

Back to Eden

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This is the tenth year of publishing my newsletter. Over these years I have printed articles on many different subjects. I have shared about the harmful properties of sugar, how we need proper Celtic sea salt in our diets, what foods contain excitotoxins and what they do to us, the need to drink lots of pure water, food additives, fermented food, and the vegetarian advantage just to name a few. All these articles promote the vegetarian lifestyle which goes hand in hand with keeping the eight laws of health. I believe that by following these you will have good health and no degenerative diseases.

Over these years I have run many different programs relating to health and lifestyle principles. The last page of this newsletter is a summary of these programs. The next program planned will cover different water treatments you can do to relieve common ailments. These therapies do work! Why? Because they are just boosting your immune system to help you to return to good health. In years past, many people with life threatening illnesses such as typhoid, diphtheria, whooping cough and pneumonia were completely cured of their diseases. But even problems such as congested sinuses, sore backs, migraines, arthritis, influenza, poor circulation, insomnia, fatigue, bruises and sprains and many more like these can be relieved with water.

Now I need your help! I need people to attend these programs. If you can't attend but know someone who you think would benefit, please recommend them to attend. I have committed myself to run these programs this year, but I am not sure if they will continue next year. Attend them while you have the chance. One day you may be able to help a loved one. My one desire is to educate as many as I can in following the eight laws of health and using simple remedies and treatments.

Check out my new product Hawthorn Berry powder which can be stirred into your Barley Leaf powder and/or juice.

From Kaye and the Back to Eden team.

Essential Fatty Acids....

It is of the utmost importance to obtain healthy fats in our diet each day. While some fats are needed, others are detrimental to our health. Good fats heal, and others result in degenerative diseases that prematurely kill over two thirds of the people living in affluent, industrialized nations. Over 68% of people die from just three conditions that involve fatty degeneration: cardiovascular (43.8%), cancer (22.4%), and diabetes (1.8%). These deaths are the result of eating habits based on ignorance and misconceptions.

“Whether a fat heals or kills depends on several factors: what kind of fats is it? How has it been treated - is it fresh? Has it been exposed to light, heat, oxygen, hydrogen, water, acid, base or metals like copper and iron? How old is it? How has it been used in food preparation? How much was eaten? What different fats do we get?” *Fats that Heal Fats that Kill by Udo Erasmus.*

Our health and energy depends on us getting the right amounts and correct balances of the good fats, and eliminating those fats that lead to fatty degeneration. If we choose to follow the right lifestyle and make the right choices, we can reverse diseases of fatty degeneration.

Foundations of health

A most fundamental truth we must realise is - we are what we eat. If we continue to make wrong health choices we will suffer the consequences. Our body is made from the foods we eat, the water we drink, the air we breathe and the light we are exposed to. These four things are the primary determinant of physical health. We have no control of the biochemical

processes that occur in our bodies after we swallow, breathe in or expose ourselves. But we can choose what we swallow, breath in or to what we expose ourselves. Our health depends on the choices we make.

Next we shall look at a small but incredibly important part of maintaining good health, by focussing on essential fatty acids. Please remember that these are very sensitive to destruction by light, air and heat. As stated before, they can be destroyed or their chemical structure can be altered resulting in chemically altered, toxic fatty acids that will lead to toxic pollution in our bodies.

Omega oils

Fatty acids come in many different shapes and sizes. Their unique molecular structure defines and classifies them. Many people have heard of omega 3, omega 6 and omega 9. Two of these, omega-3 and omega-6 are two oils that cannot be made by our bodies, so they must come from our food. If we do not get enough of these in our diets, our health will deteriorate. If enough of these oils are taken into the body, then all the problems caused by a lack will reversed. They are called essential fatty acids because they must be obtained in our diet. When we look at the population, 99.9% do not get enough of them. It is most important to get them in the right balance. The correct ratio is 1 part Omega 3, to 2 or 3 part Omega 6. Many diets typically have 20 to 30 times more Omega 6 than Omega 3. When this imbalance is compounded with eating damaged fats, we have many health problems. Omega-3 oils are a manufacturer's nightmare because they are five times more sensitive to damage than omega-6 oils. These fats are so important that even if we eliminated the bad fats from our diets completely, we would still, eventually, die if we did not ingest any of these EFAs. We simply cannot live without these fats!

