

Back to Eden

Garlic
Colds and flu
Fever
Clay
Recipe
and lots more

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You will recall that Back to Eden brought Barbara O'Neill to Albury in March. Barbara's talks were very much appreciated. Her experience working as a Natural Therapist along with her incredible knowledge of nutrition made the day a memorial one. We audio taped these meetings, but when we played the master tapes through, we realised that they could not be distributed. The quality was very bad and so we now have to advise all those who ordered the tapes that we can not supply them.

After we told Michael and Barbara what happened to our master tapes, they decided that they would video tape her talks at Misty Mountain and make these available to the public. The content of the talks is similar to those given in Albury, but have even more subjects and information. These video tapes and DVD's are for sale through Better Life Productions ph 07 54941596 or ph Misty Mountain 02 65678118. There are 10 lectures on three video tapes. The cost is \$80 posted in Australia. We are unsure what the DVD's will cost.

Barbara is to speak at a public meeting at Croydon in Melbourne on 6-8th June. These meetings will be video taped and also will be made available to the public. To order these, contact the above numbers.

Because of the interest generated through Barbara's visit, we have decided to have another day of Health Meetings. Please check the details on page 8. Candice and Carla have been conducting meetings at different venues around Melbourne and in Victoria, and have many interesting stories to tell. Don't miss this - book in now.

From Kaye and the Back to Eden team.

Garlic... its many uses

Miraculous healing powers appear to exist in common garlic. Research has shown that for around 4000 years garlic has been used to cure many ailments. The Babylonians knew of its curative power and it was highly honoured and esteemed in ancient Egypt where thousand of slaves working on the pyramids were fed garlic daily.

Garlic has the ability to kill dangerous organisms without attacking the organisms vital to good health. A Japanese researcher has discovered that garlic increases the capacity of the body to assimilate vitamin B1 or thiamine. Blood concentrations of thiamine increase tenfold after taking garlic, to a level that could only be achieved by injection.

In Biblical times, garlic was used medicinally for a wide range of ailments. Perhaps the greatest proof of garlic's germ fighting power is its ability to protect humans against the bubonic plague which swept through Europe in bygone days, wiping out entire populations. When the plague hit England in 1665, the only residents of the town that survived lived in a storehouse with a cellar full of garlic, no one living in the house died. Thieves who robbed the dead of their valuables were offered clemency in return for the secret of their survival amidst the plague. They were immune because they rubbed their faces, necks, hands, arms, bodies and even their clothes with a liquid made by soaking 50 cloves of peeled garlic in three pints of strong wine vinegar for two weeks. They also drank some of this and gargled with it. By following these instructions, the remaining citizens of Marseilles were able resist the plague.

Garlic is the most powerful natural antibiotic known in the form of pure food. Against it, colds, flu, viruses don't stand a chance. It cuts phlegm, fights infections and clears sinuses, bronchial tubes and lungs. It even kills germs such as leprosy, gonorrhoea and gangrene in five minutes flat. One tiny milligram of garlic has the same power as 25 units of penicillin. During the 1914-1918 World War, sterilised Spagnum moss soaked in garlic juice was used on open discharging wounds.

It is such a powerful herb that when rubbed on one's feet, it quickly passed into the bloodstream and can have a beneficial effect in the lungs. A garlic plaster placed on the soles of the feet is very good for stopping coughs and relieving colds. It is made by mincing several cloves of garlic, mixing them with a little olive oil and applying this to the bottom of the feet.

In 1948, after years of research, scientists established garlic as a natural antibiotic. Allin, which is the first substance isolated from garlic, is effective against the germs that cause salmonella, dysentery, streptococci, scarlet fever, sepsis, diphtheria, erysipelas and rheumatic fever. Allicin, another ingredient, fights conjunctivitis, putrefaction, typhoid, cholera and TB.

