Hydrolyzed Plant Protein (HPP)
Yeast Extract
Glutamate
Autolyzed Plant Protein
Yeast food or nutrient
Glutamic Acid
Sodium Caseinate
Autolyzed Yeast

Foods made with the following products often contain MSG:

Malted Barley (flavor)
Flavors
Flavoring
Modified food starch
Barley malt
Reaction Flavors
Rice syrup or brown rice syrup
Malt Extract or Flavoring
Natural Chicken, Beef, or Pork, Flavoring
Seasonings
Lipolyzed butter fat
Maltodextrin
Soy Sauce or Extract
"Low" or "No Fat" items
Caramel Flavoring (coloring)
Soy Protein
Corn syrup and corn syrup solids (some companies use another process to make their product, saying it is MSG free)
Stock
Soy Protein Isolate or Concentrate
Citric Acid (when processed from corn)
Broth
Cornstarch
Milk Powder
Bouillon
Flowing Agents
Dry Milk Solids
Carrageenan
Wheat, rice, or oat protein
Protein Fortified Milk
Whey Protein or Whey
Anything enriched or vitamin enriched
Annatto
Whey Protein Isolate or Concentrate
Protein fortified "anything"
Spice
Pectin
Enzyme modified "anythng"
Gums
Protease
Ultra-pasteurized "anything"
Dough Conditioners
Protease enzymes
Fermented "anything"
Yeast Nutrients

The following list shows common signs of food additive sensitivities in the four main areas of skin, respiratory system, intestines and behaviour. If you're experiencing one or more of these symptoms, there is a possibility you may be having an adverse reaction to a food additive such as MSG.

Skin:
hives
red, sandpaper-like facial rash
dry, scaly, itchy skin (mostly on face)
swelling in hands and feet
puffy eyelids
dark circles under eye
slip swelling
tongue soreness and cracks

Respiratory System:

sneezing
runny nose
stuffy nose
wheezing
watery eyes
rattling chest
persistent cough
congestion
bronchitis
recurring ear infections

Intestines:

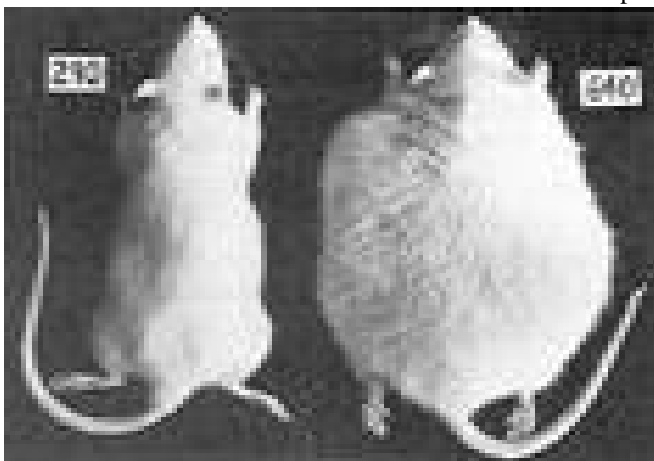
burnlike rash around anus
abdominal discomfort
mucousy diarrhoea
constipation
intestinal bleeding
poor weight gain
bloating, gassiness
excessive spitting up
constipation
vomiting

Behaviour:

fatigue
migraine headaches
hyperactivity
crying
irritability
night-waking
anxiety
crankiness
sore muscles and joints

Obesity

Could there could be an actual chemical causing the massive obesity epidemic in the Western world? John Erb, a research assistant at the University of Waterloo, spent years working for the United States government. He made an amazing discovery while going through scientific journals for a book he was writing called *The Slow Poisoning of America*. In hundreds of studies around the world, scientists were creating obese mice and rats to use in diet or diabetes test studies.



No strain of rat or mice is naturally obese, so the scientists have to create them. They make these morbidly obese creatures by injecting them with MSG when they are first born. The MSG triples the amount of insulin the pancreas creates, causing rats (and humans?) to become obese. They even have a title for the race of fat rodents they create: "MSG-Treated Rats".