Flaxseed oil is one of the richest source of omega-3 oil in the form of alpha-linolenic acid (ALA). Its benefits are increased energy, nicer skin and elevated mood. When omega-3 is introduced into the diet, nearly every major degenerative condition is benefited.

But by using flaxseed alone, we may become omega-6 deficient. The symptom of this is arthritis-like pain in the finger joints and papery thin skin. Some research says that by limiting only to omega-6 oils, there is an increase in prostate and breast cancers. When we are omega-6 deficient the immune system is retarded. This is why we should not use flaxseed alone, but combine this with organic sunflower, sesame or evening primrose oil. Our body needs both oils in the correct ratio.

Omega 6's are linoleic acid (LA) and gamma-linolenic acid (GLA) and are found in safflower, sunflower, hemp, sesame and flax. However, remember that when oils are exposed to light, air or heat they become toxic, so 99% of the sunflower and safflower oils that are commonly used today are useless for health purposes. But by using the healthy oils mentioned here, either raw and fresh on salads, pastas etc is a great way to increase the amount of healthy fats in your diet. But remember - many of us actually consume too much omega 6 in relation to omega 3 which can cause problems (getting the correct ratio between 3, 6 and 9 is important).

Omega 9 is mostly oleic acid (OA), which is found in the olive, almond, avocado and macadamia oils. Again, the ratio is important, but many of us use less of these oils, so this is not something we need to consider quite so much. The handy thing is that these oils all taste delicious, so they are easy to incorporate into our lives.

For years the health industry and food manufacturers have bundled all fats, good or bad, together and have told us to keep them out of our diets. However, there are two sides to the story of fats. It is absolutely true that you should aim to completely eliminate the 'bad' fats, such as trans-fatty acids and saturated fats. However, there are also the 'good' fats, also known as Essential Fatty Acids that are so beneficial and vital to our wellbeing, yet sadly we are chronically deficient in them.

Symptoms of omega 3 and 6 deficiency

- * Dry skin, acne or skin disorders such as eczema, psoriasis or rosecea
- * Constipation
- * Weight gain
- * Low energy levels
- * Brittle hair and hair loss
- * Poor nail growth
- * Deterioration of liver and kidneys
- * Depression
- * Inability to sleep
- * Low immune system
- * Digestion problems, inflammation, bloating
- * Allergies
- * Low libido
- * Tingling in arms and legs

Some of the benefits...

- * Increased Energy: Omega oils increase oxidation rate, increase metabolic rate, increase energy levels and increase stamina.
- * Weight Loss: Increased metabolic rate means that we burn more calories. Helps kidneys dump excess water held in tissues. Help decrease cravings, lower glycaemic index of foods and suppress appetite.
- * Cardiovascular Disease Prevention: Consumption of EFAs may prevent heart attacks and also reduce risk of sudden death due to cardiac arrhythmias. Omega oils have a number of heart-healthy effects, including reducing triglyceride levels, raising levels of HDL ("good") cholesterol and reducing blood pressure.
- * Decrease in Symptoms of Inflammatory Diseases such as Arthritis: Omega oils are successful in the treatment of symptoms of rheumatoid arthritis particularly in its early stages. EFAs are also very useful in the treatment of PMS (and related cramps) and inflammatory bowel disease.
- * Strengthened Immune System: Omega oils can make hormone-like eicosanoids that regulate immune and inflammatory responses. Omega 3 has anti-inflammatory effects and can slow autoimmune damage.
- * Improved Brain Function: The brain is over 60% fat and omega oils are vital components of our nervous system. They are needed to make the neurotransmitter serotonin. Depression and other brain diseases show decreased levels of omega 3.
- * Increased Recovery and Healing Capabilities: Omega oils are necessary for cell growth and division. They form

all cell membranes and regulate vital cell activity.

- * Healthy development of Infants: For nervous system development, a growing child needs optimum omega 3 fatty acids.
- * Decreased Possibility of Infection: Omega oils have anti-fungal, anti-yeast, and anti-microbial properties, helping to protect against infections.
- * Stronger Bones: EFAs aid in the transport of minerals that keep bones and teeth strong, helping to prevent osteoporosis.
- * Protected Genetic Material: EFAs regulate gene expression, and omega 3's inhibit tumour growth.
- * Reduced PMS Symptoms: Studies indicate that omega 6 intake was voted, by women, among the top three most effective PMS treatments. Omega 3 may be even more effective.
- * Clearer Skin, Stronger Nails, Shinier Hair: EFA deficiency often leads to dry, flaky skin, weak hair, and brittle nails.
- * More recently, studies have also highlighted the positive effects of essential fatty acids on the development of infants, in treating ADHD and other behavioural problems, in treatment for depression and to treat Alzheimer's disease.

