

Back to Eden

Living Clay
Iodine
Faith and Healing
Recipe
Recipe Book / products
Coming classes
Garlic

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Some years ago I completed a course on Natural Health. One of the modules required doing different natural remedies on family and friends who would make themselves available. I remember one particular requirement was to do a mud bath on someone. My husband was a willing patient. My son collected the mud for me and I can recall spreading it over my husband. I had to record any reaction of the patient. His reaction was one of total amazement of how it made him feel afterwards. He told me how his skin felt so smooth.

Since this time I have often used charcoal poultices for many and various ailments, both externally as well as internally. So I guess I could say I am very confident in the power of activated charcoal. But I believe clay could be used as well for many ailments. I have enjoyed researching this newsletter and I hope that you are enthused enough to try using it. Use it on your skin and your hair, give it to your animals. Learn how versatile this substance is.

I have included an article from Barbara O'Neill in the issue. Barbara is the Health Director at Misty Mountain Health Retreat. Consider spending some time as a guest at Misty Mountain. I know you will love the experience.

Then I have printed an article that is very close to my heart. I am hearing about so many people who are suffering emotional hurts who need healing spiritually as well as physically. They are stressed and don't know which way to turn. They have had years of suffering and are hurting. I have experienced myself and know the answer is in learning of the love, compassion and forgiveness of our Creator. He is the One who made us, He knows how our minds work. He is the One who is able to heal us.

From Kaye and the Back to Eden team.

Living Clay...

Different cultures have used clay for many centuries. 5000 years ago the Egyptians used clay from the banks of the river Nile to combat inflammations and rheumatic problems. Due to its antiseptic properties, clay was used to embalm in the mummification of the bodies. The Greeks cured fractures with bandages hardened with clays. Hippocrates used mud to relieve abdominal pain and inflammation caused by rheumatism with great success. Plinius 'the old' dedicated a whole chapter of his work 'The Natural History' to describe the benefits of clay. There is an interesting account in the Bible where Jesus used clay to heal a blind man (John 9:11). This may have been a symbolic act, but we should never lose sight that Jesus used clay, and that the teacher of Nazareth knew the healing properties of clay.

So we can see that clay or mud has been used for centuries without any harm to us. The term Geotherapy is used when mud is applied for healing purposes. The earth contains many minerals which act as catalysts when applied to our bodies. It may be applied to our bodies in varied ways, but in whatever way it will have different effects such as drawing fever out, taking pain away, calming the nerves, rebuilding diseased cells and cleaning impurities.

All clay is volcanic ash that has settled to the ground and it falls into seven families in which are thousands of types of mineral composition, each unique and vastly different. Kaolin clay is used for diarrhea. Illite clay is used externally. Chlorite clays are used for their abrasive cleansing qualities. Vermiculite is used to make china and pottery. Mixed group clays are not suitable to use on the body. Smectite clays comprise 99% of all clays used for health and is used to adsorb and absorb toxins at a greater rate than any

other group. Calcium Bentonite Clay is a member of the Smectite family and is the premier healing clay, especially for internal use. It is quite rare with only a few finds in the world. Montmorillonite is also a member of the Smectite family. This is a green swelling clay that has remarkable healing qualities.

Adsorption, absorption

The two words adsorption and absorption look alike but their difference is critical in understanding the function of clay minerals. Adsorption is the process by which substances stick to the outside surface of a clay molecule similar to the way a strip of Velcro works. Absorption is the process of drawing substances into the internal molecule structure – similar to a sponge absorbing water.

The ionic charge of pure, natural Calcium Bentonite Clay is 100% negative. This means that any bacteria, virus, fungi, disease, toxic chemical etc (because they are positively charged) are all adsorbed and absorbed by these negative charged ions of the clay. Calcium Bentonite Clay functions by drawing these positively charged molecules and holds them like a magnet, both internally and externally until we wash them from our skin or pass them through our bodies.

Qualities of clay

It is important that clay be clean, pure and natural, preferably from a subsurface mine that has been protected from natural elements. Be careful of any clays that claim to be cleaned by processing or filtering as this can reduce the efficacy by two thirds. Clays need to be milled to be as fine as talcum powder. Courser powders do not assimilate as readily. The best clay is Calcium Bentonite clay. It needs to have a pH of 9.5, be tasteless and odourless and have a drawing power (ionic ratio) of 20 to 1. It also needs to expand and absorb to a 1 to 3 ratio.