Overeating, inadequate diet, junk food, lack of exercise, psychological problems, genetics, and bad parenting have all been offered as reasons underlying gross obesity. But never mentioned are the glutamic acid in monosodium glutamate and the aspartic acid found in aspartame that are known to cause gross obesity in laboratory animals. Glutamic acid and aspartic acid load on the same receptors in the brain and cause identical brain lesions and neuroendocrine disorders.

There can be no question that MSG causes brain damage and subsequent neuroendocrine disorders, including obesity in laboratory animals. Studies have demonstrated that MSG can cross the placenta during pregnancy and can pass through the five circumventricular organs, which are "leaky" at best at any stage of life. In utero, they receive MSG through their mother's diets, as then they receive it through their mother's milk if the mothers are consuming MSG, or through their infant formula which has MSG in it. Mothers consuming foods with MSG may be priming their children for obesity. The greatest amounts of MSG in infant formula will be found in hypoallergenic formulas - which are typically soy based.

Manufacturers admit that MSG addicts people to their products. In America the FDA has set no limits on how much of it can be added to food. They claim it's safe to eat in any amount. Yet hundreds of scientific studies tell us otherwise. See the hundred plus medical studies at

www.pubmed.com and type in the words "MSG obese".

Dr Blaylock informs us that when we eat MSG, the level of glutamate in the blood can rise as high as 20-40 fold.

When glutamate levels are increased, cancer grows like wildfire; when you block glutamate, it dramatically slows the

growth of cancer. Vegetarians must be very careful when using certain so-called health foods. Soybeans naturally have one of the highest glutamate levels of any plant products. When you hydrolyse it, the glutamate is released, such as happens with soy protein isolates. When these proteins are hydrolysed, or you use yeast extract or enzymes to break the proteins in their free released amino acids, they are not natural any longer. The amino acids are released in an unnatural way, and when they enter the gastro-intestinal tract, they are absorbed as free amino acids, then your level of glutamates acid goes up significantly. Your blood brain barrier is not created to handle such a high level of glutamate. The blood-brain barrier becomes compromised and the cells of the brain are literally stimulated to death, causing brain damage of varying degrees.

Dr Blaylock believes that is MSG and all its different versions were outlawed tomorrow, we would see significant drop in obesity and metabolic syndrome, a tremendous drop in all cancers and all neurodegenerative diseases. He believes that why neurodegenerative diseases are exploding is because of the combination of being exposed to mercury, aluminium, pesticides and herbicides, add to these all the forms of MSG, and we get an explosion in neurodegenerative diseases - Alzheimer's, autism, ADD, Parkinson's, strokes, seizures and brain tumours.

Bread

From 2005, manufacturers of Australia's two biggest selling brands of bread - Tip Top and Mighty Soft - are currently phasing out their use of the bread preservative calcium propionate (282) due to consumer concerns. When the Food Intolerance Network used the Freedom of Information Act to ask our food regulators (FSANZ) for scientific evidence to show that 282 is safe, they were unable to provide any scientific studies at all. Consumers often think, 'the government wouldn't allow it if it wasn't safe', but they are misled. As far as children's behaviour and learning goes, the government is not looking.

What has happened with the bread preservative is important because it shows that current medical thinking about food additives is wrong. The prevailing scientific model says that only a few children are affected by food

additives so the greater good of the community is served the continued use of these additives. However, the move against the bread preservative shows that many more children are affected than authorities admit, and that the greater good of the community would be best served by the removal of harmful additives.

Meanwhile, our kids are in crisis. Last year, a quarter of children who attended outpatient services at Royal Children's Hospital in Melbourne were there for learning difficulties and behavioural problems rather than medical conditions. A recent ACER survey showed that 30% of Year 9 students lacked basic literacy skills.

The bread preservative is not the only additive to cause problems. Twenty years ago, when more than 800 schools in New York City removed artificial colours and two preservatives from their school lunches, the numbers of learning disabled kids halved. This finding was ignored by authorities and since then, the use of harmful food additives has increased dramatically. Many new additives have been introduced or used in larger doses, including the bread preservative. This is one of the worst of all additives, often associated with speech delay or learning difficulties and behaviour problems.

Rat studies in Brazil have shown that propionates can cause permanent brain alterations and learning deficits when given to young rats in doses which are not much greater than can be eaten by a young Australian child eating bread which contains the maximum permitted dose of calcium propionates. The use of 282 has recently expanded into more foods, including cheese, fruit juices, dried fruit and emulsifiers.