Since then other substances found in garlic include germanium (anti-cancer) and selenium (prevents heart disease). Ajoene prevents clots by thinning the blood. It also works against fungi. Other sulphur compounds block development of colon, esophageal and skin cancers in rodents exposed to chemical carcinogens that produce these malignancies. Garlic has over 100 known sulphur compounds that give garlic its disease fighting power and help to reduce blood pressure and blood sugar, relieve asthma and

bronchitis, improve circulation and heart function, prevent cancer and assist the body to get rid of dangerous toxins.

Asthma and respiratory problems

Garlic stimulates by causing the lungs to release fluids and thin the mucous, enabling the body to expel it. It prevents lung damage from bronchitis and emphysema. One woman reports "it was from a herb book that I learned about the wonders of garlic, and cleared up pneumonia congestion in my lungs when antibiotics failed." For many years it has been known as a miracle antiseptic in cases involving eye, ear, and nose and throat infections.

When patients with colds and runny noses were given garlic oil, the symptoms were cut short in every case. Another way of checking a cold is to place a piece of garlic on the mouth, at the onset of a cold, between the cheek and teeth, the cold will disappear within a few hours or at most, within a day.

Garlic works faster than vitamin C in curing colds. Sinus congestion and allergic disorders can be helped. Those who suffer from these conditions know how miserable they can make you. Use garlic, combined with the herbs nettle, horseradish and elderberry to ease allergy symptoms.

Tuberculosis and cancer

Garlic has been proven in hundreds of tests documented in the National Library of Medicine in Bethesda, Maryland. It has been used to cure hopeless TB cases who were all expected to die. It combats fungal infections by killing the organism, stimulating the patient's immune system.

Russian scientists successfully used garlic extracts against cancer tumours. They discovered that garlic and onions emit a type of ultraviolet radiation that can stimulate cell growth and can rejuvenate all body functions. In a Japanese study, fresh garlic completely wiped out breast cancers in mice. In 1987 it was discovered that garlic worked more effectively against bladder cancer than the cancer vaccine BCG. A Chinese study reports that garlic reduces the risk of stomach cancers.

Garlic appears to prevent the cells from turning cancerous by stimulating the body's anti-cancer defence mechanism. It stimulates the liver which produces anti-cancer enzymes and filters out poisons out of the blood stream. Garlic also protects the liver itself from damage.

Many factors in garlic fight cancer, but its high sulphur content prevent certain cancers from reproducing. It protects against radiation-induced cancer. It also prevents some of the side effects of chemotherapy. In one study in Japan, garlic was given to a group of women who received chemotherapy and radiation. Nearly 70% of these women taking garlic reported no side effect at all.

AIDS

Garlic was discussed as a possible treatments for AIDS at a Conference in Montreal in June 1989 when the results of a twelve week study showed an improvement in seven patients. The patients took 10 capsules daily (equivalent to two cloves) for the first six weeks, the 20 capsules daily for the next six weeks (equivalent to four cloves). All patients had severely low natural killer cell activity and abnormal helper-to-suppressor T-cell ratio, both of which are blood measurements that show advanced AIDS and a short life expectancy.

The results were dramatic. Six of the seven had normal killer cell activity within six weeks, and all seven had normal activity by the end of twelve weeks. The helper-to-suppressor ratio returned to normal in three of the patients, improved in two, remained the same in one and lowered in one. Conditions such as diarrhoea, genital herpes, sores and chronic sinus infections disappeared. Now many AIDS patients take garlic regularly in addition to any other medication they may be taking.

Garlic on feet

When applied to the feet, garlic is effective for brain and cerebrospinal disorders of children and for convulsions. When applied to the feet, the garlic draws blood away from the top of the body. This is so strong that it can actually stop a nose-bleed. The antibiotic

chemicals are absorbed into the bloodstream through the feet. Within minutes of applying garlic to the feet, garlic odour can be detected on the breath.

A woman with pneumonia who was eight months pregnant, refused to take antibiotics so late in pregnancy. Instead she ate six to ten crushed cloves a day, swallowed with water. She applied poultices of raw garlic with ginger over her lungs and applied garlic to her feet. She was out of the crisis in two days and had a full recovery in two weeks.