The molecular shape of Sodium Bentonite clay compared to Calcium Bentonite clay is similar. Both will absorb the same amount of positive charged ions. The difference is that the surface area of Calcium Bentonite Clay is 20 times more effective at adsorbing any toxins. While many different races and peoples have used clay throughout their histories, if you are unsure where to obtain clay from it would be best to purchase any clay that you intend to take internally. Obviously, it is not as important that clay used for poulticing is as pure.

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

If you want to get the best out of a treatment with clay, you must be certain to know more on how it works. The Native Americans say that clay has a 'wisdom' of its own and seems to know where to go and what to do without additional directions. But it is important to understand the properties of poultices and to know which poultice will bring the best result. There are those who use clay when they should apply linseed or potato. For instance, clay should not be applied to a boil to collect pus and draw to a head. Hot linseed or fenugreek compresses will do this job far better. The action of clay disperses, it never draws together or gathers.

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

Clay does not break down or assimilate into the body. It maintains its molecular structure as it passes through the body acting like a vacuum cleaner, sucking up positive charged ions and carrying them out of the body. Since Living Clay is not digested and assimilated as it passes through the digestive tract, the clay and the absorbed positive ions are both

eliminated together. It pulls toxins through the skin when applied topically or in clay baths. When used topically the clay, along with the positive charged ions removed from the skin can be washed off together. Clay baths are more and more accepted as a way to detox and stimulate the lymphatic system, which acts as a filtering system for the body.

Clay has antibacterial properties and exhibits the same features of adsorption as charcoal. These magnetic qualities are revealed in an experiment done on four healthy men between the ages of 21 and 52 revealed that after mud extract baths, skin temperature was higher than in water baths. This showed that the circulation was improved. After daily hot mud baths, the amount of uric acid eliminated through the skin was measured. It was reported that the amount of uric acid in the sweat reached a value to or exceeding that in the blood. Apparently clay on the skin has the ability of extracting uric acid from the blood.

A summary of results of another experiment showed that a clay bath at 39 C had a powerful stimulatory effect on metabolism, absorption of inflammatory masses and promoted regeneration of tissues without harming the body. Blood formation was stimulated, the urine was alkalinized and the excretion of chlorides by the kidneys was increased.

Directions to use clay

Calcium Bentonite clay can be applied as dry powder or mixed to a heavy paste with water and applied locally. Use these on tumours, cancerous lumps or skin cancers on a regular basis. It can be mixed into a thinner paste (like cream) and spread over the body as a full body wrap and by covering with towels or plastic wrap to slow down the drying time. It can be mixed into a drink (1 part clay to 10 parts water) for many digestive problems. It is of immense benefit to sit in a clay bath to draw toxins out of the skin. Clay suppositories can be made by mixing thick clay paste into suppository shapes and allow to dry in the open air until dry. They can be inserted for prostate or uterine cancers or even candida. If used vaginally, douche to remove residue.

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

For a small poultice, a tablespoon of clay mixed with an herbal infusion to make a thin paste and spread paste evenly over a piece of gauze or linen, about 3-5mm (1/4 inch) thick and place on the affected part. In cases of inflammation, especially inflammation of the nerves, St John's Wort oil can be mixed with clay. This has the added advantage of keeping the clay soft and easy to remove. When clay dries it becomes hard and brittle and is hard to remove. It is recommended that the poultice be applied at night and left until morning.

There are certain instances of chronic ailments where it is advantageous to apply clay and cabbage poultices alternately. We know that clay disperses and cabbage draws together, the alternating actions will help chronic rheumatic and arthritic conditions. It also takes pain away, give complete calm to a nervous system and rebuild diseased cells.

It has remarkable properties when taken internally. Calcium Bentonite clay is often taken internally to alleviate diarrhea, heartburn, adsorb toxins from the intestinal tract and adsorbs some radioactive isotopes within the digestive system.

Clay can be taken over long periods of time and it helps the body to maintain health. It is not addictive over long periods of time, has no withdrawal symptoms. It can be stopped any time you wish.

In 'The Clay Cure' by Ran Knishinsky writes that clay is part of his diet and he never skips a day without eating clay. He writes "When the immune system does not function at its best, the clay stimulates the body's inner resources to awaken the stagnant energy. It supplies the body with available magnetism to run well. Clay is said to propel the immune system to find new healthy balance and strengthens the body to a point of higher resistance."

