Back to Eden

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A number of readers sent in the forms that were sent out with the last newsletter. Programs are starting very soon. Two Vegetarian cooking class are expected to start early in May. Don't forget, it you want to attend any of our other classes, the best way to do this is to place your name on our class lists. This way we will know what classes you want run, and then you can ensure you will not miss out. See last newsletter (No 33) for details.

Many readers will be interested that we are planning to have Barbara O'Neill here in Albury for 16-19th September. Barbara has new updated information she wants to share with us. We are hoping to have her speak Tuesday to Friday night. She will be making herself available for consultations during the days. See next newsletter for details.

After many months, I finally have my Recipe Book finished and printed ready for sale. I am pleased with the finished product. There are over 350 recipes in this book, printed on glossy pages.I believe it is great value. See the back page for ordering details.

I have included an article regarding the disappearance of many birds and bees in this issue. I normally do not include articles on topics like this, but I feel alarmed that some people are not even aware of this problem and of the implications this will have on our food supply.

For those who want a Kefir culture, phone Kaye for details of how you can purchase it. If you are interested in attending a class that teaches how to make kefir and sauerkraut, phone Kaye to leave your name and details.

From Kaye and the Back to Eden Team

Good Intestinal Health....

To keep one's digestion working efficiently is an ever increasing concern in this modern world. There are many aspects to good digestion. This issue we will deal with one of these - how eating fermented foods can help improve and correct many intestinal imbalances.

Good bacteria

Much has been written about the benefits of probiotics. This word is derived from the Greek word "for life" and describes the living microorganisms that replenish the microflora that reside in our intestinal tract. Years ago different countries had fermented foods that they used in their diets. These worked in two ways. They were used to replenish the friendly bacteria that is needed in our digestive tracts and they were used as a preservative, to prevent spoilage of the food. They were used to preserve foods such as milk and cabbage (remember there was no refrigeration) and as well these foods gave them the added benefit of strengthening their intestinal health.

In Roman times they consumed sauerkraut as both a delicious food, and also for health-related issues. In the ancient Indian society, it became commonplace (and still is) to consume a before-dinner yogurt drink called a lassi. At the end of the meal, the people of India consumed a small serving of curd. These Indian traditions were based on the principle of using sour milk as a probiotic delivery system to the body. The Bulgarians are noted both for their longevity and their high consumption of fermented milk and kefir. In Asian cultures, pickled fermentation of cabbage, turnips, eggplant, cucumbers, onions, squash, and carrots still exist today.

So we can see that many cultures used different techniques to support their intestinal health. Why can't we simply practice these methods today? The answer lies in the poor dietary habits of many people in many cultures of the world, especially the western world. The processed foods so commonly used in most diets can upset the balance of bacteria needed for the support of intestinal health. Plus, many food products get pasteurized or sterilized in the production process, destroying helpful bacteria that is needed for promoting intestinal health.

We need to look at ways we can improve our digestive tract. Most people do not realise that 80% of our immune system is located in our digestive system. This clearly shows us how we can improve our immune system. The health of our body is largely tied into the health of our digestive tract - if our digestion is under par, our immune system will not be functioning properly.

However, if you are eating as many sugars as found in the typical Australian diet (about 31 teaspoons per day) then you are feeding the "bad" bacteria, which are more likely to cause disease than promote health, rather than promoting the "good" bacteria that help protect you from disease. Exposure to chemicals will also contribute to this disruption in your gut microflora, and over time the imbalance will lead to illness.

One of the best ways to boost your immune system is to avoid consuming sugar and grains. Eating too much sugar and too many grains, which are converted to sugar in the body, will cause your blood sugar level to rise. If your blood sugar levels remain elevated, even mildly, over a period of time, your risk of diabetes will increase. If you end up with

diabetes, your risk of cancer also increases. Sugar decreases the function of your immune system almost immediately, and a strong immune system is key to fighting off viruses and other illness, including cancer. It is especially imperative to avoid sugar if you feel you are coming down with something, but keeping sugar out of your diet for the long haul will do wonders for your health and make your body stronger, which will make it harder for diseases to take hold.