Blood pressure

Medical tests have shown that garlic lowers cholesterol in the blood. Hundreds of physicians have found that the safest, most dependable way to relieve high blood pressure. Symptoms such as headaches, ringing in the ears, and angina like chest pain begin to disappear in three to five days after garlic treatment begins. A word of caution, garlic is not a cure for high blood pressure, it merely relieves the symptoms. However taken long term, garlic has tended to lower high blood pressure. One man with blood pressure of 190 over 90 started taking one garlic oil capsule daily. This was the only change he made and in a couple of weeks it was down to 130 over 75.

Other uses

The use of garlic has reduced blood sugar in diabetes. It is also effective in removing excess glucose in the blood stream. The allicin in garlic stimulates the nerves to the reproductive organs, nourishes and stimulates the hormones which strengthen the entire body.

Garlic has the power to detoxify putrefactive bacteria in the intestines thereby giving the liver a rest. It stimulates gastric juices which help in digestion. It is said that a teaspoon of garlic mixed with a tablespoon of olive oil, taken at night, will rejuvenate the liver which then reacts and stimulates the skin of the body.

One lady had a persistent bladder infection. Three times a day she chopped up three large cloves of garlic, placed them on a teaspoon in her mouth and then washed them down with water.

After five days the cystitis was gone.

The allicin in garlic stimulates the walls of the stomach and intestines to secrete digestive enzymes. But garlic taken this way must be diluted or mixed with other food. It can even be used as a foot poultice to soothe the stomach, penetrating right through the skin. It is effective in relieving gas, cramping, colitis, diarrhoea and inflammation. It cleanses internal intestinal germs that cause putrefaction. It thereby prevents these poisons from being absorbed by the bloodstream.

Dr E Roos, reporting in a German Medical Magazine tells that garlic is effective for treating intestinal ailments in three ways. It cleanses, soothes and reduces inflammation. It has an almost narcotic effect making stomach aches, diarrhoea and other intestinal ailments disappear within a short time. Unlike narcotics, garlic rarely causes constipation. One 59 year old lady, after suffering diarrhoea for nine months had a very sensitive digestive tract. At the end of one month with garlic treatments she regained weight, appeared healthy and her stools were completely normal. Evidence of large deposits of harmful bacteria in her intestines completely disappeared. Dr Roos noted that the effects seemed to last. He recommends two tablets of garlic three times daily for intestinal complaints, for severe cases three tablets five times daily, and in light cases two tablets once or twice daily. Some people prefer to take raw garlic after each meal by chopping it fine and either mixing it with a little food or by washing it down with a little liquid.

While garlic has properties to relieve diarrhoea, it also stimulates peristaltic motion of the intestinal walls and so produces bowel movement. It has a strengthening and laxative effect.

Earaches can be relieved in ten to fifteen minutes with garlic. Puncture a garlic oil capsule and pour contents into the ear, stopping it with a little cotton wool. If you do not have garlic oil on hand, slice a few cloves and cover with olive oil. After three days of soaking, strain of this garlic oil in a small bottle. It would be advisable to have this mixture made up ahead of time for emergency. A few drops of this can be also used for ringing in the ears. (A drop of onion juice in the ear is another remedy for Tinnitus.)

A tried remedy for the pain of toothache is garlic. One person pounded a clove of garlic and mixed it with a little peanut butter. He then placed it in the cavity in his tooth. Within minutes the pain ceased until he could get to a dentist.

Vaginal yeast infections can be helped by Taking garlic orally combined with douches. Douche by using a solution of fresh cloves blended in water, or use a whole peeled clove as a suppository inserted in the vagina overnight. Keep this treatment up for at least one week.

