

Back to Eden

Excitotoxins
Natural Healing Experience
The Forgotten art of
Hydrotherapy
Recipe
Recipe Book / products
Toxic Household Products

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About ten years ago I purchased a book called Excitotoxins: The Taste That Kills by Dr Russell Blaylock. Since that time I have been very conscious of avoiding any foods with excitotoxins in them. But I am aware that many people still do not know that these deadly poisons are found in so much of our processed foods. It is found in almost everything, even so called health products. It is not only used as a sweetener, but is also used as a savoury taste.

Last issue I advertised a Special Health Weekend that I was to run with Karen Walters. We have had to postpone this due to some unforeseen circumstances, but it is not cancelled permanently. Karen has spent the last three months packing up a house and relocating to Hervey Bay where she will be living. She plans to spend some time in Albury each year adding her expertise to our programs.

I also was hoping to run some more classes over the next few months but I am putting these on hold as well.

I have planned another weekend that will be held on July 31 Aug 1 with Jennifer Berghan and her daughter Candice. Jennie and Candice have been working with people who have cancer, showing them how they can use natural therapies in their own home that will help in the treatment of cancer. They have written a book Hope Beyond Cancer which reveals a comprehensive alternative program that is aimed at fighting cancer by targeting and eliminating the cause. It includes a tutorial DVD showing how to do simple treatment in your own home. Don't miss this weekend as you will be able to help many people with knowledge you will gain.

From Kaye and the Back to Eden team

Excitotoxins... tasty but deadly

*A special report from the book
Excitotoxins: The Taste that Kills by Dr
Russell Blaylock*

What if someone were to tell you that a chemical added to food could cause brain damage in your children, and that this chemical could affect your children's nervous systems through their entire life so that in later years they may have learning or emotional difficulties? What if there was scientific evidence that these chemicals could damage a critical part of the brain known to control hormones so that later in life your child might have endocrine problems? How would you feel?

Suppose evidence was presented to you strongly suggesting that the artificial sweetener in your diet soft drink may cause brain tumours to develop, and that the number of brain tumours reported since the widespread introduction of this artificial sweetener has risen dramatically? Would that affect your decision to drink these products and especially to allow your children to drink them? What if you could be shown overwhelming evidence that one of the main ingredients in this sweetener (aspartate) could cause the same brain lesions as MSG? Would that affect your buying decisions?

And finally, what if it could be demonstrated that all of these types of chemicals (called excitotoxins) could possibly aggravate or even precipitate many of the neurodegenerative brain disorders such as migraines, seizures, infections, abnormal neural development, certain endocrine disorders, specific types of

obesity as well as the neurodegenerative diseases such as Parkinson's disease, Huntington's disease, ALS, and Alzheimer's disease? Would you be concerned if you knew that these excitotoxin food additives are a particular risk if you have ever had a stroke, brain injury, brain tumour, seizure, or have suffered from hypertension, diabetes, meningitis or viral encephalitis?

We would all be more than just concerned to learn that well known powerful brain toxins were being added to our food and drink to boost sales. We would be especially upset to learn that these additives have no other purpose than to enhance the taste of food and the sweetness of various diet products.

You would also be upset to learn that many of these brain lesions in your children are irreversible and can follow a single exposure of a sufficient concentration. And I would bet that you would be amazed to learn that the food industry disguises many of these "excitotoxin additives" so that they will not be recognized. In fact, many foods that are labelled "No MSG" not only contain MSG, but also contain other excitotoxins of equal potency.

History

For thousands of years Japanese cooks have added a special ingredient to their recipes to magnify the desired taste of foods. This ingredient was made from a sea weed known as "sea tangle" or kombu. In 1908 the active chemical of this "taste enhancing" ingredient was isolated. Most of you will immediately recognize the chemical which has this almost magical property it's called monosodium glutamate, or MSG. It had the ability to make ordinary or tasteless food into something very tasty.

It was then turned into a worldwide multi-million dollar industry. At the centre of this empire is the Ajinomoto Company which today produces most of the world's supply of MSG and a related taste-enhancing substance called hydrolyzed vegetable protein, which also contains MSG.

After World War II, American food manufacturers discovered why the rations of the Japanese soldiers tasted so good. They decided to put this taste-enhancing substance into their foods. Soon all of the giant food manufacturers were adding millions of pounds of MSG each year to processed foods. At the time of its discovery, it was thought to be perfectly safe, since it was a natural substance - it is an amino acid which are used to create proteins.