Fat facts

Any fat, oil, butter, margarine, shortening, lard etc becomes toxic instantly once it is heated, or exposed to light or air. And apart from coconut oil, which is unique in its properties, there are no other oils on earth that are meant to be solid. (For a complete article on coconut oil, read Back to Eden Newsletter number 32.) To make an oil solid you have to REALLY refine it, with light, heat and air. The commercial oils found on the supermarket shelves have two main problems. The molecules are damaged during processing, creating toxic molecules. These cause inflammation and cardiovascular disease. The second problem is they are completely deficient of omega-3 oils. Commercial oil is treated with various chemicals, heated and bleached before going in the bottle. This supposedly makes them "purer" and gives them a longer shelf life. Remember, any oil will deteriorate if it is exposed to light, heat and oxygen. Oil must not be stored in plastic as the chemicals in the plastic leach into the oil from the plastic itself introducing synthetic oestrogens into our bodies. Glass is by far the superior packaging material.

Governments, the world over are not going to legislate using healthy oils. Far too much money is at stake. These oils, in the way that they are manufactured and delivered to consumers (not only are they sold in plastic containers, but the containers do not protect the oils from light or heat) – which means that they are extremely unhealthy. Thousands of research studies have linked the use of margarines, canola and other vegetable oils to the onset of degenerative disease. At the same time, thousands of research studies have linked the intake of high quality, cold pressed omega oil blends (particularly omega 3) with the prevention and recovery of degenerative diseases.

When vegetable oil is processed, a great degree of damage is done. Just one tablespoon of oil that has been damaged only 1%, in this small amount there are one million toxic molecules. It is known that only two molecules are able to change gene expression. So if we are introducing any food into the body that can change gene expression, we are programming our bodies for disease. This is the programming that allows tumours to grow in the body, produce pain to the joints and swellings and deposits in the arteries. Thereby we can see that not only our genetic make-up is the sole contributor to our diseases, but by poor food choices we can certainly bring on our health problems.

Aids brain development

There is now reasonable research that suggests that when you give autistic children omega-3 fatty acids, their condition improves (along with vitamin B6 and magnesium). When these essential fatty acids are given in the diet, almost every degenerative disease is improved. Research shows that an increase in omega-3 in the diet will elevate the mood and reduce depression. They are also useful for hyperactive children and for those who have an inability to concentrate. Many children with ADD and ADHD as well as dyslexia, learning problems, schizophrenia, obsessive compulsive disorder and Alzheimer's disease show changes for the better when given the correct supply of essential fatty acids.

Omega-3 is not the only essential nutrient, as there are 20 minerals, 14 vitamins and eight essential amino acids. All these are essential in the control of all

these diseases as the brain can only work when all the nutrients are there.

The right fats don't make you fat

The body uses and stores saturated and monounsaturated fats completely different. When you consume sweets, simple carbohydrates and starches the body uses what it can quickly, but the majority of this energy is converted into saturated and monosaturated fat and is stored. In short, it isn't easy for the body to use this type of energy and it can lead to overeating and sugar addiction as in the absence of good fats, the body seeks more and more.

Good fats such as the omegas and coconut oil are easily used by the body as slow-burn energy. The body is able to store much more of these fats as energy and literally none contribute to the increase of your waistline.

Udo Erasmus, the world's leading authority on fats and oils states: "In our culture, most overweight results from excessive consumption of sweet and starchy foods. If we limit our intake of carbohydrates to our body's energy requirement, normal body weight is one of the benefits. Fats suppress appetite and therefore help to stabilize body weight. The good fats (omega-3 especially and omega-6) increase body fat burning, decrease body fat production, and increase body heat production (i.e. fat burnoff without exercise)."

This is also especially true of coconut oil, which as mentioned is a MCT - meaning that the body can utilise this fat rapidly as energy, and none is stored as fat in the body. It might be strange at first putting spoons of pure fat into your body - but these fats are different.

There is such a thing as "good fat"

The discovery of essential fats goes back to 1929 and the work of husband-and-wife research team George and Mildred Burr. The couple's research on animals showed that a lack of essential fats in the diet created skin problems such as dryness, scales and swelling. They also observed damage to internal organs as the deficiency progressed. When these symptoms were left untreated, the animals eventually died.