More uses of garlic

- Makes loose teeth take root again and removes tartar.
- Has a curative effect on eye catarrh (excess mucous in the eyes) and inflammation of the tear duct.
- Can be wrapped in gauze and placed on outer ear canal for an earache.
- Dilates the blood veins and arteries to the head relieving congestion and headaches. Squeeze garlic juice into a teaspoon of honey.
- For sneezing or allergy, dice garlic finely and wash down with water.
- Can help cure anaemia.
- An age old remedy for menstrual problems.
- Rub garlic oil on itches, impetigo, blisters.
- Use on boils, weeping sores and bed sores.
- Garlic oil can be used on non-malignant growths on the face.
- Athlete's foot, ringworm and fungus, rub garlic oil over affected part.
- Garlic oil, used as a liniment, is a remedy for arthritis.
- Rheumatism pain can be much relieved by rubbing with garlic.
- Treats hemorrhoids and rectal itch. Swab the area with garlic oil.
- Rids body of worms.
- Prevents mosquito attacks. Thirty minutes before exposure, take three capsules.
- Dab garlic oil on pimples and acne.
- Will cure warts. Oil rubbed on daily or used as a mini poultice.
- Heavy metal poisoning.
- Poultices for boils, abscesses, sores.
- Sciatica.
- Tuberculosis.
- Polio.
- Sore throat as a lozenge - one slice of garlic on each side of the mouth between cheeks and teeth.

Poultices

If you want to make a garlic poultice for the feet (or any part of the body), slice up garlic and place garlic pieces on a thin piece of material, fold to fit size of poultice and cover with plastic and secure in place with a bandage or socks. **DO NOT PLACE GARLIC DIRECTLY ON THE SKIN OR ON ANY PART OF THE BODY AS IT WILL CAUSE A BLISTER, AND REDDEN THE SKIN.** If the garlic causes your skin to blister, do not worry too much as a garlic blister looks bad, but it heals very quickly. But it will leave a red patch on the skin for some time and so it would be best not to use raw garlic directly on the face.

Garlic can be used raw, or it comes in powder, pill or capsule form and is available at most health food stores. A tea is made by stirring a teaspoon of the powder in a cup of hot water, sweeten with honey if desired. A small amount diced in a teaspoon of honey may be taken before each meal.

Heat destroys the enzyme alliinase, and this accounts for the factor that cooked garlic does not produce the strong odour of raw garlic.

Recipe for Super Tonic

The following is a recipe for relieving the symptoms of flu. It is very powerful but work well.

In a blender, roughly chop approximately
2-3 small hot cayenne peppers
1 piece ginger, about size of thumb
10-20 cloves of garlic
2 large hot onions
horseradish (if available)

Cover with Apple cider Vinegar and blend thoroughly. Leave for 14 days, (you can drink this straight away if needed) strain if desired. Take one dessertspoon. this will clear sinuses and stop nose from running.

Miracle Food cures from the Bible by Reese Dubin
The Divine Prescription by Gunther Paulien PhD
Home Remedies by Agatha Thrash MD and Calvin Thrash MD

Colds and Flu

A natural practitioner regards colds and flu as the means by which the body strives to rid itself of a toxic overload which it cannot get rid of in any other way. It is the result of inadequate habits of eating and living, strain and tension, while at the same time getting insufficient air, outdoor exercise, rest and sleep. Eventually, the overworked eliminative channels such as kidneys, bowels, skin and lungs are unable to cope with the situation and a desperate cleaning process is set in motion in the form of a cold or a bout of influenza. The difference between the two is that the flu has in addition to a cold also the symptoms of a fever and a headache. The reaction is set off when a person is chilled or overtired. When we overtax our vitality, we are liable to take a cold and diseases readily take control.

Nature's cleansing agent

The cold is nature's simplest and often used cleansing agency. It is a natural eliminative measure, naturally removing accumulated toxic wastes from the system. Wastes attract germs as the wastes are food for germs. If the viruses had nothing to feed on they would not produce any disease symptoms. Although it is true that a cold can be transmitted by means of viruses, it is only because individuals are in a toxic state because they need a cleansing. We can cleanse our system through a use of raw vegetables and fruits and their juices. When we remove the impurities, we remove the germs because the germs no longer have a food supply. A cold is an elimination of toxins through the mucous membranes. A person who is perfectly clean inside through healthful living will not be able to "catch" a cold. The viruses act as scavengers which invade cells and live and multiply on waste products located there.

The flu is accompanied by a high fever. Flu is also characterised by a sore throat, a dry cough, chills, loss of appetite, aching of the head, back, arms and legs.