Before our birth, our GI tract was sterile. The moment after birth, colonization of bacteria began in the gut. The first bacteria to settle in were the immune-building ones from mother's breast milk, increasing the level of health and building the immune system. It is very important to keep these bacteria in the right balance. During our life, our dietary choices – both good or bad, will determine this balance. Other lifestyle choices (eg antibiotics, vaccines, environment) will also determine this balance. If we spend the rest of our lives making poor dietary and other lifestyle choices, this will cause the wrong bacteria to flourish in our intestine.

Yet gut flora, the microorganisms living in your gut, continually and dynamically affect your immune system. It is estimated that 500 different species of bacteria, numbering about one hundred trillion bacteria live inside us. These bacteria weigh around 1¼ kilograms. These bacteria are classed as either "good" or "bad". The ideal balance between them is about 85% good and 15% bad. Helpful bacteria prevent the growth of undesirable ones by competing for both nutrition and attachment sites in the tissues of the colon.

This ratio between the good and bad bacteria is one of the most critical factors that will determine your optimal health. What sorts of things influence the ratio between good and bad bacteria? Diet, geographic location, age, stress, and health issues are some of the key factors. When you take your best step forward in improving your intestinal health, your overall health improvement naturally follows.

Healthy fermented foods vs. commercially processed

Long ago, food preservation was accomplished through lacto-fermentation, a process that adds a host of beneficial micro-organisms to food, making them easier to digest and also increases the healthy flora in our intestinal tracts. Because fermentation is an inconsistent process, commercial food processors developed techniques like pasteurization -a method that literally destroys dozens of precious enzymes - to help standardize more consistent yields.

Sadly, modern culture has sacrificed many of the advantages of traditionally fermented healthy foods for faster and cheaper methods of mass production. Some foods are labelled as "health promoting – containing good bacteria". These may be even cultured foods such as yoghurt, sauerkraut and pickles. But due to strict food safety regulations, less bacteria, both good and bad, survive the manufacturing process. At the end of the production process, many products get pasteurized or sterilized, destroying bacteria. While this may be helpful in disease prevention, it also means we get less health-enhancing bacteria. Increases in viruses, intestinal parasites and chronic health problems are telltale warning signs that it's time to return to the health-promoting foods of our past.

Since helpful bacteria are increasingly absent in our food, some people have a need to supplement with a good probiotic, obtainable from health stores. Not all probiotics are equal, some vary with substantial differences in composition, biological activity, and portion. Be very careful that you obtain a good quality one, or better still, get the benefits with naturally cultured foods.

Kefir

Kefir (pronounced kee-fur) is a cultured milk probiotic beverage. It is a cultured product native to Europe and originated many centuries ago in the Caucasus Mountains in Eastern Russia. It is a mixture of specific bacteria, yeasts and contains rich source of enzymes and other substances that activate the function of digestive enzymes

Kefir, this cultured, creamy yoghurt-like product has amazing health attributes. Its tart and refreshing flavor is similar to a drinking-style yogurt, but it contains beneficial yeast as well as friendly 'probiotic' bacteria found in yogurt. For the lactose intolerant, kefir's abundance of beneficial yeast and bacteria provide lactase, an enzyme which consumes most of the lactose left after the culturing process.

In addition to beneficial bacteria and yeast, kefir contains minerals and essential amino acids that help the body with healing and maintenance functions. The complete proteins in kefir are partially digested and therefore more easily utilized by the body. Tryptophan, one of the essential amino acids abundant in kefir, is well known for its relaxing effect on the nervous system. Because kefir also offers an abundance of calcium and magnesium, which are also important minerals for a healthy nervous system, kefir in the diet can have a particularly profound calming effect on the nerves. Kefir's ample supply of phosphorus, the second most abundant mineral in our bodies, helps utilize carbohydrates, fats, and proteins for cell growth, maintenance and energy. Kefir is rich in Vitamin B12, B1, and Vitamin K. It is an excellent source of biotin, a B Vitamin which aids the body's assimilation of other B Vitamins, such as folic acid, pantothenic acid, and B12. The numerous benefits of maintaining adequate B vitamin intake range from regulation of the kidneys, liver and nervous system to helping relieve skin disorders, boost energy and promote longevity.

The benefits of consuming kefir regularly in the diet are numerous. Easily digested, it cleanses the intestines, provides beneficial bacteria and yeast, vitamins and minerals, and complete proteins. Because kefir is such a balanced and nourishing food, it contributes to a healthy immune system and has been used to help patients suffering from AIDS, chronic fatigue syndrome, herpes, and cancer. Its tranquilizing effect on the nervous system has benefited many who suffer from sleep disorders, depression, and ADHD (attention deficit hyperactivity disorder).