Bentonite is known for its highly absorptive properties as well as its ability to draw out and bind heavy metals, drugs and other toxins from the body. This clay has been used for thousands of years as both an internal and external purification aid. Dr. Jensen, N.D., D.C., Ph.D., suggests using Bentonite to absorb radiation from the bones. Since so many of us are subject to various forms of radiation, whether from X-rays or television or computers, this would be something to consider. This could be

extremely important for those who have undergone radiation treatment for cancer. Some people take about a cup of extra thick liquid Bentonite and put it into their bath water. Others have used a full litre and more. It is highly effective in drawing out toxins. But too much, or too long exposure, will dry out the skin.

Since Bentonite has such strong absorptive powers, some may be concerned about whether it might absorb necessary nutrients from the alimentary canal as well. Experiments have shown that one would have to make Bentonite clay 50% of their food/nutritional intake for it to be harmful to them. However it is important, not to take any nutritional supplement at the same time as the Bentonite. Especially when used with psyllium, the bentonite will absorb anything of nutritional value such as herbs, friendly bacteria, and vitamins, as well as toxins, bad bacteria and parasites. Be sure to wait 1 hour after doing a Bentonite drink before taking anything nutritional.

Clay is excellent to rejuvenate and cleanse the skin. Topical applications are helpful for acne, eczema, psoriasis, rashes, wound healing, and help draw poison from ant, bee, wasp, and similar bug stings and bites. This helps reduce inflammation, irritation, itching, and swelling and is excellent applied to hot spots

Cleansing the Bowel

A good cleansing program should always begin by removing the waste in your colon, the last portion of your food processing chain. If you attempt to clean your liver, blood, or lymph system without first addressing a waste filled bowel, the excreted toxins will only get recycled back into your body.

Once we truly understand the 'single greatest challenge our body faces is the effective removal of wastes and toxins', we will never again undermine the importance of frequent, high quality, bowel movements. Once the bowel is clean you will be able to absorb nutrients again! Many people experience more energy and a sense of general well-being after cleaning their bowel out. Apparently 90% of the body's supply of Serotonin (happiness chemical) is synthesized in the Gastrointestinal Tract....so by cleaning the toxins and ancient fecal matter out of your GI tract you will be happier, too, as you will be able to synthesize serotonin more efficiently

According to Knishinsky, benefits reported by people using liquid clay for a period of two to four weeks include: improved intestinal regularity; relief from chronic constipation, diarrhea, indigestion, and ulcers; a surge in physical energy; clearer complexion; brighter, whiter eyes; enhanced alertness; emotional uplift; improved tissue and gum repair; and increased resistance to infections. "Clay works on the entire organism. No part of the body is left untouched by its healing energies," he notes.

It is naturally absorbent and extremely gentle on the system, yet Bentonite clay can treat many various skin and internal ailments and attract and neutralise poisons in the intestinal tract. It can eliminate food allergies, food poisoning, mucus colitis, spastic colitis, viral infections, stomach flu, and parasites (parasites are unable to reproduce in the presence of clay). There is virtually no digestive disease that clay will not treat. It enriches and balances blood. It adsorbs radiation (think cell phones, microwaves, x-rays, TVs and irradiated food, for starters). It has been used for alcoholism, arthritis, cataracts, diabetic neuropathy, pain treatment, open wounds, diarrhea, hemorrhoids, stomach ulcers, animal and poisonous insect bites, acne, anemia, skin and hair treatments, tattoo removal, in fact, the list of uses is too long for this article. It was used during the Balkan war of 1910 to reduce mortality from cholera among the soldiers from sixty to three percent.

It is suggested that you use Calcium Bentonite Clay - especially for internal use, which is one of the purist all-natural clays available. It is unique in that it swells, thus absorbing and adsorbing positive charged ions (toxins and impurities) from the body. It draws 32 times its molecular weight and swells to three times its normal size when water is added. This clay is sourced from a sub-surface mine in the Californian Mojave Desert that has been protected from the natural elements for thousands of years. At this stage, Australia has not any product which is as pure or as fine.

Collecting clay for a bath

It is obvious that if you want to have a bath in mud it would become very expensive to buy the amount of clay needed. In the book "Home Remedies" by Dr Agatha and Dr Calvin Thrash, it says "Ordinary clay from the hillside can be used either externally or internally in

the same manner as charcoal. It has been used for centuries in Europe and Central America, but has only had limited use in the United States, mainly for bee stings and other venomous bites. Clay poultices have been used for boils, corns, callouses, hemorrhoids, ringworm, pinkeye, acne, gangrene, and skin sores and ulcers. Internally clay has been used for constipation, and conversely for diarrhea."