Ribo Rash (flavour enhancer 635 or ribonucleotides E635, 627, 631)

The delayed long-lasting reaction means that most people don't realise the cause of their symptoms. Some consumers have suffered an unbearably itchy rash for years before identifying these additives as a problem. In some people and possibly unborn babies, a reaction to 635 seems to have triggered severe multiple food intolerance.

Flavour enhancer 635 (ribonucleotides) was approved in Australia in December

1994. This new additive is a combination of disodium guanylate (627, originally isolated from sardines, now made from yeasts) and disodium inosinate (631, originally isolated from the Bonito fish, now made from yeasts). This set of additives seems to be very different from all other additives. As well as the usual effects of food additives (such as children's behaviour problems, headaches, heart palpitations, irritable bowel symptoms) this group can cause an unbearably itchy rash or welts and/or possibly life-threatening swelling of the lips and tongue up to 48 hours after consumption. The rash can come and go and last for up to two weeks and can affect people who have never in their lives before suffered from itchy rashes. Scientists have recently found that the flavour enhancing effect of MSG is increased up to 10 to 15 times when MSG is used in combination with ribonucleotides.

Look for 635, 627 and 631 in tasty processed foods such as: instant noodles, flavoured chips, CCs corn chips, flavoured (eg BBQ, chicken) biscuits and rice crackers, packet or canned soups or stocks and stock cubes, pies, party pies, sausage rolls, some instant mashed potato, seasoning in the

stuffing of supermarket fresh chickens, flavouring salt added to hot chips or rotisserie chickens, flavour added to frozen turkey, pre-prepared or instant sauces, gravies and meals, salad dressing, Green seas salsa-flavoured tuna, Devondale Light with Calcium, pasta meals including macaroni cheese, marinated meat from your butcher, sausages from your supermarket or butcher, some fast foods such as chicken, chips, batter for fish, Hungry Jack's veggie burger, check even fresh chicken labels closely as there have been some recent reports, seafood extenders.

This information by no means covers all the information that is available on artificial additives. In future newsletters I would like to bring you more information on additives including artificial colours in foods and more on the aspartame called NutraSweet which is now considered the most dangerous sweeteners ever produced. Remember, these additives are dangerous to adults, but are even more so to children. Please, do not use them !

www.fedup.com.au
Excitotoxins The Taste that Kills by Dr Russell Blaylock
The Truth about Aspartame, MSG and Excitotoxins - an interview with Dr Russell Blaylock with Mike Adams

Schnitzer Stone Flour Mill

For some time now I have realised that after milling flour, it very quickly loses its nutritional content. I had often thought I would like a stone grain mill, but always thought that to get a good one would cost around \$1000.

I recently purchased a stone flour mill and want to recommend to my readers the particular model that I purchased. I brought a SCHNITZER GRAIN MILL. There are a few models that customers can buy, but I considered what my needs are and I settled for the small electric model called the PICO.

This mill is beautifully finished in oiled beechwood and is designed to sit on your kitchen bench. The self-sharpening stones are exceptionally hard and designed to last for many, many years.

It is H820mm, W160mm, D240mm
Its output is 100g per minute fine to 250 g per minute coarse. This means that it takes around 5 minutes to grind up 3 cups of wheat grains into beautifully fine flour.

The cost is only \$498 plus freight. There are other models available and even hand mills.

I would like to recommend these to anyone who is interested in making their own tasty sour dough bread.

Contact me if you are interested in purchasing one of these. If you buy through **Back to Eden** you will be supporting our health work. Phone Kaye 0260 255018 or email on backtoeden@aapt.net.au



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. Products are in bags.

Prices do not include postage

Recipe

TOFFEE NUT PEAR CAKE

2 c wholemeal flour
¼ c tahini or cold pressed olive oil
¼ cup honey
4 pears, peeled and sliced
1 c silken tofu
1 c soy milk
1 T extra honey
chopped pecans or walnuts

Rub tahini (or oil) and honey into flour. Press ¾ of this mix into a baking dish. Bake 10 mins. Arrange pears on this base. Blend remaining flour mix, tofu, soy milk and honey. Pour over pears and sprinkle with chopped nuts. Bake ¾ to 1 hour in moderate oven. May use stewed or canned fruit instead of pears.