The regular use of kefir can help relieve all intestinal disorders, promote bowel movement, reduce flatulence and create a healthier digestive system. In addition, its cleansing effect on the whole body helps to establish a balanced inner ecosystem for optimum health and longevity.

Kefir can also help eliminate unhealthy

food cravings by making the body more nourished and balanced. Its excellent nutritional content offers healing and health-maintenance benefits to people in every type of condition.

Kefir vs. Yogurt

While both kefir and yogurt are cultured milk products, they contain different types of beneficial bacteria. Yogurt contains transient beneficial bacteria that keep the digestive system clean and provide food for the friendly bacteria that already are present. Kefir actually colonizes the intestinal tract - a feat that yogurt cannot match.

Additionally, Kefir contains several major strains of friendly bacteria not commonly found in yogurt: Lactobacillus Caucasus, Leuconostoc, Acetobacter species, and Streptococcus species. It also contains beneficial yeasts, such as Saccharomyces kefir and Torula kefir, which dominate, control and eliminate destructive pathogenic yeasts in the body by penetrating the mucosal lining where unhealthy yeast and bacteria reside - forming a virtual SWAT team that housecleans and strengthens the intestines. Consequently, the body becomes more efficient in resisting pathogens like E. coli and intestinal parasites.

Kefir's active yeast and bacteria provide more nutritive value than yogurt by helping digest the foods that you eat and by keeping the colon environment clean and healthy. The curd size of kefir is smaller than yogurt, so it's also easier to digest, making it an ideal food for babies, the elderly, and anyone with digestive disorders. Unlike yogurt, the lactose in kefir is all digested by the time it is ingested, and some of the proteins have been broken down - so even the lactose intolerant and those with sensitivities to milk can use it.

Effects of kefir

From experience of generations, here are some of the properties possessed by the real kefir.
* Regulates the body's immune system and improves resistance to diseases.
* Promotes optimal fungal and viral levels in the body.
* Regulates the blood pressure, blood sugar and cures diabetes.
* Heals the lungs, bronchitis, tuberculosis, asthma, allergies and migraine.
* Has a positive influence on the heart and blood, heals circulatory conditions.
* Heals various eczema, all skin disorders and leads to cure of acne.
* Heals the kidneys, the urinary tract and protects prostate.
* Has a positive influence on cholesterol, osteoporosis and rheumatism.
* Supports enzymes production and heals the pancreas.
* Improves the liver and gallbladder, regulates bile production, influences positively hepatitis.
* Regulates metabolism, digestion and heals diseases of the colon.
* Heals colitis, diarrhea, catarrh, reflux, leaky gut syndrome, candidasis and more.
* Rebalances the intestinal flora and stomach acid, heals duodenum and cures ulcers.
* Produces its own antibiotics, eliminates unfriendly bacteria, cures internal and external inflammations.
* Heals lactose intolerance and provides full digestibility of milk based products.
* Produces own anti-cancer compounds, prevents metastasis, and leads to cure.
* Slows the aging process, smoothes and improves skin, hair and muscle tone.
* Reduces anxiety, depression, increases energy and feeling of wellbeing.
* Produces all necessary vitamins and beneficial bacteria needed for our healthy daily life.
* Maintains an ideal good to bad ratio by making the environment hostile to undesirable bacteria.
* Promotes mineral absorption.
* Supports protein and carbohydrate digestion via probiotic enzymes.
* Aids in metabolism and the breakdown of toxins.
* Maintains appropriate bowel transit time.
* Supports immune system function by removing toxins.
* Produces lactic acid for support of digestive processes and colonic pH balance.
* Sustains suitable serum lipid and blood pressure levels.
* Supports normal inflammatory response.

How kefir is made

To make kefir, you need to acquire a kefir starter from someone who already has some- ask at your local health food shop. Kefir can be made from any milk: goat, cow, sheep, etc. Even though it is commonly made with animal milk, it can be successfully made with both soy milk or nut milk. When making with soymilk the culture does not multiply as rapidly as it does when using animal milk, but it still works. Kefir is made from gelatinous white or yellow particle granules, often clumping together in small white curds that resemble small flowerettes of cauliflower. This makes kefir unique, as no other milk culture forms these granules. The granules contain the bacteria/yeast mixture clumped together with casein (milk proteins) and complex sugars that ferment the milk, incorporating their friendly organisms to create the cultured product. The kefir grows in the milk and multiplies within 12-48 hours depending on the room temperature. The granules are then removed with a strainer before consumption of the kefir and added to a new batch of milk. Do not use any metal utensils when making kefir- use a glass jar, use a non metal strainer, either bamboo or plastic, and a spatula.