Remove the topsoil and dig down to a depth of 40-50 cms. The clay should be free from sand, hummus, roots, gravel or pebbles. The colour of the soil doesn't matter. Collect several buckets of clay and mix with sufficient water to make the mud into a consistency of soft butter. Use the temperature water that suits the treatment (mudpacks are best done with cold mud). Ideally the patient should lie in an old tub outside covering the body with several buckets of thick mud. This mud could be used for up to three times before discarding. Or you can lie the patient on a sheet of plastic and cover or 'ice' the entire body with a thick layer of clay from 1 - 2 cms thick. You can place a hot water bottle on the feet, although this is not essential. Allow to dry. The length of the treatment varies from 20 minutes to 4 - 6 hours. A less messy and easier, although not quite as effective is to spread a thinner layer over yourself as you lie in an empty bath in your bathroom. Allow to dry for at least 30 minutes and then shower off. Alternatively you can use about 1 cup of Calcium Bentonite clay in a tub of water.

Mud can be placed on any part of the body, on the eyes, on the ears, on the head (here, because of the hair, you could put the mud between fine layers of gauze), on the genitals, wounds, even on open wounds. If the wound is open wide, use the mud between layers of gauze. Ideally the pack should be placed over the abdomen. Use fresh mud for each pack.

My suggestion is collect your own clay for a bath, but for internal use, purchase the product that is sure to be top quality.

If you want to purchase any Calcium Bentonite Clay in Australia, see the following web site www.echolife.com.au or phone 03 9636 3282. A 900g tub costs around \$30.

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

Iodine..... a most important mineral and one of the safest

by Barbara O'Neill

Iodine is a trace element which is essential for the synthesis of all hormones in the body, particularly the thyroid hormone. The thyroid gland contains a higher concentration of iodine than any other organ of the body. Selenium dependant enzymes are also required for the conversion of thyroxine T4 (the 4 refers to the 4 iodine molecules present), to the biologically active thyroid hormone, triiodothyronine T3 (the 3 refers to 3 iodine molecules). Selenium is the primary mineral responsible for T4 to T3 conversion in the liver. (Mercury strips the body of selenium, for the selenium stores get used up quickly because of its great affinity for mercury.) Iodine is found in every cell in the body. Without adequate levels, life is not possible. It helps us utilize our proteins properly. Thyroid hormones increase protein synthesis in virtually every body tissue, and increase oxygen consumption. These thyroid hormones are essential for life as they regulate key biological reactions, especially protein synthesis and enzymatic activities, in target organs such as developing brain, muscle, heart, pituitary and kidney; plus iodine is critically important for the developing foetus.

Adequate iodine levels are essential for proper immune system function. Iodine contains potent antifungal, antiviral, antibacterial, antiparasite, and anticancer properties. Iodine is a potent antioxidant, even considered more effective than vitamin C or E. Iodine deficiency disorder is the most common preventable form of mental retardation known.

The thyroid gland controls the metabolic activity of the body. It is the body's major metabolic regulator.

Hypothyroidism.

When the thyroid gland releases inadequate amounts of thyroid hormone for the body's needs, the metabolic rate is reduced. This is called hypothyroidism. In an iodine deficient state, hypothyroidism is quite common. Some of the symptoms of hypothyroidism are:

Intolerance to cold, low body temp, constipation, fatigue, hair loss, irritability, muscle cramps and weakness, weight gain, menstrual problems, hypotension, brain fatigue (depression, memory loss, and poor concentration). As can be seen by this list, these are all manifestations of a very low metabolic rate. Often supplementing with an iodine supplement, in conjunction with correct lifestyle habits (particularly exercise), is enough to correct hypothyroidism.

Hyperthyroidism (Graves Disease)

Hyperthyroidism is considered an autoimmune disease, cause unknown, by medicine. But for the thyroid to be malfunctioning there is always a reason. The causes of hyperthyroidism are similar to hypothyroidism, with a strong correlation to iodine deficiency. Other factors that have been found to play a part are: nutritional deficiencies, gluten intolerance, mercury toxicity and emotional trauma. Some of the symptoms of hyperthyroidism are: hypertension, racing heart, weight loss, sleeplessness, inability to sit still, malnutrition (because of the inability to supply enough nutrients to the "racing" body!), irritability and being very emotional. All symptoms of a body that is functioning too fast; the metabolic rate is running too high!