Dangers discovered

The amounts of MSG and similar additives being added to foods increased throughout the post-war period. In fact, the amount of MSG alone added to foods has doubled in every decade since the 1940's. By 1972 262,000 metric tons of MSG were produced. Throughout this period, few suspected that these taste enhancing additives could be doing serious harm to individuals eating these foods. But, by the end of the 1960's, research data began to appear demonstrating the dangers of MSG as a food additive. This scientific data should have alerted those responsible for public safety to the danger. Excitotoxins are now found in almost all processed foods. In many cases they are being added in disguised forms, such as natural flavourings, spices, yeast extract, textured protein, soy protein extract etc. It is also known that given in liquid forms, as what occurs in soups, gravies, diet soft drinks they are more toxic than when added to solid food. This is because they are more rapidly absorbed and reach higher blood levels.

What is an excitotoxin?

These are substances, usually amino acids that react with specialized receptors in the brain in such a way as to lead to the destruction of certain types of brain cells. Glutamate is one of the more common known excitotoxin. MSG is the sodium salt of glutamate. This amino acid is a normal transmitter in the brain. In fact it is the most commonly used neurotransmitter in the brain. What makes it danger-

ous is the amount received by the brain. When received in higher concentrations the cells undergo a process and eventually die.

The brain has mechanisms to stop the build-up of MSG in the brain. This is called the blood brain barrier, a system that slows the glutamate entry into the brain cells. But this system was designed to protect against occasional elevation of glutamate. It was not designed to eliminate the high doses of glutamate and/or aspartame consumed daily. The glutamate will by-pass this barrier and enter the brain in toxic concentrations and literally excite the brain cell until it dies.

Until this time, neuroscientists assumed that glutamate supplied the brain with energy. Based on this idea scientists in one clinical study, fed large doses of MSG to retarded children to see if it would improve their IQ. The experiment failed. Then, in 1957, two ophthalmologists, Lucas and Newhouse, decided to test MSG on infant mice in an effort to study an eye disease known as hereditary retinal dystrophy. But, when they examined the eye tissues of the mice, they made a startling discovery. The MSG had destroyed all of the nerve cells in the inner layers of the animal's retina which are the visual receptor cells of the eye.

Despite this frightening discovery, MSG continued to be added to food in enormous amounts and cookbooks continued to recommend it as a taste enhancing additive for recipes. But the worst was yet to be disclosed about this compound. Some ten years later John W. Olney, MD, a neuroscientist working at the Department of Psychiatry at Washington University in St. Louis, repeated Lucas and Newhouse's experiment in infant mice. He found that MSG was not only toxic to the retina, but also to the brain. When he examined the animals' brains he discovered that specialized cells in a critical area of the animals' brain, the hypothalamus, were destroyed, after a single dose of MSG.

The implications of Dr. Olney's findings should have been earth-shaking to say the least. Why? Because millions of babies all over the world were eating baby foods containing large amounts of MSG and hydrolyzed vegetable protein (a compound which contains three excitotoxins). In fact, the concentrations of MSG found in baby foods was equal to that used to create brain lesions in

experimental animals. And in all of these experiments, immature animals were found to be much more vulnerable to the toxic effects of MSG than were older animals. This was true in all animal species tested.

Yet, food manufacturers continued to add tons of this excitotoxic additive to foods of all kinds, including baby foods. Even the government's public health watchdog agency, the Food and Drug Administration, refused to take action. Dr. Olney, one of the leading researchers in this area, felt compelled to do something to protect unsuspecting mothers and their infants from this danger. First he informed the FDA of the real danger to human infants and encouraged them to take action. But they refused. His only recourse was to go public with what he knew to be true that MSG was a dangerous compound that should not be added to infant foods. It was only after his testimony before a Congressional committee that the food manufacturers agreed to remove MSG from baby foods. But did they really?

Hydrolyzed vegetable protein more dangerous than MSG

Instead of adding pure MSG they added a substance known as hydrolyzed vegetable protein that contains three known excitotoxins and has added MSG. This substance is even more dangerous than MSG. They continued this practice for seven more years, and there is evidence that excitotoxins are still added to baby foods today. Usually these are in the form of caseinate, beef or chicken broth, or flavouring. Another type of food sold by these manufacturers is directed at toddlers. At least some of these foods contain hydrolyzed vegetable protein. Experimentally we know that the brain is extremely vulnerable to excitotoxins even at this early stage of development.

Glutamate and other excitotoxins can alter the way the brain is formed during development. It is hypothesized by some neuroscientist that exposure to these powerful compounds early in life can cause developmental brain defects that would produce learning difficulties and behavioural problems as the child grows older. There is also some evidence that it may contribute to violent behaviour as well.