In 1956, another researcher furthered our understanding of essential fats with a letter published in *The Lancet*, one of the world's most prestigious medical journals. The author, Hugh Sinclair, claimed that most of the world's so-called "diseases of civilization" - coronary heart disease, cancer, diabetes, inflammation, strokes and skin disease - were caused by a disturbance in fat metabolism.

Sinclair, who dedicated his life to the study of nutrition and the role of essential fatty acids in human health observed that, in spite of improvements in medicine and standard of living, the life expectancy of a 50-year-old man had not changed since the middle of the 19th century. He theorized that the major reason for this was because the typical Western diet was full of processed foods, saturated fats and trans-fatty acids ("bad fats"), but severely lacking in essential fatty acids ("good fats").

Although Sinclair was ridiculed at the time, modern science has discovered that his theories were, indeed, correct. We know today that essential fatty acids (EFAs) profoundly influence the health of the human body. Research with essential fatty acid supplementation has shown promise in a number of areas including:

- cardiovascular health
- diabetes
- rheumatoid arthritis
- skin conditions such as eczema and psoriasis
- brain function
- infant development
- immune function
- cancer prevention

Getting the right fats

Extra virgin olive oil is recommended as an oil for use as it has not been damaged by processing. It does not contain any toxins but it contains virtually no omega-3s and 10% of omega-6s. It contains omega-9 but this oil is not classed as essential as the body can make it from sugar and starch.

Some health authorities promote the use of fish oils for health. But not all fish oils are good for us. Another reason against fish oils is that it is 25 times more sensitive to damage than omega 6 oils. The processing of fish oils is more complicated than processing seed oil. They also contain dioxins and PCBs which are present in the fish because of pollution in the oceans.

Another not so well known source of omega 3 is hemp. Hemp is the twin of flax and they share a long history. They have been used for centuries for their fibre to make canvas and rope. But the oil of the hemp appears to be one of nature's most perfectly balanced EFA oil. It also contains a portion of other fatty acids that are very beneficial. They produce no "high" in humans or animals and it tastes a little like sunflower oil. Most people prefer its taste when compared with flax oil.

Those who are on a vegetarian diet make conclude that they do not need to worry about their fatty acid intake, yet they actually may be very low, which will play a critical role in good health and prevention against disease.

Each day, incorporate in your diet foods that are rich in omega-3 and omega-6. If

you take flaxseed oil, **remember to keep this oil in the fridge. It must not be heated, it must be kept in the dark with the lid tightly in place.** It deteriorates and goes rancid very quickly if left at room temperature. A daily serving of 1 teaspoon of flaxseed oil may be taken, but another more economical and easier way is to grind a combination of equal parts of sunflower seeds, sesame seeds, green pumpkin seeds, linseeds and any nuts you may like eg walnuts, almonds, brazils etc. Measure about ¼ cup (per serve) of the combined seeds and freshly grind in a coffee grinder each day immediately before serving. Never grind up more than needed as this will oxidise and begin to go rancid within twenty minutes of grinding. If you grind too much, it may be stored in the freezer, but it is a far better health practice to grind it up each day prior to use. Many people enjoy this seed mixture along with their breakfast.

Sources of EFAs, ALA alpha-linoleic acid - omega 3 LA linoleic acid - omega 6

1 tblspn Flaxseed oil (14g) provides 8.0g of ALA and insignificant levels of LA
1 tblspn flaxseed, ground provides 3.8 g of ALA

28g walnuts provides 2.6 of ALA but four times as much LA

126g tofu provides 0.7g of ALA but seven times as much LA

Omega 3 sources: Flaxseed oil, hemp seeds, canola oil, walnuts, soybeans

Omega 6 sources: most vegetable oils (non heated) especially corn, sunflower, soy and safflower oils, evening primrose, borage, black currant oil.

*Fats that Heal Fats the Kill by Uda Erasmus
New Vegetarian and natural Health Autumn
2006*

Cooking Grains....

"Grains used for porridge or 'mush' should have several hours of cooking. But soft or liquid foods are less wholesome than dry foods, which require thorough mastication."

The dictionary defines several as being more than two but fewer than many. Recent research is confirming the need for well cooked grains.