Goitrogens

Substances that interfere with iodide metabolism in any way that inhibits thyroid function are termed, goitrogens. Ahead is a list of common goitrogens.

- Bromine, fluoride, chloride, and astatine are from the same family as iodine, the halides. As such they compete with iodine and so inhibit iodine uptake.
- The psychiatric drug, lithium, inhibits hormone release from the thyroid.
- Arsenic antagonizes the mechanism of iodine uptake by the thyroid.
- Polycyclic hydrocarbons and phenol compounds derived from coal interfere with iodide metabolism.
- Vegetables from the cabbage family contain a goitrogen named goitrin. Foods

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containing goitrogens include: cabbage, kale, cauliflower, broccoli, rutabaga, turnips, brussels sprouts, and mustard greens. These foods would have to be eaten in very large amounts to implicate them in thyroid disease, but when other factors are already contributing to a negative effect on the thyroid, these foods could potentially tip the scales. Cooking these foods does reduce the goitrin content.

Sources of Iodine

Sea water is where iodine is primarily found, though in very small amounts. But sea weed is one of the most abundant sources because of its ability to concentrate a large amount from the ocean water. If the soil contains adequate iodine, then the plants will contain iodine. The action of the waves from the ocean forms iodine gas, which can combine with water or air and enter the soil.

Forms

French physician, Jean Lugol, found in 1928, that potassium iodide added to water increased the solubility of iodine. He named his solution, "Lugol's Solution". This solution was a mixture of 5% iodine and 10% potassium iodide in water(85%). His recommended dose was two drops per day, which he advised for a wide variety of problems. This dose delivered 12.5mg of iodine.

Jean lugol's solution solved the problem of iodine's insolubility by using the reduced form of iodine (iodide). Different tissues of the body respond to different forms of iodine. (The thyroid gland primarily uses iodide.) This is why it is important to have a supplement that contains both iodine and iodide.

Distribution in the Body

The three major areas in the body that take up iodine are the thyroid gland and then the ovaries, then the breasts. The estimates are that the breasts of a 50kg woman need 5mg of iodine a day. A larger woman needs more, the body's need for iodine increases as the fat cells

increase. Fat cells need more iodine. Men have smaller breasts than women and so their iodine needs are lower. For over 60 years it has been known that iodine concentrates in the breasts. They are one of the main storage and utilization sites for iodine. Adequate iodine levels is essential for the development and maintenance of normal breast tissue formation

The ovaries contain the second highest concentration of iodine in the body. One can now understand why it is the thyroid, breasts and ovaries that are the first to suffer in iodine deficiency. There is a wealth of information today showing the link between iodine deficiency and breast cancer.

Iodine's relationship to Oestrogens

The name oestrogen refers to a family of estrogens-(oestrone, oestradiol, and oestriol). Oestriol is a more delicate oestrogen than oestradiol and oestrone, which have a strong cell proliferator effect on the reproductive parts of a women's body. Oestriol is the oestrogen that is most active when a woman is pregnant, and has been shown to be protective against breast cancer. The correct balance of oestrogens is necessary for women's health. Excess oestradiol and oestrone (found in the contraceptive pill) can inhibit thyroid function.

Iodine deficiency causes oestrogen production to increase. When iodine levels are low, this leads to an increased sensitivity of the breast to oestrogen. The first reported case in medical literature of a connection between hypothyroidism and breast cancer was mentioned in 1896. Many researchers today feel there is a direct connection.

Different regions of the world where iodine deficiency is prevalent also prove this. USA, Mexico, and Thailand have lower intake of iodine and higher incidences of breast cancer and goitre. Japan and Iceland have higher intakes of iodine and lower rates of both breast cancer and goitre.

There is much research around today to show the balancing effect that natural progesterone has on high oestrogen levels in the body. Progesterone also enhances the suppressive effect of iodine on the development and size of mammary tumours. Progesterone has the added effect of increasing iodine uptake in the

breast, ovaries and uterus.