In experimental animals “MSG babies” are found to be short in stature, obese, and to have difficulty reproducing. This effect only becomes evident long after the initial MSG exposure. More detailed studies have found that “MSG babies” have severe disorders involving several hormones normally produced by the hypothalamus. Not only do we have an obesity epidemic today, but most everyone has problem with hormonal imbalance.

Unfortunately, MSG is not the only taste enhancing food additive known to cause damage to the nervous system. In fact, there is a whole class of chemicals that can produce very similar damage they all share one important property. When neurons are exposed to these substances, they become very excited and fire their impulses very rapidly until they reach a state of extreme exhaustion. Several hours later these neurons suddenly die, as if the cells were excited to death. As a result, neuroscientists have dubbed this class of chemicals “excitotoxins”.

“Natural flavourings” may contain 20-60% MSG

Several of these “excitotoxins” are man-made and are used as research tools. Others are found in nature, such as glutamate, aspartate and cysteine all of which are amino acids. MSG is a modified form of glutamic acid in which sodium is added to the molecule. But the toxic portion is the glutamic acid, not the sodium. Often food manufacturers will mix MSG with other substances to disguise it, or use substances known to contain high concentrations of glutamate and/or aspartate. For example, the label designation “natural flavouring” may contain anywhere from 20 to 60 percent MSG.

How hydrolyzed vegetable protein is made

This powerful excitotoxin mixture is often portrayed as a perfectly safe and “natural” substance. “After all,” manufacturers say, “it’s made from plants.” Actually, this mixture is made from “junk” vegetables that are unfit for sale. They are especially selected so as to have naturally high contents of glutamate. The extraction process of hydrolysis involves boiling these vegetables in a vat of acid. This is followed by a process of neutralization with caustic soda. The resulting product is a brown sludge that collects

on the top. This is scraped off and allowed to dry. The end product is a brown powder that is high in three known excitotoxins glutamate, aspartate, and cystoic acid (which converts in the body to cysteine). It is then added by the food industry to everything from canned tuna to baby food. Hydrolyzed vegetable protein should not be confused with hydrolyzed vegetable oil. The oil does not contain any concentration of glutamate, it is an oil.

So what is it that these “excitotoxins” actually do that is so important to the food manufacturers? All of these chemicals stimulate the taste cells in the tongue, thereby greatly enhancing the taste of whatever food to which it is added. It is what gives soups the scrumptious taste that we all love so much. Today they are used extensively in sauces, soups, gravy mixes, and especially frozen diet foods. Low fat foods are often tasteless. To help sell them to the public, food manufacturers add “excitotoxin” taste enhancers to these foods to improve the taste.

But the negative effects of excitotoxins are not limited to small children. There is growing evidence that excitotoxins play a major role in a whole group of degenerative brain diseases in adults especially the elderly. These diseases include Parkinson’s disease, Alzheimer’s disease, Huntington’s disease, MS, Amyotrophic Lateral Sclerosis (ALS), as well as several more rare disorders of the nervous system.

What all of these diseases have in common is a slow destruction of brain cells that are specifically sensitive to excitotoxin damage. Neurons that use glutamate for a transmitter are destroyed by these high concentrations of glutamate, while other neurons that use other transmitters are spared. While there is little evidence that food borne excitotoxins are the cause of these disorders, there is growing evidence that they can aggravate these conditions and that they may even precipitate them in sensitive individuals. Certainly the scientific evidence is far too strong to ignore the possibility that excitotoxic food additives may cause such conditions to appear sooner and to a more serious degree. For those who suffer from these diseases it is best to avoid all food containing MSG as well as meat, cheeses and pureed tomatoes which all have high levels of glutamate.

More and more diseases of the nervous system are being linked to excitotoxin build-up in the brain. For example disorders such as strokes, brain injury, hypoglycemic brain damage, seizures, migraine headaches, hypoxic brain damage, and even AIDS dementia have been linked to excitotoxin damage. There is also evidence that some individuals born with metabolic defects in certain brain cells may be particularly susceptible to excitotoxin damage.

In his book, Dr Blaylock has tried to compile some of the vital research linking excitotoxins to injury and diseases of the nervous system. This area of research is growing by leaps and bounds. He feels that this new information linking excitotoxins with disease must reach the general public so that we can make up our own mind on this issue. Unfortunately, most of this critical information is buried in technical and scientific journals, far from the public’s eye.