In recent years the radiologists have discovered tiny lacunar scars present in the brains of all people over the age of 30. The source of all these scars is obscure, but there are some who believe these scar are the result from the intake of inadequately cooked starch.

In the MEDICAL HYPOTHESIS (1991) 35:85-87, in an article by B J Freedman of the Longman Group in the United Kingdom, the theory was again put forth that these scars have a relationship to partly cooked grains of starch. Mr Freedman tested his hypothesis and found that incompletely cooked starch granules pass through the intestinal wall and enter the circulation.

"The starch granules remain somewhat intact during insufficient cooking. Like melting ice cubes they get smaller and smaller, but also like ice cube, the smaller chunk can still cause you to slip and fall.

So is it with starch chains. If they have not been cooked at boiling temperature long enough, portions remain partly intact. Some of the granules travel into and block the smallest arteries called arterioles, and the tiniest of all blood vessels, the capillaries.

"In most organs the circulation lying nearby suffices for continuous function. In the brain, however, neurons may be lost as blood vessels are plugged by intact starch granules. Over many decades the neuronal loss could be of importance to the individual, being sufficient to cause a reduction in thinking processes.

"Other organs believed to be damaged besides the brain are the bones (such as damage possibly resulting in stress or fatigue), muscles, joints, and lymph nodes.

"Since amaranth, quiona, and buckwheat are not grains, but plant seeds, they need to be cooked only until they taste done. Their starches are not like those of grains.

"Other starchy foods will also tell you when they are adequately cooked. Many legumes and white potatoes do not taste good if not cooked enough. Grains will give you the same taste warning, thus the popularity of instant cereals."

Well baked breads, other baked grain dishes, nicely browned waffles and popcorn, are good foods. Do not eat raw museli, only the toasted variety.

*Information and references taken from Agatha Thrash. MD. Long Cooking of grains...again!
Emphasis Your Health, spring 1994.*

Dextrinising

Dextrinising grains changes starch into dextrin, which has a structure in between that of starches and sugars. It shortens the cooking time by just a few minutes, but imparts a nutty flavour and fluffier texture. Dextrinising may be done by heating the dry grain in a heavy pan over low or medium heat, or in the oven, until the grain is a very light brown. Stir to prevent over browning on the bottom and/or around the edges.

Basic times for cooking grains

For each cup of dry grain add ½ tsp Celtic sea salt. Each 1 cup of grain is followed by the cups of water and the hours of cooking time.

Rolled oats,		
wheat, rye:	2c	1 to 1½ hrs
Cornmeal:	3 to 4c	1 to 1½ hrs
Cracked wheat	3 to 4c	2 to 3 hrs
Millet	4c	2 to 3 hrs
Brown rice	2½ to 3	2 to 3 hrs
Barley, triticale or wheat		
	3 to 4c	3 to 4 hrs

Hawthorn Berries.....

a tonic for the heart

Years ago my husband told me about these berries. He had fond memories of them from his childhood. Growing up in post-war Germany there had been a severe shortages of food. He recalls wandering around the fields with his young childhood friends and picking the small red berries from off the hawthorn bush or tree and eating them, hoping to relieve some of the hunger pains that they all felt. His herbalist grandmother had told him of many of the herbs and berries that could be used that were good for his health and hawthorn was certainly one of these.

Even though heart disease is a leading cause of disease and death, hawthorn has been virtually ignored as a treatment in Australia, while in Europe it is widely used as a treatment for heart disease with great success. In Europe, thousands of doctors prescribe hawthorn to prevent cardiovascular disease or to help alleviate symptoms of mild to moderate problems. It is considered so safe that it is sometimes prescribed concurrently with heart medications such as digitalis. Hawthorn is also considered a mildly calming herb for the nervous system--an appropriate bonus considering that stress and nervousness often accompany cardiovascular problems.

Hawthorn is classed as a cardiac tonic, antispasmodic and sedative. Its activity prevents cholesterol deposits in arterial walls, reduces serum cholesterol, dilates coronary vessels, increases the force of contraction of the heart muscle and regulates some cardiac rhythm disturbances. Its active ingredients are tannin and sabonin. It is a remedy for circulatory trouble, congestion of the medulla oblongata, high blood pressure, insomnia, anxiety, irritability and fatty degeneration. It is probably the finest heart tonic ever discovered. It is extremely rich in vitamin C, and has had great value in case of angina. It is not poisonous like digitalis, and is perfectly safe without any side effects. It regulates blood pressure and reduces it if it is too high by dilating peripheral blood vessels. It slows heart action without having any depressant effect.