Congestion and mucous

Congestion and mucous is one of the first signs of a cold. Decongestant drugs shrink the swollen blood vessels which in turn decrease the mucous production and make it easier to breathe. But the healing process is aided by the blood flow which brings white blood cells to fight the viruses. Antihistamines are also used to stop a runny nose. What they do is dry up the secretions that are removing mucous and the viruses that cause the cold. Ideally we should allow the mucous to freely flow out of the body to help eliminate the viruses that produced the condition in the first place. Blowing the nose gets rid of some mucous, but another way of opening the breathing passages is by using steam inhalations which have had eucalyptus or peppermint added.

Drugs will stop nature's effort to cleanse and will drive the poisons back into the tissues and will later develop more serious diseases. Mucous elimination is nature's way to warn us that we have too much accumulated waste in the body. The extra blood that is sent to the area take white blood cells and antibodies that help cleanse the viruses away. Fever increases the body temperature and burns the waste matter quickly.

The skin is a major eliminative organ, ridding much waste matter each day. If the pores remain closed, these waste cannot pass through. skin. The temperature of the blood is maintained by the pores in the skin. When the temperature of the blood begin to rise, the pores open in order to cool the blood. When the surrounding atmosphere begins to cool, the pores close in order to keep the blood from the cold environment. After the pores have closed, the wastes can no longer pass out through the pores and must be sent elsewhere. Some may be sent to the lungs, and some to the kidneys for elimination. But if the amount is so great that these eliminating organs cannot take care of it all, the balance is deposited in the porous

Help to relieve symptoms of the common cold with some simple remedies.

tissues, principally in the lungs, throat and bronchial tubes. Now the mucous membranes become eliminative organs.

To keep the skin healthy and able to eliminate well we need lots of fresh air. If we sleep in a poorly ventilated room without fresh air, the body will be weak and unhealthy because the blood moves sluggishly through the system and is not pure and vitalised by fresh air. Pores can be kept open by taking a warm bath. They become quickly clogged and unless kept clean by frequent bathing, the impurities will become an additional burden to the other eliminative organs.

Overeating causes colds

Colds are often initiated when a clogged system is suddenly shocked by a cold temperature. Overeating causes sickness because the liver and kidneys become overloaded, the thyroid gland comes to the rescue by helping to flush out poison through the mucous membranes, causing a runny nose. The most obvious remedy to this is to relieve the situation by fasting for a short time.

Colds are much more prevalent during winter because there is much less opportunity for vigorous exercise. Heavy clothing stops the skin breathing properly, a lack of exercise keeps us from sweating. There is a tendency to eat more starchy foods, sweets, milk products and drink less water which can lead to constipation. It is easy to become chilled, cold or wet which decrease the resistance of the body.

Orthodox doctors say a cold is incurable. If you take medicine for it, it will last about a week. If you take nothing it will last about seven days. There is no cure for the common cold as the cold itself is the cure. The cold is the body cleansing itself to put it back into a healthy condition. If you use drugs to treat the cold, it suppresses the method of treatment. The development and length of a cold is determined on the healthy condition of the person. If the person is internally clean, then for a cold they may experience just a sore throat. But if the pores of the skin are closed for extended periods they may get the flu or even pneumonia.

Treatments

- Mix one eighth of a teaspoon of cayenne pepper with the juice of one lemon and add one minced clove of garlic. A quarter of a teaspoon of powdered vitamin C may be added.
- Rest in bed and keep warm
- Fast. Eat no solid food until the fever is gone.
- Drink lots of water.
- Take Vitamin C.
- Induce perspiration by drinking warm drinks made with citrus fruits and sweetened with honey.
- Take a hot bath.
- Boost Immune system with herbs eg Echinacea, golden seal, garlic

Wet Sock treatment

Congestion of blood in the chest and head can be eliminated by putting on a heating compress on the legs. This draws away the congestion by using the large blood vessels of the legs. Applying a compress does not affect the heart as it continues to pump the blood around the body, but when the blood reaches the lungs or abdomen, the heat generated by the body's response to the heating compress, draws the blood down to the legs at a faster rate than normal. This creates a need for more blood to flow into the lungs or abdominal region.