His book is written mainly for the lay public, but also for those trained in medical science and biology. He has provided references for those who seek either to check the accuracy of his statements or to delve deeper into the subject themselves. Of course, the book does not claim to be an exhaustive study of each area of controversy, but leading experts are quoted in each case. The field is far too vast for such a review.

He was warned when he submitted the manuscript for the book to his publisher that he should prepare for the backlash from the food industry, and especially from the representatives of the glutamate manufacturers. These two industries have joined together to fight anyone who would dare criticize the use of flavour enhancers. In fact, they have formed a special lobby group to counter any negative claims about their product. This group, called The Glutamate Association, is made up of representatives of major US food manufacturers and the Ajinomoto Company, which, based in Japan, is the chief manufacturer of MSG and hydrolyzed protein. Many have been scared off by these powerful businesses and organizations. But Dr Blaylock feel that the message is too important to be left alone. The FDA has failed in its stated purpose of protecting the public from harmful substances being added to the food supply. Millions of lives are at stake including those of future generations. People must be warned.

A growing list of excitotoxins is being discovered, including several that are found naturally. L- cysteine is a very powerful excitotoxin and is added to certain bread dough as well as being sold as a supplement. Homocysteine is also an excitotoxin.

Additives that always have excitotoxins.

Always check ingredient lists.

Monosodium glutamate

Hydrolyzed vegetable protein

Hydrolyzed protein

Hydrolyzed plant protein

Plant protein extract

Sodium caseinate

Calcium caseinate

Yeast extract (vegemite, marmite etc)

Textured protein

Autolyzed yeast

Hydrolyzed oat flour

Additives that may have excitotoxins

Malt extract

Malt flavouring

Boullion

Broth

Stock

Flavouring

Natural flavouring

Natural beef or chicken flavouring

Seasonings

Spices

Aspartame

Another excitotoxin additive that is familiar to all of us is the artificial sweetener NutraSweet, also known under other brand names. Actually, 50 percent of the compound is composed of the excitotoxin aspartate. Like glutamate, aspartame acts in the same way as glutamate killing brain cells by allowing too much calcium into the cell. This triggers excessive amounts of free radicals which kill the cells.

NutraSweet is used in many diet foods and beverages. It is well recognized that liquid forms of excitotoxins are much more toxic to the brain than dry forms as they are absorbed faster and produce higher blood levels than when mixed with solid foods.

Aspartame is made up of three chemicals: aspartic acid, phenylalanine and methanol. Aspartic acid is a powerful excitotoxin - it is as powerful as glutamate. Phenylalanine causes mental retardation in children, emotional disorders such as depression, schizophrenia and makes one susceptible to seizures. Methanol is a wood alcohol that is a deadly poison. It is methanol that causes

skid row alcoholics to end up blind or dead. It is broken down to formic acid (what causes fire ant stings) and formaldehyde (a deadly neurotoxin). Symptoms of methanol poisoning include headaches, ear buzzing, dizziness, nausea, gastrointestinal disturbances, weakness, vertigo, chills, memory lapses, numbness and shooting pains in the extremities, behavioural problems and neuritis. The most well known problem from methanol poisoning are vision related including misty vision, blurring of the vision, retinal damage and blindness.

This is found in many beverages and foods today. Especially dangerous are the so called diet drinks. The American troops who were in Iraq during Desert Storm drunk large amounts of aspartame sweetened beverages that had been heated up in the hot Saudi Arabian desert sun (heated beverages containing aspartame are even more hazardous). Many of the troops returned home with numerous disorders similar to what has been seen in persons who have been chemically poisoned by formaldehyde.

Diketopiperazine (DKP) is a by product of aspartame metabolism that has been implicated to brain tumours. The more aspartame was consumed, the more tumours would develop. Other studies link aspartame to birth defects, Multiple Sclerosis, uterine and ovarian cancer. Dr Blaylock says that aspartame can precipitate diabetes in persons who are genetically susceptible to diabetes. The Air Force has published articles that warn pilots who consume aspartame that it can make the pilots more susceptible to seizures and vertigo. Over 600 pilots have reported symptoms including some who have reported suffering grand mal seizures in the cockpit due to aspartame.

Aspartame can be found in many different products. Always check the labels.

Summary

Excitotoxins affect everyone who is eating any processed foods. The only way to avoid these is by carefully selecting fresh vegetables and fruit and making almost everything from scratch. Some people may say that they are not sensitive to MSG, but this is a mistake. The destructive effect of MSG and related compounds is not an allergic reaction, it is a toxic reaction that occurs in virtually everyone. Some are more

sensitive than others, but all are affected. The symptoms can remain silent for years.