It is becoming increasingly clear that the disruption in women's hormones caused by the 'Pill', and iodine deficiency are two of the biggest contributing factors in the alarming rise in breast cancer today. Lugol's solution has been shown to help stabilize the correct balance of these three oestrogens, in favour of oestriol. Oestrogen balance is impossible to maintain when there is a deficiency in iodine.

Iodine's Inhibitors

Fluoride, bromine, iodine, chlorine and astatine are a group of elements called halides. Iodine is the only halide that has a therapeutic effect on the body.

Bromine

In the 1960's iodine was used in the baking industry as a dough conditioner. This significantly increased the intake of iodine in the U.S. population. But some researchers felt this may cause a malfunctioning of the thyroid gland. So 20years later, bromine was used in place of iodine in the baking industry. As a halide, bromine competes with iodine for absorption in the body. Bromine is toxic to the body, is a known carcinogen and inhibits iodine uptake in the breast tissue. Bromine also interferes with the transport of iodine through the whole body. Bromine is found in many food items, some sodas and many prescription items. Bromine is often found in many fire-retardant chemicals added to furniture, carpets, etc. Crops are sprayed with bromine as a fumigant for agriculture. Bromine is used as an antibacterial agent for pools and hot tubs.

Iodine supplementation allows the body to detoxify itself from bromine, while retaining iodine.

Salt can help to rid the body of bromine. Chloride is part of the halide family and can competitively inhibit bromide and help the kidneys to excrete bromide. The salt must be an unrefined salt (Celtic SeaSalt) which contains all the minerals that are present when found in its natural state, eg sea water (97 minerals).

Fluoride

Fluoride is a toxic agent, and has been shown to inhibit the ability of the thyroid gland to concentrate iodine. The

fluoridation of water is an ongoing debate. There is much evidence to show that it actually has little or no effect on dental caries. Many European countries have banned the practice. In fact it is now proving to cause more problems than it ever claimed to prevent! Fluoridation has been linked to teeth discoloration, hip fractures, bone cancer, lowered intelligence, and kidney toxicity, to name a few. Apart from fluoridation of water, fluoride is found in some commonly prescribed medications, eg Flonase and Flovent.

Chloride

Chloride is an important element in the extracellular fluid in the body. Chlorine is the oxidized form of chloride and is added to the water supply, swimming pools and hot tubs as a disinfectant. But chlorine is a toxic substance. A by product of chlorine use is dioxin. Dioxin is one of the most carcinogenic toxins known to man! People today are exposed to chlorine in the municipal water supply, swimming pools, and hot tubs where it is used as a disinfectant. It is also used as a whitener.

Dosage

The recommended daily allowance (RDA) of iodine is 150ug. This is totally inadequate in a iodine deficient body. The Japanese ingest approximately 13.8mg of iodine daily. Most of their iodine is consumed in the form of seaweed. The result of this is a remarkably lower incident of breast and ovarian cancer as well as a significantly lower rate of prostate cancer compared to the U.S. The medical literature acknowledges the possible link between the reduction of these cancers and iodine intake. Dr Guy Abraham, one of the world's leading authorities on iodine, suggests a daily intake of 13mg per day for maintaining sufficient iodine for the whole body.

The thyroid gland holds a total of 50mg of iodine, and needs 6mg per day to maintain that amount. Breasts need 5mg, and that leaves 2mg for the rest of the body.

Most authorities agree that there is no perfect dose for everyone. It is advised that the initial dose be small, especially in sensitive people. In his book "Iodine", Dr David Brownstein describes how he has found an effective dose can be between 12 and 50mg per day. He has found in his practice that over 90% of his patients had iodine deficiency.

Faith and Healing...

what comes first ?

What is more important – healing of the body or healing of the soul? We know what is healing of the physical body, but what do the words healing of the soul actually mean? I believe that in this world today, most people get the emphasis wrong. They place healing of the body first, when if we place healing of the soul first, we will find that healing of the body will then occur.

Let us look at the Biblical healing that Christ performed when on earth. When the sick came to Him, He turned no one away. He healed them all, but when we take a closer look at His miracles we see that when He spoke to them, they became convicted of their sin, and many were healed of their spiritual disease as well as of their physical maladies. To many of the afflicted who received healing, Christ said, "Sin no more, lest a worse thing come unto thee." (John 5:14). So we see that He taught that disease is the result of violating God's laws, both natural and spiritual. If we want to have good health, we must observe the right conditions. Even if we break these laws ignorantly, we still will pay the price of sickness and even death.