Take a pair of thin socks, preferably cotton, but they must be thin. Knee length socks are best, but short socks will still work. Wring them out of cold water until there are no drips. Slip these cold wet socks on the feet. Over these place a plastic bag to keep the next pair of socks dry. A thick pair of wool socks are then placed over the plastic bags. Leave these socks on for at least a few hours, or preferably leave on overnight. In the morning the inner socks will still be wet but the body will have warmed them up. This treatment allows the central nervous system to rest, reducing congestion to the brain. It can also be used for headaches or even insomnia.

The Divine Prescription by Gunther Paulien PhD

Miracle Food cures from the Bible by Reese Dubin

Practical Homw Healing by Margaret Wright ND

Fever

Fever is one of the body's own defence mechanism created and sustained for the deliberate purpose of restoring health. The high temperature of a fever speeds up metabolism, inhibits the growth of the invading virus or bacteria, literally burns them with heat and accelerates the healing process. Fever is an effective protective healing measure not only against colds and other simple infections, but also against serious diseases such as polio and cancer.

In biological clinics in Europe overheating therapies or artificially induced fever are used effectively in the treatment of acute infectious diseases, arthritis and rheumatic diseases, skin disorders, insomnia, muscular pain and cancer. Such giants of medical science such as Drs. Lwoff, Zabel and Issels, recommend and use fever therapies extensively in their clinics. Most orthodox doctors try to suppress fever. Actually fever is constructive health-promoting symptom, initiated by the body to fight infections. High temperature speed up metabolism, inhibits the growth of invading bacteria, and accelerates the healing process. In Europe artificially induced fevers in the form of overheating baths have been successfully to treat rheumatic disease, skin disorders, insomnia, arthritis and cancer.

The heat of fever destroys cancer

The overheating bath is named after an Austrian laywoman who in 1932 wrote a book entitled "So Are Cured Incurable Diseases". Her method was scientifically tested and then incorporated into many hospitals. Fever has too long been a misunderstood symptom. It is often suppressed too much by orthodox doctors. In folk medicine in various parts of the world, fever has been used for centuries to heal disease. In the West Indies, natives afflicted with syphilis or cancer heal themselves by deliberately subjecting themselves to diseases which

The body uses a fever to stimulate the immune system and to destroy invading organisms. Fever is a friend not an enemy.

"Give me a fever, and I can cure any illness" — Hippocrates

A word of caution, unless you know how to create an artificial fever and know the procedures to follow, do not attempt to treat yourself.

create fevers such as malaria and typhus.

Cancer cell are more heat sensitive than normal cells. They cannot tolerate heat in excess of 107 degrees F. In the U.S. artificial fever is developed with hyperthermic units which encase the body, and through which circulates water at 113 degrees F which is gradually brought down to 107.5 degrees F and held there for two hours.

Dr Werner Zabel tells the following story; "Not far from Rome, Italy, there were huge swampy areas called the Pontine Swamps. They were breeding grounds for malaria mosquitos, and the whole area was affected by malaria.

Then, by action of the government, the Pontine Swamps were drained and dried out. As a result malaria disappeared. But Italian medical researchers made a remarkable discovery. While earlier the whole malaria infected area was free from cancer, now, one generation later, it had the same prevalence to cancer as the rest of Italy. The scientists concluded that the frequent fever attacks common in malaria stimulated the body's own defences so that cancer could not develop. It has been reported that on the Island of Sardinia no case of cancer has ever been observed, and practically everyone is affected with malaria.

Dr Issels cures cancer with artificially induced fevers plus special diets of raw foods, juices and fermented lactic acid foods. He says: "Artificially induced fever has the greatest potential in the treatment of cancer."

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Clay ...its healing properties

can be used externally or internally.

From the creation of the world, clay has been used to cure many ailments. Yet many do not know of the benefit of this old remedy. Nevertheless, clay has not been totally forgotten and today it is once again finding favour. It is particularly recommended as a treatment for tumours where external application is possible.