Tips for making and using kefir

Time and temperature are two important factors that determine how thick and tasty your kefir will be. In the warmer months kefir may be ready to drink in 18 hours. If you let it sit out too long at room temperature, it will become thick and eventually start turning into cheese and whey. If your kefir is "lumpy" and too sour, you are leaving it out too long. It should be creamy and "drinkable"...a little thicker than milk. At this point, shake it well and place the kefir into your refrigerator. It will thicken slightly since it is continuing to culture, but at a much slower pace. Making kefir is an art, not an exact science. With each batch you make, adjust the time until you get it just the way you like it. After you start your first batch of kefir, you can use a small amount of that first batch to make your second batch.

Strained kefir can be used as a substitute for milk, cream, yoghurt, in any recipes. The curd can be eaten and can be used as a substitute for cottage cheese or butter in any recipe or add chopped chives, caraway, dill, chopped onion and herb salt on bread, It can be spread on crackers, grilled in the oven on bread or served as a dip with vegetables. Kefir can be used as a good starter for sourdough bread. Make up as you would make up sourdough bread.

Sauerkraut

History tells us that many countries have used fermented cabbage for thousands of years and have prescribed sauerkraut for various physical ailments. The Chinese, the Romans, many of the Eastern Europeans and most famously the Germans all have incorporated it into their cultures. In the 18th century sailors often suffered with scurvey, a vitamin C deficiency. Captain Cook sailed around the world carrying barrels of sauerkraut, and during this time he did not lose one man to scurvey during his three year voyage.

Traditional lactic acid fermentation is of great importance in India and South East Asia where it is used to preserve fruits and vegetables. The Japanese eat miso and kimchi. Eating in Russia and the Balkans is unthinkable without lactic acid-fermented products such as kefir, sourdough bread and kapusta, a mixture of white cabbage, tomatoes, carrots, apples, pears, cucumbers and lots of herbs. Borscht, the traditional Russian soup, is made with lactic acid-fermented beets.

Lactic acid is formed as a product of energy exchange during the metabolism of microorganisms and other life forms, both plant and animal. The name is derived from the Latin word for milk as the bacteria were first isolated in sour milk. The salts of lactic acid are known as "lactates." Lactic acid bacteria cause catabolic changes in certain sugars. The changes result in two new products: lactic acid and carbon dioxide. The lactic acid breaks down foods, making them more easily digestible. The lactic acid also preserves the food. There are two kinds of lactic acid bacteria: one that is adapted to milk and milk products, the other that is adapted to plants. Bacterial floras are responsible for providing lactic acid to the mucus membranes in the mouth, the intestines, and the female genital organs.

Lactic acid bacteria prevent decay not only in food products but in the bowels as well. Acetyl-choline, which is produced during fermentation, stimulates peristaltic movements of the intestines. It also assists in circulation of the blood. Lactic acid products have a harmonising effect on the stomach, they strengthen the acidity of the gastric juices when hydrochloric acid production lags, and reduce acidity when hydrochloric acid production is up. Lactic acid maintains the balance between acids and alkalis. It also encourages the function of the pancreas, which in turn stimulates the secretions of all the digestive organs. Diabetics do not have problems breaking down the carbohydrates because the lactic acid-fermentation starts breaking these down and so don't make a heavy demands on the pancreas. These foods are excellent for those with weakened digestive systems and is a useful addition to the diet of cancer patients.

The positive effects of lactic acid-fermented foods lies in their regular use, not in consuming vast numbers sporadically. Consuming three or four tablespoons of sauerkraut daily, preferably raw, can be sufficient to ward off disease, constipation and intestinal problems. Most commercially available sauerkraut is pasteurized merely to improve shelf life. This pasteurized product does not hold the same healing properties that naturally fermented product does.