God has placed many remedies in nature to aid us in the recovery of our health. But we should never forget that these remedies alone will not heal. It is Christ's power that heals through the remedies. Yet over and over again we see that Christ taught that for true healing to take place, both our minds and bodies need to be healed.

How can we heal our minds? We will come back to this later, but first we shall take a look at the interesting information that a German doctor has discovered.

Dr. Ryke Geerd Hamer, M.D, the former head internist in the oncology clinic at the University of Munich, Germany, is at the forefront of an emerging field he calls German New Medicine (GNM). These findings operate under the premise that every disease, including cancer, originates from an unexpected shock experience.

The discovery came after Dr. Hamer lost his son in an unexpected tragedy, then

developed testicular cancer. The diagnosis led him to study the connection between stressful events and disease by investigating the histories of his cancer patients. He found that, like himself, every one of his patients had gone through a very stressful episode prior to developing cancer, and, upon investigating other diseases found that every disease is controlled from its own specific area in the brain and linked to a very particular, identifiable, "conflict shock."

While trying to publicize his findings, Dr. Hamer has been persecuted and harassed by German and French authorities. He is now living in exile in Spain where he is continuing his fight for official recognition of GNM.

"A right handed woman will respond with the left breast if she has a mother-child conflict or a daughter-mother conflict and will respond with the right breast if she has a partner conflict. Her partners include her life's partner as in husband, a friend, her brother, sister, her father, or even her business partner. The opposite breast will be affected in a left handed woman."

"Breast gland cancer has to do with the woman's nest in the sense that she has a "worry, quarrel, or argument" going on in her nest. The worry could be over a health concern of a loved one, or even being thrown out of the nest by her mother! The overall issue concerned however is really a separation from a loved one."

After nearly three decades of scientific work, Dr. Hamer has proven that every disease is caused by a very disturbing emotional trauma. The emotional shock causes a direct physical ailment, such as cancer, which can only be resolved when your emotional conflict has healed. However, many people, upon hearing they have cancer, cannot resolve their emotional wounds because they are struck with fear and perhaps given a diagnosis of "only three months to live."

This kind of emotional upset is enough to send a person on a downward spiral. On top of that, conventional medicine adds in chemotherapy, radiation and drugs, which

Emotional Health is critical if we want to be healthy. The Bible shows how we can be healed of hurts, depression, anger, bitterness, loneliness, negative thinking, insecurities, fear, abuse and every other problem any of us may have. God is able to heal completely.

further upset your healing. Dr. Hamer believes that a person cannot die of cancer in and of itself.

If someone dies during the active phase of disease, he teaches it's because of energy loss, weight loss, sleep deprivation, and emotional and mental exhaustion. The stress of receiving a cancer diagnosis, or being given a negative prognosis, is often enough to deprive a person of their life-force, and conventional cancer treatments only accelerate the downward spiral. If a patient has not undergone any conventional treatments such as chemotherapy or radiotherapy, GNM has a success rate of 95 percent to 98 percent.

Now you may agree or not agree with the findings of this doctor. But as a Christian I believe that it is of utmost importance that we realise that we cannot be physically well if we are not spiritually and emotionally healed. I also believe that this healing only happens when you ask for forgiveness of your sins and then ask the Master Healer Himself to heal us from all hurts and emotional issues. Our greatest need is to discover the way to sound spiritual health.

Christ Himself taught that it is of far greater importance that we are spiritually healed first, and only after this can He heal us physically. Remember this when we are trying to regain our health after some diagnosis of an illness. Refer to my article in Newsletter No 29 on how to regain Emotional Health. Contact me to receive our our free books the *Ministry of Healing* and *Finding Peace Within*.

"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death." Ministry of Healing by E G White 241

www.mercola.com Sep 8, 2007

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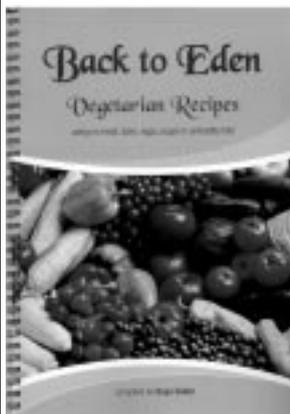
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Back to Eden

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Recipes

BUTTERSCOTCH PIE

¾ cup carrot, diced small
¾ cup water
¾ cup pitted dates
3 cups soy milk
½ tspn salt
1½ tspn maple syrup
1 tspn vanilla
1/3 cup corn flour
2 tablespoons soy oil

Cook carrot in water until tender. While hot, add dates to saucepan and allow to sit until soft. Blend remainder of ingredients, then add carrot mixture and blend all ingredients on high until smooth. Place mixture in a saucepan and bring slowly to a boil, cooking until thick. Let cool a little and place in a cooked pie crust. Serve with Soy Cream.