There is an interesting account in the Bible where Jesus used clay to heal a blind man (John 9:11). This may have been a symbolic act, but we should never lose sight that Jesus used clay, and that the teacher of Nazareth knew the healing properties of clay.

People who live in underdeveloped countries know and use clay to treat many illnesses. Veterinary surgeons make use of it too. Beauty therapists use it for face packs and body wraps, and athletes use it for sporting injuries. Clay has been used for centuries with great success. A combination of clay and herbs is especially recommended. Instead of using herb poultices, the herbal properties are combined with those of the clay. Usually they are mixed together and are then applied in the form of a poultice. The double act of the herb and the clay results in a more potent effect.

If you want to get the best out of a treatment with clay, you must be certain to know how it works. There are those who use clay when they should apply linseed or fenugreek seed. For instance, clay should not be applied to a boil to collect pus and draw to a head. Hot linseed or fenugreek compresses will work more successfully, for the action of clay disperses, it never draws together or gathers.

It has an absorbing effect and so can be placed over the stomach and intestine area to successfully remove toxic substances that have accumulated there. It draws out inflammation, purifies ulcers, abscesses, cysts, myomas and tumours.

Clay has antibacterial properties and exhibits the same features of adsorption as charcoal. It attracts like a magnet. An experiment done on four healthy men

between the ages of 21 and 52 revealed that after mud extract baths, their skin temperature was higher than in water baths. This showed that the circulation was improved. After daily hot mud baths, the amount of uric acid eliminated through the skin was measured. It was reported that the amount of uric acid in the sweat reached a value to or exceeding that in the blood. Apparently skin has the ability of extracting uric acid from the blood.

A summary of results of one experiment are:

- The bath at 39 C had a powerful stimulatory effect on metabolism, absorption of inflammatory masses and promoted regeneration of tissues without harming the body.
- Blood formation was stimulated
- The urine was alkalinized
- The excretion of chlorides by the kidneys was increased.

Directions for the use of clay

According to the time of the year, clay poultices may be used either hot or cold. To those sensitive to cold, place a hot water bag or hot pack over the clay poultice.

For a small poultice, a tablespoon of clay mixed with a herbal infusion to make a thin paste and spread paste evenly over a piece of gauze or linen about 3-5mm (a quarter inch) thick and place on the affected part. In cases of inflammation, especially inflammation of the nerves, St John's Wort oil can be mixed with clay. This has the added advantage of keeping the clay soft and easy to remove. When clay dries it becomes hard and brittle and is hard to remove. It is recommended that the poultice be applied at night and left until morning.

There are certain instances of chronic ailments where it is advantageous to apply clay and cabbage poultices alternately. We know that clay disperses and cabbage draws together, the alternating actions will help chronic

rheumatic and arthritic conditions. It also takes pain away, give complete calm to a nervous system and rebuilds diseased cells.

It has remarkable properties when taken internally. Bentonite clay is often taken internally to alleviate diarrhoea, heartburn, adsorb toxins from the intestinal tract and adsorbs some radioactive isotopes within the digestive system. This process of adsorption works by causing toxic substances to stick or adhere to the clay. Bentonite clay has a negative electrical (ionic) charge, opposite to the positive charge of most of the toxins it adsorbs.

Everyone would benefit physically from an internal cleansing twice a year. The best quality clay for this purpose is white clay Kaolin, although yellow clay is suitable too. Such a course of treatment should last for a week. In the book "Home Remedies" by Dr Agatha and Dr Calvin Thrash, it says "Ordinary clay from the hillside can be used either externally or internally in the same manner as charcoal. It has been used for centuries in Europe and Central America, but has only had limited use in the United States, mainly for bee stings and other venomous bites. Clay poultices have been used for boils, corns, callouses, hemorrhoids, ringworm, pinkeye, acne, gangrene, and skin sores and ulcers. Internally clay has been used for constipation, and conversely for diarrhoea."