One herbalist says that hawthorn is one of the best tonic remedies for the heart and may be used safely in long term treatments for heart weakness or failure, palpitations, angina pectoris, and congestive heart

failure. It increases oxygen utilization by the heart. According to legend, Christ's crown of thorns was believed to be made from hawthorn. Therefore the berries were thought to possess miraculous healing power. It is effective when patients don't respond to digitalis. Hawthorn flavonoids also have a strong collagen stabilizing action, which is the primary tissue found in skin, bones, ligaments and cartilage. By stabilizing these tissues, they are made stronger and more resistant to inflammatory conditions.

How to use

Hawthorn berries can be picked and made into a strong decoction. (If picking your own, you may need to protect your hands from the thorns). But to make the tea, let the berries sit in the water all night long. Then in the morning, use about a handful and simmer for 15 minutes and make a strong cup of tea. Take up to 6 cups each day. You can eat the berries as well. Remember you cannot take too much so use them as food for your heart. You can't overdose on hawthorn because of the chemicals in it called flavonoids; they are like vitamins, but they happen to protect the heart muscle from damage and cause the heart to be stronger. You can also make tea out of the leaves and flowers. These contain the same properties and give the same benefits if you cannot find the berries.

Hawthorn binds to your heart cells and make you require less oxygen and blood. If it is given after a heart attack, hawthorn has been shown to repair the heart cells much quicker and they are less damaged when it is found in your blood stream.

Hawthorn (*crataegus oxyacantha*; *c. laevigata*; *c. mongyna*; *c. pinnatifida*) is a common bush or tree in Australia. It is found growing wild along the roads as well as being found in many towns along nature strips. A hawthorn berry should look like a holly berry, bright red and succulent and loaded with pectin. It grows in many parts of the world and while some countries use the berries, the leaves and flowers are also very potent in their chemical properties that are heart protectors.

I have read of a story of a man who had a parasitic infection in his heart muscle. The

infection destroyed the function of his heart and so he was to have a heart transplant. He heard about changing his lifestyle and so went on a program to rid his body of the parasites using black walnut, wormwood and cloves. He then went on a cleansing program to rid his body of toxins (following eight health laws) and set about rebuilding his heart with hawthorn and cayenne pepper. A short time later his Doctor said his heart was healing and he no longer needed a transplant.



While hawthorn is very powerful, it is more powerful when added to a healthy lifestyle. Juice fasting is excellent to cleanse blocked arteries. Take lots of garlic. You must stop all animal products immediately. Even after two weeks of following this cleansing program, blood pressure and cholesterol levels will be lowered, the blood will be thinner and easier to pump through the body. Hawthorn works very closely with cayenne pepper in rebuilding and balancing the circulatory system.

In my own experience, hawthorn is the first herb, besides garlic and cayenne pepper, that should be added to one's daily dietary regimen when there is any suspicion of problems of cardiovascular disease.

To order Hawthorn Berry powder, see products page.

The Divine Prescription by Gunther B Paulien Ph D

Water Healing....

simple treatments to boost immune system

Water therapy is as old as man himself and it is ironic that such a natural effective treatment has to be rediscovered in each era. Hippocrates, who we regard as the “father of medicine” used water in the treating of many diseases. He also stressed the value of using various types of baths, each with a different temperature, as a therapeutic tool

Later Roman physician Galen and Celsus also advocated specific baths as an integral part of their remedies to combat illness. History tells us that many countries such as India, Turkey, Russia and Finland as well as the American Indians all used water therapy. It is interesting to note that during the eighteenth century there was a great revival of the use as water as medicine among some Italian, German and English clergymen and that the dedicated Scottish physician and surgeon, Dr James Currier, wrote and important book, *The Effects of Water, Cold and Warm, as a Remedy in Fever and Other Diseases*.

Vincent Preissnitz, a Silesian farmer, laid the foundation of modern water therapy. Vincent was only a teenager when he mangled his fingers and, as he watched with amazement, a neighbour showed him how to use continuous, wet cold compresses to cure and restore the functions of his injured fingers.

Shortly after this episode, Vincent was loading hay into a cart on a hill when the horses bolted and the heavy cart rolled over his body. To all appearances he was crippled for life – at least that was what the doctors told him. But Preissnitz remembered the lesson of his fingers. He daringly forced his caved-in ribs into a more natural position, and again tried cold compresses to relieve his pain.