PIE CRUST (or use any crust)

1½ c coconut
2 T wholemeal flour
pinch sea salt
nut milk (or soy milk)

Combine coconut and flour. Add enough nut milk to bind into soft dough. Press into pie plate and bake for 12-15 mins at 180C. This tends to burn easily.

SOY CREAM

1 cup soy milk (Bonsoy is best)
Pinch Celtic sea salt
1 tablespn honey
1 teaspn vanilla
¾ cup soy oil
lemon juice

Place first 4 ingredients in a blender and blend on high for about 20 seconds. Drizzle in oil slowly and when all oil is added, blend for an extra minute on high. Turn blender to low and fold in about 1 teaspoon lemon juice. The honey needs to be a gentle flavour eg Yellow box, Citrus. The oil needs to be light in flavour eg soy oil, corn oil, rice bran oil.

Health Program Calendar for 2009

Back to Eden will be conducting the last two 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 change.

Phone Kaye on 0260 255018 to book your place. Classes will be held at Kaye's home at 496 Hague Street, Lavinton

Last classes this year.. don't miss them.... tell your friends

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.

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. Herbs described include dandelion, plantain, marshmallow, nettle, comfrey, alfalfa, aloe vera plus more

Garlic...

It is well known that garlic helps the liver, helps blood pressure, improves oxygen saturation, disinfects the body, destroys parasites and generally creates conditions that would be favourable to healing just about anything.

Now, we are finding that absorbent garlic can be a great aid to our health. Normally, we take garlic oil, eat pressed garlic or roasted garlic or take it dried and powdered in a supplement. These are all fine, and work well as many of us know. In these cases, the garlic is absorbed rather quickly from the GI tract and goes throughout the body and does its work in the next few hours. After that, just the sulphur remains and that also has a medicinal value because it helps with detoxification and to feed the body dietary sulphur.

There is a way, however, to get the garlic to absorb toxins at the same time that it disinfects and promotes liver detoxification and healing of the colon, the largest organ of detoxification next to the skin. This is done by keeping the garlic more or less in tact and swallowing

it like a pill. If the garlic cloves are large, they can be sliced into chunks barely small enough to swallow. If they are small, they can be nicked with a knife so that there can be exchange from inside to outside when they are in the stomach and GI tract. One can swallow the equivalent of 6-8 capsules in garlic chunks. These pieces of garlic have a few advantages over their pressed or ground counter part.

First, the garlic will be time-release, meaning that it will release fresh medicinal garlic the whole way through the GI tract so that "everyone", including the lower colon, gets the good benefit, not the already worn out and used up waste that will be left over after garlic is digested in the typical way. This means that the full strength of garlic will continue right up to the lower colon, where so many pathologies can begin or exist. It is also near the prostate for men and will seep potent medicines right into that area also.

Second, the garlic will appear with a new medicinal power in absorbing toxins, poisons and heavy metals as it goes through. Remember, heavy metals in our body are most detrimental to our health. Garlic has the ability to pull out mercury and for relieving the symptoms of mercury

poisoning. That is exciting. Because of this absorptive action, garlic also pulls poisons out of the liver. These poisons that appear when the liver is overloaded or toxic are one of the fundamental causes of cancer. The liver will pull off cancer cells, detox them and remove them from the body fairly quickly if it can, but if it is already too toxic, then it will ignore them because it is unable to do its work. Then cancer can then grow.

Third, garlic will not overheat the body when taken in this form, while in any other form, garlic can overheat the body and exhaust it. The liver is normally a poison processing plant. It cleans out all the worst waste and neutralizes it for safe elimination. When it is dysfunctional and overloaded the liver can become a metabolic poison factory, creating in our bodies a state of metabolic toxicity. Neurological and immune dysfunction, cancer and cysts, obesity and inflammation are just a few of the serious problems that can result. Cardiovascular problems and cholesterol abnormalities are certain.

With garlic, we have a tool that can help to change this. With the whole garlic chunks, we can absorb poisons that the liver otherwise would not process well.