Today there are many epidemics of unexplained diseases. I believe that it is highly probable that some of them are linked to excitotoxins. A very obvious one is the obesity epidemic. For those of us who are old enough can remember back to the time when many people were actually thin. In laboratory tests, mice given excitotoxins become obese. Another study showed mice exposed to MSG developed diabetes. The list goes on and on. The increase in brain tumours corresponds to the time when aspartame was introduced.

How do we protect ourselves against any more damage from excitotoxins. Dr Blaylock goes into more detail in his book. In a nutshell - we must avoid anything with excitotoxins and have a well balanced and healthy diet. Magnesium is the most powerful protectant to the brain. Leafy plants are high in magnesium. So eating a healthy diet is the best way to minimise damage.

Dr Russell Blaylock is a board-certified neurosurgeon, an assistant professor at the University of Mississippi, has written medical textbooks as well as having a busy neurosurgical practice. He noticed that patients in their twenties were complaining about their inability to remember things. He systematically documents a detailed and well researched argument that certain substances added to foods and beverages literally stimulate neurons to death, causing brain damage of varying degrees.

When you decide to avoid excitotoxins you may have a problem. How do you replace those flavourings and make tasty food?

This is not easy as most people have acquired a taste for "tasty" foods using boullion cubes, sauces or any excitotoxin. I have replaced using soy sauce or Braggs with using miso, a cultured spread that gives a nice taste to recipes. Miso comes in different colours and flavours. My preference is the dark one that tastes similar to vegemite. But my belief is that we have to learn to cook using what our grandparent used to flavour their meal - Celtic sea salt and herbs. See my Recipe Book for many excitotoxin free recipes.

An Experience in Natural Healing

... a personal testimony

During the second week of January I discovered I had a very sore throat. At first I didn't take much notice of it but it began to keep me awake at night and I noticed I was feeling quite lethargic with no energy. A week later I realised I would have to get some treatment so I went to a local naturopath. I thought I had come down with a bad case of the flu, which was rather unusual for the middle of January. The naturopath discovered something not right with my blood, but no specific conclusion was made as to the cause of anything. Upon visiting a doctor for a medical certificate, my lungs were checked, and it was only assumed I had a virus. Antibiotics were prescribed (which I did not take).

By now, my chest was tightly congested and I had a terrible cough. This was a violent cough which lasted continuously for the next 4 weeks - both day and night. Absolutely nothing that I would normally do worked for me. I realised I had not yet got to the root cause of the problem.

After 4 weeks violent coughing and my whole muscular system getting sorer and sorer by the day, I woke up on a Saturday morning early in February with pain around my left ribs after a coughing attack during the night. Thinking it was a pinched nerve I went to my massage therapist and chiropractor the following week. I received only a small amount of relief, the coughing still continued and nothing was really helping.

The next week I took myself to a second doctor to have my ribs checked for any fractures. Arrangements were made for x-rays 2 days later (now Feb 15). My body by now just felt wrecked. Every day at work was getting increasingly harder with the now increasing rib pain.

I never made it for my x-ray appointment two days later as I ended up in hospital instead. The pain was excruciating. It was about a level of 8 - 9 out of 10. Immediately I was given stronger drugs for the pain and had the x-rays done in the hospital. No broken ribs were found. It was then suspected I may have a clot on the lung for which I was given a CT scan. No clot was found. After a few other

tests, it was concluded I had torn cartilage between the ribs, which I was told is far worse than a broken bone, as a broken bone would not create the pain level I was experiencing. All this was due to violent coughing - unbelievable!

Upon being sent home with a medical certificate for a number of days to rest and with stronger pain killers than I had been using, I contacted Kaye to see if possible something natural could bring relief, as I was not keen to use drugs for probably the next month or so (now Feb 19).

Kaye told me to do some simple treatments using hydrotherapy and using cayenne poultices. I emailed her the following report of my progress as I did the treatments.

Email

Just thought I'd email and let you know of the progress since having spoken to you on Friday regarding the torn cartilage between my ribs.

Friday - I managed to do two treatments with the hot / cold packs for 20mins - half hour sessions. Interestingly I noticed some degree of relief straight after the first treatment. This day was the first in a week I decided not to take any drugs for the pain, just to watch the progress. Friday night I put a Cayenne poultice on. I could tell my ribs thoroughly enjoyed the heat being produced. I slept comfortably and without pain all night.