To take internally, mix clay with water and drink it. Clay may be purchased from a health shop, or if you feel energetic, go to an uninhabited area or in your backyard, dig down under the top soil and dig up the clay. Be certain that no pesticides or chemicals have been dumped in the area. Sterilise the clay and dry it by baking it in an oven 180 for 15-30 minutes until completely dry. Pound with a hammer to make the clay fine. This may be stored for years without losing its potency.

*Home Remedies by Agatha and Calvin Thrash
The Nature Doctor by Dr H C A Vogel*

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Cooking Lentils and Beans

Lentils and beans are a useful and very economical food. They are rich in protein, vitamins, minerals and fibre and contain very little fat.

The following is a pilot recipe for cooking beans.

2¼ cups dry beans
7 cups water
2 teaspoons sea salt

Method 1

Sort beans carefully. Wash with cold water. Add beans to boiling water in saucepan and bring to full boil. Turn off heat. Let stand for one hour or more.

Drain and add fresh water. Bring to boil and boil until tender (about one hour).

Add salt and simmer until well done.

Note: there is evidence that beans cooked this method cause less gas.

Method 2

Sort beans carefully. Soak beans overnight. Drain. Add drained beans to rapidly boiling water. Heat to boiling point. Boil gently until tender. Add salt. simmer until well done.

If you change the water after bring to the boil a second time, this causes less problems with digestion and gas.

Each cup of dry beans yields about 2½ cups cooked beans.

Suggested cooking guide for Beans

For each one cup of dry beans, the amount of water needed is given, followed by the cooking time after soaking.

Borlotti	2½c	45mins
Chick peas (garbanzos)	2½c	2hrs
Haricot	2c	45mins
Lima beans	2½c	1 hr
Red Kidney	3c	1¼ hr
Soya beans	3½c	2½hr
Lentils (soaking unnecessary)	2c	30 mins
Red lentils (soaking unnecessary)	2c	15 mins

Recipe

CHICK PEA A LA KING

½ c chopped onions
½ c finely chopped red capsicum
½ c raw cashews
2 T sesame seeds
2 T cornflour
2 t sea salt
¾ t garlic powder
1 t onion powder
3 c water and/or chick pea liquid
2 c frozen green peas
3 c cooked chick peas (cooked in salted water)

Saute onions and capsicum in water until cooked. Set aside. Blend all ingredients except chick peas and vegetables until creamy. Pour into saucepan and cook over heat until thickened, stirring constantly. Place peas in colander and rinse with hot water for 20 seconds. Add all ingredients to saucepan. Continue stirring while cooking two more minutes. Serve over brown rice, flat noodles or toast, or serve with vegetables.

Vary these recipes by adding chopped onion to the cooking water.

After they are cooked, you could use a tomato gravy, cashew gravy (as in the recipe on this page - Chick pea a la king), or any of your favourite sauces.

Or you could mash them slightly and mix them with rice or breadcrumbs and onion, season, add ground nuts and liquid if needed and bake as a loaf dish.

After they are cooked, freeze beans in small quantities for your needs, eg one or two cup quantities. Beans also can be frozen after they are soaked but clearly mark on label if they are uncooked.

don't miss this opportunity to attend

FREE ADMISSION

a one day Health Seminar
comprising of 3 meetings

**with Carla Cimartino
& Candice Berghan**

Natural Health Meetings

Back to Eden is bringing **Carla Cimartino and Candice Berghan** to the Albury area to give a Natural Health seminar for one day only. Carla is a Naturopath and Physiotherapist and Candice is a Natural Therapist and also a Massage Therapist. They are based in Melbourne, but have run meetings throughout Victoria helping many people. They have had first hand experience on treating cancer, heart disease and many more degenerative diseases. They teach how cancer grows in the body and what to change in the lifestyle to improve your health. They will have demonstrations on how to do some of the treatments that will ease some of the debilitating symptoms of the diseases.

When: Saturday 28th May

**Times: 9.30 am.....Does disease just happen?
11.00 am.....Who killed cancer?
2.30 pm.....The best treatment for cancer....practical demonstrations**

**Where: Lavington Public School Hall
Hague Street Lavington**

Cost: Entry free

for those who book in before May 24th
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.