Have this as a dessert or even a delicious breakfast. Top with a delicious sauce or nut cream.

PINEAPPLE SAUCE

1½ c unsweetened pineapple juice
½ c cooked grain eg rice, polenta, millets, oats, barley
1 banana
Place all ingredients in a blender. Blend thoroughly. You may replace the grain with raw cashews or add raw cashews to make a richer sauce.

promote tooth decay, will cause laxative effective and is gluten free. On August 18, 2003 the sweetener Just Like Sugar was a reality.

This article is to inform you only, and let you know of this product. Our recommendation is that this can be used for those special times when you want a sweetener. Use all products wisely.

The sweetener is now in Australia and is expected to be in the Coles stores by December, but ask your supermarket to order it for you. You can purchase it directly. Phone 1300 851751 healthy@justlikesugar.com.au Cost: 165g for \$9.98 - there is a special introductory offer of two for the price of one.

The New Safe All Natural Sweetener

Reading information by Dr Russell Blaylock on the dangers of Aspartame and all artificial sweeteners has made me very wary of new product claims. I also am very aware of the countless dangers of the use of sugar. But in one of Dr Blaylock's papers I came across a new sweetener he was recommending. It is called **Just Like Sugar**, and is made from a natural dietary fibre derived from Chicory root fibre, maltodextrin, vitamin C and flavours extracted from orange peel.

A independent laboratory tested the product for the presence of L-glutamate, D-glutamate and aspartic acid, based on concerns about other sweeteners that contain these excitotoxins. The results show that the product is completely free of all three. There is no hypoglycemic effect, as seen with Stevia, and its sweetness is equal to that of real sugar. Importantly it has no aftertaste.

A compound found in the peel of the orange in Just Like Sugar has the potential to lower cholesterol more effectively

than some prescription drugs according to a new study. The orange peel is a digestive aid, is effective for abdominal bloating, nausea and poor appetite. The flavinoids have several other useful properties - anti-inflammatory, antibacterial, antifungal and helps heartburn.

Dr Betty Martini, is founder of the worldwide volunteer force, Mission Possible International, which is committed to removing the chemical aspartame and other artificial sweeteners from our food. She was constantly asked what could people replace these sweeteners with. So she asked Michael A Sylver/CEO if he could develop an all natural sweetener that would; taste like sugar, cook like sugar, bake like sugar, brown like sugar, sauce like sugar, have the glycemic level of 0 with 0 calories, 0 sugar, 0 fat, 0 cholesterol, 0 sodium, 0 carbohydrate, 0 protein, it would not contain soy, yeast, animal derivatives, no MSG, no L-glutamate, no D-glutamate, no aspartic acid or preservative, it would not be fermentable, will not

don't miss this opportunity to attend
this very interesting meeting

FREE ADMISSION



with Karen Walters

BHSc.(Nursing) Dip.Med Herb

Natural Health Meeting

Back to Eden is bringing Karen Walters to Albury to speak in a Natural Health Seminar for one afternoon only. Karen has an amazing story. She was diagnosed with Multiple Sclerosis and Lupus at the age of 36. She managed using a walking stick for a time, but her symptoms gradually worsened and she could no longer work as a nurse. She had poor bladder control and difficulty with speech and had arthritic joints. She knew her prognosis was not good and so she decided to take responsibility for the treatment of her medical conditions and see if she could return her life to some kind of manageable order. She read an enormous number of books on health and lifestyle. She found that the lifestyle changes which **Back to Eden** has promoted for many years gradually brought her health back. She is now free of using any walking aids, has control of her bladder and is able to speak without difficulty. She now has a quality of life that she thought was gone forever. Come and listen to her story. Invite any of your friends along who may be interested. She wants to share her journey with you.

When: Sunday July 29th
Times: 2 - 4.30 pm (2 meetings)
Where: Lavington Public School Hall
Hague Street Lavington
Cost: Entry free

One womans
journey back
from
Multiple Sclerosis
and Lupus

Bookings not essential, but you can phone to reserve a seat
Phone for any information 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.