One woman reported of her experience with giardia parasite. Giardiasis is an infection of the small intestine caused by an insidious parasite Giardia lamblia (a flagellate Protozoa) that often contaminates water. It spreads via contaminated water, contaminated food, direct human contact and household pets. This woman suffered great intestinal pain and the antibiotics she took basically wiped out her digestive system. She could hardly eat, everything went through her. So in desperation she tried sauerkraut. After eating this, to her amazement her digestive system suddenly settled down. Food was no longer going right through her; she now eat foods that previously she could not. She continues to eat a little sauerkraut every meal and finds her digestion is improving.

Fermented foods – rejuvelac, seed cheese, sauerkraut and fermented beetroot are very important for optimum health. Why? Once again - enzymes. The fermentation process creates more enzymes and the fermented foods thus digest more easily. Long-lived peoples throughout the world - the Hunzas, the Georgians, the Vilcabambans and many others - have been noted for their continual consumption of home-made fermented foods. In fact, the Eskimos have even found that their working Huskies can work harder and longer after eating fermented flesh - left putrefying in the semi-frozen slush for weeks or months - than after eating freshly killed meat.

In recent years, fermented foods have become misunderstood by some. Because cooked yeast in bread and other foods has stimulated growth of the Candida albicans bacteria, some have concluded that all fermented foods have the same effect in the body. Wrong! How do we know? Because most people have Candida to at least a small degree. People who consume fermented foods: rejuvelac, sauerkraut, fermented beetroot, seed cheese, all report lessened Candida symptoms and experienced better health. We've concluded that yeast bacteria in raw foods don't aggravate Candida. Cooked yeast in bread - and drugs, steroids, antibiotics, birth-control pills, alcohol and refined sugar all do aggravate Candida.

Sourdough bread

Sourdough bread is another fermented food. During fermentation, the bacteria and yeasts present in the environment feed on the carbohydrate in the flour. The beneficial bacteria are primary lactobacilli, so named because they produce lactic acid. The fermentation products, particularly the organic acids, play an important role in preventing spoilage. Lactic acid is produced by the body to suppress cancer forming cells and is used in conversion by muscles for energy. Lactobacilli give the sourdough bread its distinct flavour and prevent spoilage. Check the Back to Eden newsletter No 29 for a comprehensive article on the benefits of sourdough bread.

These are some of the basic fermented products. Grains, milks, and vegetables all can be cultured. The most common to Australians are tempeh, miso, rejuvelac, nut and seed cheese along with kefir, yoghurt, sauerkraut and sourdough breads. Learn to enjoy the taste of these foods - and watch the improvement in your health.

http://findarticles.com/p/articles/mi_m0ISW/is_2001_Oct/ai_78900840
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http://products.mercola.com/probiotics/
Making Sauerkraut and Pickled Vegetables at home by Klaus Kaufmann and Annelies Schönek

What are we doing to our food supply?

From GM Foods to Cellular phones

Strange happenings are occurring in our world. This will impact on our food supply. How long before this happens?... only time will tell.

Albert Einstein once remarked, "If the bee disappeared off the surface of the globe then man would only have four years of life left. No more bees, no more pollination, no more plants, no more animals, no more man," Some years ago this seemingly improbable statement would be considered to be a plot in a Hollywood science fiction movie. But we now have reports that this is actually happening.

Beekeepers all over North America as well as in Europe are reporting that their honey bees are dying. Something mysterious is killing the bees, and even as billions are dropping dead across parts of the world, researchers are scrambling to find answers and save one of the most important crop pollinators on Earth.

Since October 2006, 35 per cent or more of the United States' population of the Western honey bee (Apis mellifera) - billions of individual bees - simply flew from their hive homes and disappeared. The alarming decline in bee populations across the United States and Europe represents a potential ecological apocalypse, an environmental catastrophe that could collapse the food chain and cause a devastating effect on humanity.

Reports that bee populations are declining at rates of up to 80% in areas of the U.S. and Europe should set alarm bells ringing and demand immediate action on behalf of environmental organizations. Experts are frantically trying to discover what is behind this catastrophe, but all they can come up with is a name - "colony collapse disorder" or CCD.

Bee numbers in parts of the American east coast and in Texas have fallen by more than 70 percent, while California has seen colonies drop by 30 to 60 percent. "Approximately 40 percent of my 2,000 colonies are currently dead and this is the greatest winter colony mortality I have ever experienced in my 30 years of beekeeping," apiarist Gene Brandi, from the California State Beekeepers Association, told Congress recently.