Saturday - Managed two hot/cold pack treatments again. The day brought noticeable improvement. Still I didn't need drugs. Having attempted to go for a short easy walk in the afternoon, I learnt it was too soon for the damaged cartilage. Hard to drive the car, as use of the left arm for the gears hurt the ribs. My side began to hurt Saturday evening a bit more. I placed the Cayenne poultice on about 8:30pm. To my amazement, within 5 minutes of doing so, the extra pain vanished! No pain all night again.

Sunday - Was able to carefully do a few more duties than I had been able to do all week, such as change my bed and hang

Recently a young woman JODIE MATTHIES phoned me asking what natural treatments she could do for pain around her ribs. I recommended some hydrotherapy and cayenne poultice, along with some barley green supplements. Read her story....

out the washing, slowly. Able to drive the car easier than Saturday. Also required less hours of rest today. Had only about 2 hours laying down instead of the approx. 5 - 8 hours per day I have been having. Did one hot/cold treatment and put Cayenne on again at night. No drugs used.

Monday - Back to work, having been off since Wednesday. This was the tester. Went to work fully expecting to need pain killers by noon as had happened all the previous week until I went to hospital. The pain would hit by 12 each day and just got worse as the day went on until I was basically bent over and in agony. I was amazed at the vast improvement there has been just in the few treatments so far. Today it was 1pm before I felt pain, but just a bit of aching. I made it through the day very well and used no pain killers! I'm impressed!

Note: Each day I got into the sunshine for about half an hour at a time. Also got stuck into the Green Barley heaps more, as we discussed.

Bruised Hand from hospital

Just thought I'd throw this one in too. At hospital on Wednesday, I had the drip needle placed in my right hand. It was only there 4 hours, but it stung the whole way through. I battled to feed myself with my hand that night. Thursday I got up and the vein came up in a big black bruise before it spread over my hand. I could hardly use my hand. I couldn't use spoons, write or anything. When my brain began to function a little (doped out from the drugs), I decided to try a hot & cold treatment that evening. I did 2 of them before tea time. Wow, I could use a fork to eat tea that night. Relief came straight away.

Friday I was able to wash dishes and use a pen. Though still a bit bruised, I can now do everything with it.

Sorry for the essay I have written, but I found these treatments most exciting, besides gaining so much relief. It has refreshed my own mind of the healing which comes from natural treatment. I just want to thank you so much for your

time and advice on Friday, which helped greatly. I intend to keep up the treatments for my ribs until completely healed. Especially I appreciate the fact of not having to remain on pain killers for the next few weeks as I would have expected, poisoning my system.

Conclusion

Being unable to get an earlier appointment at my usual Naturopath, it was March 4 before I was finally to find out the exact cause of all the suffering of the past 7 - 8 weeks. I had previously had a wisdom tooth out at the end of November 2009 during which time one is very susceptible to bacterial infection. What had happened, I had picked up an infection which had poisoned my tonsils, thus giving me a sub-acute case of tonsillitis (which was not picked up by any of the 3 doctors I saw). In turn, the poisoned tonsils led to poisoning of my whole bloodstream, which now made sense as to why my body was so weak, depleted, and nothing would ease the

cough, which obviously led to torn cartilage. At this appointment, one tonsil was still very enlarged it felt like it was going to pop. I was able to use several hydrotherapy treatments (sometimes hot only for 10 - 15 mins, sometimes hot for 5 mins & cold for 5mins after) along with my herbal medicine I was given.

For 6 weeks since contacting Kaye, I have used the pepper poultices on my rib cartilage between 3 - 5 times per week mostly at night, occasionally during the day as well. As the mending process took place, I knew when I wanted the poultice and when I didn't. When my body hurt a bit more than normal, I used it. When I didn't want it, I would get a bit aggressive during early morning hours and took the poultice off sooner. As healing was taking place I was able to poultice 2 - 3 times per week until the last poultice I used was on April 3 - it had no effect at all on my ribs. To me this meant that the poultices have completed their work, it now being 6 weeks since the damage occurred. One doctor explained to me

that cartilage takes as long as bone to heal - 6 - 8 weeks. The pain relief, not to mention the healing from the pepper poultice has been unbelievable. Amazingly, I have used no pain drugs since my second day out of hospital.

I am most thankful now that after 3 months of suffering, I am gradually getting better and able to do more each week and feeling much better. I have only natural therapy and herbal medication to thank for getting me through an experience I never wish to repeat. The experience on the other hand has given me time to experiment much more with poulticing, hydrotherapy, etc and certainly has allowed me to see for myself that it really does work. I can only recommend trying as there is certainly nothing to be lost in so doing. It is unfortunate that these days doctors many times fail to get to the causes of problems, though they also do many wonderful things. It is great there is an alternative way of healing.