The combination of rest, copious drinking, and wet cold wrappings worked beyond his wildest dreams. He fully recovered. In fact, his cure was so spectacular that the word was soon spread of this extraordinary farmer who could perform miracles with water.

Preissnitz did not write down his procedures, rather they were written up by those who observed his methods, but it wasn't until Sebastian Kneipp that water therapy became international.

Kneipp was born in 1821 in Bavaria. He was a weak and frail youngster and as he grew he found his repeated illnesses interfered with his activities. Once, when he was convalescing, he read about water treatments. Determined to strengthen himself, and become free of his many repeated illnesses, Sebastian Kneipp repeated this water treatment every day, and in a short time became markedly stronger. He soon developed extraordinary stamina, vigour and strength which he maintained through a long and active life as a priest. Cold water therapy made him the renowned Charles Atlas of his day. He developed and improved some of Preissnitz's techniques. He was a practising herbalist and he combined many herbal therapies with water techniques.

The uses of water

Water's three forms – liquid, steam or ice can be used in a wide variety of temperatures can also be used combined with different pressure. It can be used internally by drinking it, or by forcing streams of water into orifices, as in enema, douche, bidet, or nose or ear bath. And water can be used externally in the form of full or partial baths; showers, even in minute spots of the body; single or double compresses, or various body compresses or packs; hot water bottles, frozen ice bandages, or wrapped ice; steam in several ways; and various simultaneous or alternate combinations.

Because water can be used in so many ways, it has an astonishing variety of health uses. There are over 500 ways that you can let water heal your body.



Some of these ways: as a restorative tonic, for injuries, to relieve pain, for minor burns, to reduce fever, to induce perspiration, as a diuretic, as an eliminative, as an antiseptic, as a laxative, as an emetic, to raise body temperature, as a stimulant, as an anesthetic, as a sedative, as a anti spasmodic, to relieve thirst, for buoyancy and for mechanical effects.

Some types of water application involve hot and cold water, tonic friction, sponging, ice massage, packs, showers and steam. An example of one treatment is the alternate hot and cold bath. This creates new circulation pathways throughout your entire body. First, it calms anxiety, then stimulates new bursts of energy, and is used for insomnia, pulmonary congestion and pelvic pain.

More factors that influence healing

White blood cells (WBCs) play a major part in the role of fighting against germs and infections. There are over 300 trillion of these cells ready to fight for us. The number and energy with which they attack an enemy can be stimulated by the simple remedies of hot and cold water applications, exercise, fresh air, sunshine, and proper rest and diet.

Water therapies can produce cures that are not possible with herbs. Cold water stimulates and hot water relaxes. Together, they are like a universal pump that make our blood flow. Circulation produces cures. Herbs cannot cure us if our blood cannot circulate them. The body uses a principle of medicine called leuco-taxis. This is where the activity and motion of the WBCs increase in response to heat. For every degree of temperature (farenheight), the speed of which your WBCs travel is doubled. When your body temperature is raised using water, the WBCs kill things faster, eat them faster, travel faster.

Water therapy can be used for sore throats, congestion anywhere, any circulation problems, relieve migraines as well as special treatments for cancer and serious diseases plus countless more. As a matter of fact it can be used anywhere you have pain, inflammation and disease, or can even be used as a preventative for disease.

Check out the water program that I have coming up next month. Learn invaluable techniques that could reduce your pain and suffering and even save your life.

*The Complete Book of Water Healing by Dian Dincin Buchman Ph D
Home Remedies Dr Agatha and Dr Calvin Thrash*

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.....\$15
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
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Schnitzer Flour Mill
Hand or electric flour mills to grind your fresh flour as you use it. Order from Kaye or direct from www.skippygrainmills.com.au. Quote representative number SR0033

Sourdough Bread Culture \$20 (express postage included)
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Back to Eden

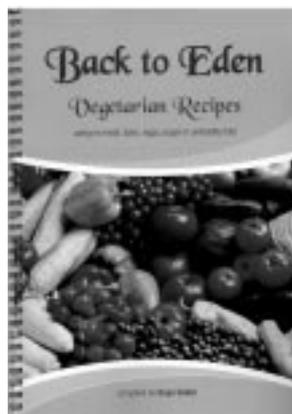
Vegetarian Recipe Book

Over 350 delicious Vegan Vegetarian recipes that use whole foods, nuts, seeds, grains fruits and vegetables. Recipes avoid many ingredients that are harmful to your health.