Scientists are thus far stumped as to what is causing the decline, ruling out parasites but leaning towards some kind of new toxin or chemical used in agriculture as being responsible. "Experts believe that the large-scale use of genetically modified plants in the US could be a factor," reports Germany's Spiegal Online. Others believe that it is the widespread practice of spraying crops and wildflowers with herbicides and practicing monoculture.

Bee populations throughout Germany have simultaneously dropped 25% and up to 80% in some areas. Poland, Switzerland, Spain and even Taiwan are reporting similar declines. At this stage Australia has not been affected, but experts say that it is inevitable that we too will be affected. Australian bees are being exported to the US, but once set free, they too are dying. Studies have shown that bees are not dying in the hive, but something is causing them to lose their sense of orientation so that they cannot return to the hive. They simply disappear. Depleted hives are not being raided for their honey by other insects, which normally happens when bees naturally die in the winter, clearly suggesting some kind of poisonous toxin is driving them away. In many cases, scientists have found evidence of almost all known bee viruses in the few surviving bees found in the hives after most have disappeared. Some had five or six infections at the same time and were infested with fungi - a sign, experts say, that the insects' immune system may have collapsed.

A study at the University of Jena from 2001 to 2004 showed that toxins from a genetically modified maize variant designed to repel insects, when combined with a parasite, resulted in a "significantly stronger decline in the number of bees" than normal. According to Hans-Hinrich Kaatz, a professor at the University of Halle in Eastern Germany and the director of the study, the bacterial toxin in the genetically modified corn may have "altered the surface of the bee's intestines, sufficiently weakening the bees to allow the parasites to gain entry - or perhaps it was the other way around. We don't know." Kaatz was desperate to continue his studies but funding was cut off.

Another German study concluded with a similar answer to the problem: The ongoing blight of genetically modified (GM) crops. When bees were released in a GM rapeseed crop, then fed the pollen to younger bees, scientists discovered the bacteria in the guts of the young ones mirrored the same genetic traits as ones found in the GM crop.

About 60 researchers from North America recently met to discuss early findings and future plans. They focused on the most likely suspects: a virus, a fungus or a pesticide. The investigation is entering a critical phase as researchers begin to perform bee autopsies and genetic analysis.

Testing at Columbia University has revealed the presence of multiple micro-organisms in bees, suggesting that something is weakening their immune systems. They detected fungi in some dead bees that are also found in humans whose immune systems have been suppressed by cancer or AIDS.

Bees are also being screened for chemical contamination; one possibility is imidacloprid, sold under the brand name Gaucho, a pesticide that has been banned in France because of its effects on bee colonies. Researchers also noted that feeding supplements produced from genetically modified crops, such as high-fructose corn syrup, need to be studied.

Colony Collapse Disorder has struck 27 U.S. states, and a recent survey of 13 states showed that 26 percent of beekeepers had lost half of their bee colonies between September 06 and March 07. Honeybees are the principal pollinators of hundreds of fruits, vegetables, flowers and nuts, and their disappearance could have grave agricultural consequences.

Disappearing birds

Other reports have cited the use of cellular phones as being the cause. Yet disappearing bees are not the only ecological tragedy facing mankind, but we are also seeing the disappearance of millions and millions of birds in our environment. Scientific studies in several American and Canadian states have noted a marked decline in their bird populations. There are many likely contributing factors for this observation, everything from pesticides, to GM crops, to urban sprawl and pollution, but there is an extremely pervasive, silent killer out there that hardly anyone is mentioning: Information-carrying radio waves.

These radio waves are coming from your cell phones and other wireless technologies, and they have increased exponentially in the past three or four years alone. It's already known that birds living near mobile phone base stations do not breed well. It's also known that exposure to these frequencies causes disorientation in migratory birds.

At the end of 2007 there were an estimated 4 billion cell phones on the planet. What this means is that even if you are one of the few who decides not to use a cell phone, you are being exposed to information-carrying radio waves at unprecedented levels, and so are all of the birds, bugs and wildlife that live among us.

According to Dr. George Carlo, who is clearly the world's leading expert on cell phone safety, "The background level of information-carrying radio waves has now reached saturation point." - In other words, they're everywhere.