Jodie Matthies

The Forgotten Art of Hydrotherapy

The aim of this newsletter is to help you all gain the knowledge needed to help treat yourself with natural remedies. Some treatments are easier, some take a little more time, but the benefits are great. Many are not aware of the wonderful power of hydrotherapy. Some realise that hot will relax muscles and the cold will decrease inflammation, but hydrotherapy affects the quality of blood in circulation. This is done primarily through treatments that tone the digestive and detoxification organs (liver, kidneys, lungs and intestinal tract) and thereby improves the nutrition received by the blood as well as helps cleanse the blood of toxins. This effect is accomplished by using alternating applications of hot and cold water to specific areas of the body. By switching back and forth between hot and cold, blood flow will be increased not just to the skin but also to the organs underlying that area.

One very easy and frequently prescribed hydrotherapy treatments that is very easy to do, takes very little time and is

very effective is used to treat colds, headaches, sore throats, ear infections and any other problem involving congestion or infection in the upper body and head. During the night the blood is pulled away from the congested part and taken down into the feet. This is a treatment that everyone in the house should know. It is also helpful in some cases of insomnia and can be used on a regular basis to encourage general stimulation.

Wet Sock Treatment

The treatment will be more effective if you have warm feet before you start. Do can do this by soaking feet in warm water for five minutes.

Next, take a pair of cotton socks (not too thick) and wet them in cold water. Wring them out so they are damp but not dripping. Place the cold wet socks on your feet. Cover these with plastic bags and with thick wool socks over the top.

Go to bed being sure to wrap up well with a warm blanket. Avoid getting chilled.

Do not remove the socks during the middle of the night. Remove them in the morning when they should be dry. Many people report they sleep much better during the treatment.

Cold Water Treading

Cold water helps restore and invigorate the body. When cold water is applied to only one section of the body at a time, it restores health, creates tone, overcomes energy blocks and creates new circulation patterns. This is one treatment that I have been doing for a few years now during the winter time when the water is icy cold. I really recommend it.

To tread in cold water, get a tub and fill with cold water. It is best the water comes up to the knees. Step in the water, starting with a one minute walk and work up to a five minute walk. Dry feet thoroughly. This is best done immediately prior to going to bed at night and will give a restful sleep. This will strengthen the system, activate the kidneys, the bowels and the bladder, facilitates breathing, and eliminates flatulence.

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
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
1kg.....\$55
A powerful way to get needed nutrients including beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll.

Hawthorn Berry Powder **NEW** 200g.....\$14
A great tonic for the heart and related circulatory problems. Just add powder to water or juice.

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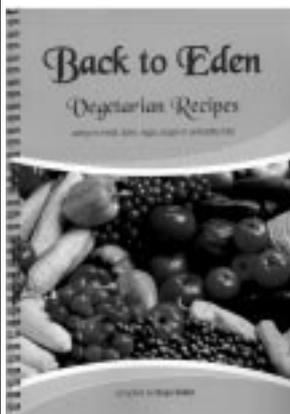
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Recipe

BASIC CROCKPOT RECIPE (using legumes)

Dry beans:

Soak 2 c dry beans in water (or take any amount of beans you want - depending on size of crockpot)

Seasoning: (as required)

1-2 chopped onions, ½ -1 capsicum chopped, ½ c sliced celery, crushed clove garlic, etc
Add Celtic sea salt, herbs etc

Liquid: (as needed)

Water in combination with any sauce (found on pp 43,44,45 of my recipe book). First add sauce to pot, then add water to cover beans. If you want a richer sauce, add less water. Alternatively you can use all water or tomato puree, or any liquid you wish to use. The amount of water will vary on the variety of beans and how many beans you have added. Just remember to cover the beans by about 2 cms water.

Extra vegetables: (that you may want to add)

Peas, carrots, corn, potatoes etc

Method: Soak beans for 5-6 hours. Drain off water and place beans in crockpot. Add seasoning, chosen sauce and vegetables (if required) and add extra water to cover beans. Turn crockpot on high and leave 3-5 hours. Check during cooking as you may need to add a little more water, OR turn on low and leave for 8 - 10 hours. Time will vary considerably with the type of crockpot used as well as the variety of legume used. Harder beans will take longer (soybeans) and legumes will be much quicker (lentils). When cooked they may be thickened with cornflour if required. Note: Legumes are very bland when they are cooked without salt. Suggested combinations: Kidney beans with chilli con carne sauce, Chick peas with tomato sauce, Navy, haricot or lima bean with asparagus sauce, Chick peas in creamy sauce.