GREAT GIFT IDEA

TO OBTAIN YOUR COPY:

Pick up: at 496 Hague Street Lavington.
For postal orders: send \$25 for each book plus postage, to Kaye Sehm 496 Hague Street Lavington NSW 2641
Phone orders: phone Kaye on 0260 255018 to get account details for a direct debit.
Postage: add \$3 for 1 book, \$6 for 2 books, \$9 for 3 books, \$10 for 4 - 7 books



\$25

Recipes

SOY BURGERS

2 c soy beans, cooked and mashed
1 c brown rice, cooked
1 onion, minced,
1 clove garlic, minced
1 small carrot, grated
2 c soft bread crumbs
2 T soy sauce or 2 t miso
¾ c soy milk
½ c flour
½ t cumin
1 t Celtic sea salt
½ t mixed herbs

Combine all of the ingredients and mix well. (Can puree soy beans in whiz) Form into patties and fry in olive oil until cooked. An ideal accompaniment for a tossed salad. Suggestion: Replace the soy beans with any cooked beans, and replace the cooked brown rice with cooked millet or quiona.

CAROB SEED BALLS

½ cup seeds (any mix of linseeds, sunflower, pepitas and sesame)
1 c coconut milk powder
2 T light carob powder
3 T coconut cream
3-4 T maple syrup or honey
extra coconut milk powder for dusting

Whiz seeds in grinder or food processor until fine. Add coconut milk powder and carob powder. Whiz to remove any lumps. Mix in wet ingredients. Add more coconut milk powder if the mixture is a little wet. Form into small balls and roll in sifted coconut milk powder or carob powder. Freeze. Keep in freezer until serving.

Clove Oil

This is an invaluable remedy for toothache or any pain that is the result of tooth extraction. Place a few drops of clove oil on the affected gum or place drops on a cotton bud and dab on the gum. This brings relief rapidly. Have a bottle of clove oil on hand ready for any emergency.

Health Program Calendar for 2009

Back to Eden will be conducting more classes in 2009

Classes will be conducted on the first Wednesday morning each month (10am - 12 noon)

all programs will be confirmed - dates may have to be changed

If you are interested in attending any of these Back to Eden classes, mark these dates on your calendar or simply photocopy this page and return it to Kaye with your name and phone number. You will then be contacted prior to each class. A brief overview of the classes is given below. (\$12 cost for classes)

Or you can phone Kaye directly to book your place on 0260 255018 or post to Kaye Sehm 496 Hague Street Lavington 2641. Classes will be held at Kaye's home at above address.

Next classes... don't miss them.... tell your friends

Wednesday May 6 Simple Water Treatments This class will show you how to use water treatments (Hydrotherapy) to relieve pain, boost your immune system and break up congestion in different parts of your body. Learn how to relieve sore throats and common colds, how to shorten the recovery time for the flu, how to take away the pain of migraines, ease arthritis, insomnia, sinus infections, sore backs and many more common ailments.

Wednesday June 3 Herbal Ointments and Oils A hands-on-class that will show you how to prepare different oil infusions eg comfrey, chamomile, and a chronic pain linament, how to make herbal ointments and even a completely natural face cream with no chemicals.

Wednesday July 1 Sourdough Breadmaking Class This class shows how easy it is to make sourdough bread from different wholemeal grains, pizzas and pumpkin cob loaves. Different methods include by hand as well as using a bread machine. You will receive recipes and a sourdough culture.

Wednesday August 5 Simple Home Remedies This class will teach you how to treat many physical problems using old-fashioned simple home remedies with ingredients that are found in your garden and kitchen cupboard.

Wednesday September 2 Health Laws from the Bible You will be amazed to discover that the Bible contains many health principles and laws, that if followed, will restore and strengthen your health. Discover what they are.

Wednesday October 7 Vegetarian Cooking Class A class that will teach you how to cook low fat, inexpensive, dairy free, additive free, sugar free, delicious tasty meals. We will cover nutritious breakfasts, healthy main meals, spreads and dressings, desserts, demonstrating many recipes. New recipes.

Wednesday November 4 Herbs for your Health This class will identify simple garden herbs (weeds) and how to use them to treat illness and to strengthen your health.

Invite your friends along