And when we talk about these radio waves you have to understand that there is no safe level of exposure. This is completely different even from electromagnetic fields (EMFs), which are well-known to cause brain cancer, tumor growth, and maybe even Alzheimer's disease.

But according to Dr. Carlo, we have built up certain defenses against EMFs, which are actually two parts: the magnetic field and the electric field. We have been exposed to a magnetic influence simply because of gravity, while lightning and other natural sources have exposed us to some level of electric fields. As a result, we can be exposed to low levels of EMFs and perhaps not be affected. But this is not so with radio frequencies (RF) and information-carrying radio waves.

"We do not have any controls that make the information-carrying radio wave manageable from a public health point of view," says Dr. Carlo.

And this is a major red flag. According to Dr. Carlo: "Here is why we have a problem … Before 1930, almost none of this exposure existed and up until about the 1980s, most of the exposure that had to do with information-carrying radio waves … only occurred high in the sky. Like your television, your radio, the signal would go from a big antenna on top of the mountain to the antenna on top of your house and then it would be hardwired back down into your television for example. Information-carrying radio waves were not at the street, but this wonderful invention called the cell phone brought the information-carrying radio waves to the street."

The huge explosion in cell phone use and their corresponding information-carrying radio waves is causing the following problems:
* Damaging cell membranes
* Decreasing intracellular communication by disrupting microtubular connections that allow biophotons to communicate between cells
* Increasing deposits of heavy metals into your cells, which increases intracelluar production of free radicals and can radically decrease cellular production of energy thus making you incredibly fatigued

First the honeybees, Now the birds, next … humans?

It would be naïve to assume that the bees and the birds are the only living creatures being impacted here. Perhaps because they are smaller, or more sensitive to the radio waves and changes in frequencies, they are being tragically impacted right now.

If you grow a vegetable garden, you will have noticed that we have far more pests than we had 20-30 years ago. My question is - could the beneficial insects that control the garden pests be affected too? But who, or what, will be next?

http://articles.mercola.com/sites/articles/archive/2008/1/17/why-are-the-birds-disappearing.aspx
http://www.spiegel.de/international/world/0,1518,473166,00.html

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Quinoa

Quinoa (pronounced keen-wah) is starting to gain in popularity in Australia as its outstanding characteristics as a food source become better known and supplies become more readily available. A cousin of amaranth, quinoa was one of the most important of the ancient staple foods of the Incas and was known to them as 'the mother grain'. Botanically quinoa is not a true grain but, like Buckwheat, can be used as one. Quinoa is actually a high-protein, gluten-free, super-nutritious seed that is as tasty and versatile as it is healthy. In its uncooked state, it takes the form of small off-white disks. It swells when it's cooked and has a lightly nutty, slightly earthy flavor - very mild but distinct, and much more interesting than rice or couscous.

It has been grown in the South American Andes for thousands of years and thrives in high, cold altitudes. In the early 1980s quinoa was introduced as a food crop into the United States and has been cultivated there with varying degrees of success ever since. As far as we know there is no quinoa being grown anywhere in Australia. The grain we have in stock at the moment comes from Bolivia and is certified by Boli Cert. There are about 1800 varieties of quinoa which range in size from small as a grain of sand to the size of sesame seed, and in colour from ivory yellow to brown and black. It has been used as a staple for hardy mountain tribes for centuries.

Compared with all other grains quinoa has almost twice the protein content, but unlike other grains, it contains all the amino acids that are absent from most plant proteins. It has more calcium than milk and is higher in fat content than any other grain. It has much less starch than rice or wheat, and a cup of cooked grain has less than 100 calories. It is also a very source of iron, phosphorus, B vitamins and vitamin E. It has the added advantages of being an alkaline grain like Millet and is also gluten free.

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Products for Sale

Licorice Root Powder **200g.....$12**
Licorice root is used to rebuild Adrenal Glands. Suggested maximum daily dose is 1½ tspns

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**
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continued from p6

It's a good substitute for rice, bulghur or cous cous, and can be used in salads, soups, stews, croquettes, casseroles, as a breakfast or to make desserts. When stored in a cool dry place, quinoa's one-year shelf life also makes it handy to keep in bulk. When it is harvested it has a naturally occurring substance covering it acalled a saponin. This is a sticky, soap-like material, bitter to taste, that coats the grains. Produced by the plant itself, it serves to discourage birds and insects and other predators. Although most quinoa is brought to the market with the saponin largely removed, a final rinse is necessary in the kitchen. Quinoa is cooked exactly like rice. First, rinse and drain it.