Toxic Household Products

Many parents don't realize that if they are buying bleach, air fresheners, dish detergent, laundry detergent, disinfectants, other household cleaners and some personal care products that they may be unknowingly slowly poisoning themselves and their loved ones.

Safety conscious parents think their families are safe when poisonous products are put up high on shelves in closed closets or in locked cabinets. But, did you know that most of the poisonings of small children happen from common everyday household products that are within reach? Liquid dish soap is one of the leading causes of poisonings in children under six! There are many accidental poisonings of young children per year, many being exposed to or poisoned from common household pesticides or poisoned by bleach. Most common name brand dish detergents contain formaldehyde and ammonia. Are you using a top selling brand? If so, you are exposing yourself and your family to these two toxic chemicals on a consistent basis.

Are you surprised to learn that dish soap contains formaldehyde? Unfortunately, a lot of products do, and we don't know it because there are many chemical name variations that we don't recognize. Often times, "trade names" are used to disguise harmful chemicals. Be aware that the inactive ingredients are often the most harmful.

Another product that is very hazardous is air freshener. There are four main ingredients in air fresheners and they are formaldehyde, petroleum distillates, p-dichlorobenzene, and aerosol propellants. Air fresheners are strong irritants to eyes, skin and throat and can cause death if eaten. Do we want to be breathing such toxins? Not to mention the threats to pets and small children.

Have you ever wondered what the long names in the ingredient list actually are? Who has the ability or knowledge how to check out these lists? How can we be sure they are safe? Indoor air pollution is 2-5 times higher inside our homes than it is outdoors. Is it any wonder that asthma

rates have sky rocketed? Not to mention allergies, cancer, chemical sensitivities, childhood diseases and the list goes on and on. It really is time to stop and take a look at the products we are surrounding ourselves with and the environment that we are creating inside and outside.

So, right now you're thinking, "Okay, I'll look into alternative cleaners." But, did you know that the personal care products you are using may contain toxic chemicals? Yes, even products like shampoos, deodorants and other products we put on our skin have toxic chemicals, and again, formaldehyde rears its ugly head in some of them! Our skin is the largest organ of our body, and it is a big sponge. If you are using products with unhealthy ingredients, your skin is absorbing toxins on a daily basis. (Think about how the pharmaceutical companies have been dispersing some drugs lately, through skin patches! Yes, our skin is very absorbent.) So, from pesticides on your food, chemicals in your water and then, chemicals from products used throughout the day and on a daily basis, you can see that it all adds up. Additionally, children have been poisoned and some have died from ingesting such products as shampoo. Most people don't even stop to think it could happen from such a product.

Where do you keep the pesticides in your home? In the garage? How about in your laundry room or in your bathroom? If you are using bleach, or common brand name disinfectants, you are using pesticides. Do you swim in swimming pools? Chances are unless the pool is using some healthy alternative, you are swimming in pesticides! Yes, pool chemicals along with bleach and disinfectants are considered pesticides! "Cide" in pesticide means "to kill"! Most of us know that pesticides, because they are lethal, are used to kill pests such as bugs, insects and rodents. Do you still want to use toxic disinfectants to spray down surfaces you touch every day? How about spraying high chairs and children's toys with a pesticide? How much of these poisons are children ingesting or absorbing when they put fingers, toys or food in their mouths after the item has

touched or been sprayed with toxic chemicals? What about wiping a baby's bottom with chemical filled baby wipes?

Many people believe that the government protects them from exposure to harmful chemicals through laws and regulations, but this is not the case. Companies are left to their own ethics as to what they will put in their products. Does this make you feel safe? There is no law requiring manufactures to list the exact ingredients on consumer product labels.

Government legislation or regulations may not be the answer, because the amount of products and chemicals currently on the market is so vast that trying to regulate it all would surely be a nightmare. However, we as consumers can change what we buy and send a strong message to companies that we won't purchase their toxic brews. Then perhaps, we can get these horrible toxic products off the shelves and safer and healthier ones in their place.

So as you can see, what you don't know can hurt you. Find out about the products in your home. Awareness is the first step. There are safe and healthy products available that work superbly, and many of them are higher quality and don't cost anymore than their counterparts

Jennifer and Candice Berghan

A Special Health Weekend aimed to teach how to strengthen the body to fight cancer

Hope Beyond Cancer

more details in next newsletter
Where: Lavington Public School Hall
When: July 31, Aug 1

Note: The Special Health Weekend with Karen Walters and Kaye Sehm on May 1 & 2 is postponed to a later date