To cook it, use two parts liquid to one part quinoa. Depending on whether you want to use it in a savoury or sweet dish, adjust sea salt to taste. Then cover and simmer for 15-20 minutes. When the quinoa is done, it will have a gorgeous texture: soft and fluffy, with the lightest bit of crunch.

The uncooked grain can also be ground into flour and used in combination with other flours for making bread and cakes. Quinoa pairs particularly well with tomato-based dishes, or anywhere you'd use couscous or rice. Use in a stew or accompanying a stew. Substitute for bulghur wheat in a salad. Use sweetened with fruit and yoghurt for breakfast.

It also can be prepared using the absorption method. Bring one part quinoa to two parts water to the boil, cook for a couple of minutes in covered saucepan, remove from heat and let stand, covered, until all the water is absorbed. It takes about 30 minutes and the quinoa comes cooked to perfection.

If using in combination with rolled oats to make a hearty breakfast porridge, combine ½ cup Quinoa soaked, plus ½ cup rolled oats, 2 cups water and ¼ - ½ tspn sea salt. Simmer gently for 20 minutes with the lid on then turn off heat and let stand for 5 extra minutes. Serve with stewed or soaked fruit if desired.

Recipes

LIMA BEANS IN ASPARAGUS SAUCE

1½ c dry lima beans
1 can asparagus with juice (340 g)
½ c raw cashews
1 cup water
½ t Celtic sea salt
1 T cornflour

Soak lima beans in 4 c water overnight. Drain off water from beans and cover with fresh water. Cook until tender in salted water. Drain. Blend all remaining ingredients until smooth. Cook gently for 5 minutes, stirring constantly. Add cooked lima beans, stir through, and place in casserole dish to serve.

CARAMEL CORN CRUNCH

½ - ¾ c unpopped popcorn (to make approx 4 litres of popcorn)
½ c date sugar
¼ c honey or maple syrup
½ t Celtic sea salt
¼ c oil
½ t vanilla
2 c raw cashews or peanuts

Measure out the popcorn seeds and pop the corn. Place popcorn in a large bowl. Mix all the other ingredients together. Stir this mixture through the popped corn. Place on a sprayed oven tray and bake at 180° for 25-30 minutes.

SAVOURY SEEDS

1 c sunflower seeds
½ c sesame seeds
3 t brown miso, dissolved in ¼ c hot water

Stir seasoning through seeds and lightly toast in an electric frypan for approx 1 hour on very low heat, stirring periodically. Nice sprinkled on sourdough bread spread with avocado.

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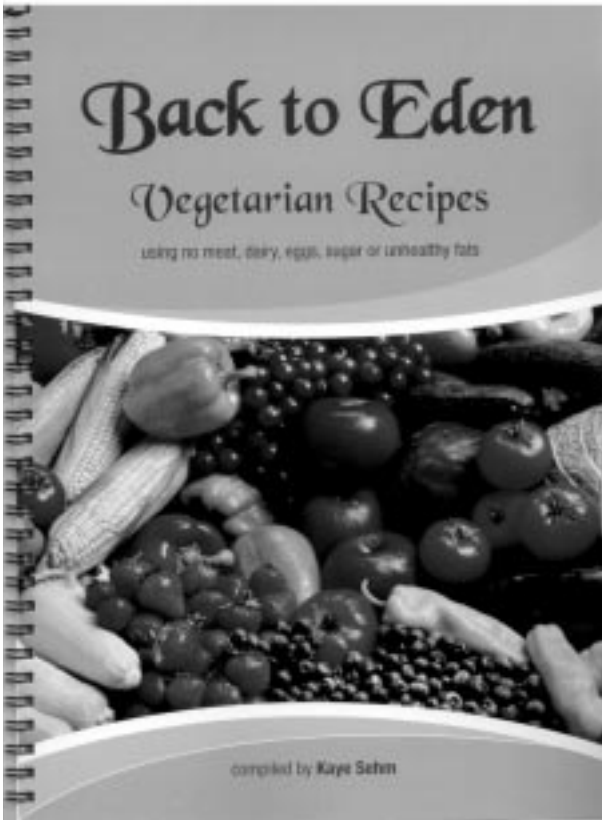

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