

Back to Eden

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Over the years I have researched many different subjects to include in my newsletters. Some subjects have stood out over others. This is one of them. I have long known of the benefits of using charcoal powder. I know that it adsorbs poisons and toxins and have used it both in poultices and taken it internally for years. Earlier this year I attended a series of meetings in Melbourne where John Dinsley, an American, was the speaker. John has written a book on charcoal and spoke on the uses and benefits of using activated charcoal. Even though much of the information presented was known to me, I still learned more. I again realised the power of such a simple home remedy, universally available all over the world. I am especially interested in how charcoal is being used as one of the detoxifying agents for cancer patients. I invite any readers to write to me and let me know their charcoal stories.

The Hope Beyond Cancer meetings were a great success. Those who attended were thankful for the information presented by Jennifer and Candice Berghan. We were able to video these meetings and they are available for sale. There are 5 DVDs in the series and are for sale at \$25 for the set. Postage is an extra \$3. See the products page for details.

Note that I have extra products for sale. I now have added turmeric and cayenne, and also now have a larger supply of Activated Charcoal at a very good price. I have been trying to find a supplier for years and now have added this to the products page.

From Kaye and the Back to Eden Team

Activated Charcoal....

Throughout history there have been many different philosophies of healing. My belief is that if we allow the body to heal itself by cleansing and then stimulate it by external mechanisms, the body will work much more effectively. Simple things such as taking a bath, exercising or having a massage can stimulate the body to promote healing and will help our immune system to clear inflammation and prevent infection. One way these circulating cells in the immune system can be stimulated is through hot and cold applications made to the part directly or to some distant part of the body. Another way to stimulate the body to encourage natural healing is to use a simple remedies that has no side effects - charcoal.

For many years I have known of and used charcoal to aid in healing and am totally convinced that it does indeed work. I have been in a situation where the only charcoal available was the coals in the fireplace. I have used these and they did work. But an even more effective way to use it is in the form of Activated Charcoal. It has been reported that it is many times more effective than using the coals in your fireplace.

When wood burns there is often not enough oxygen to allow for complete combustion. The water evaporates off, and the carbon in the wood distills into the black charred coals or crust we see when we put the fire out. As the fire smoulders for a period of time, the wood slowly dries and eventually changes into charcoal. Activated charcoal is formed after the brightly burning wood is covered to exclude air. As the heat continues to burn the wood without

oxygen, the soft parts of the wood are burned out, the hard parts remain. The coals are then ground into smaller and smaller particles until it becomes a super fine powder.

Activated charcoal began as regular charcoal and is then "activated" with oxidizing gases, at high temperatures. This oxidative process erodes the charcoal's internal surfaces. This increases its adsorption capacity by creating an internal network of even smaller pores rendering it more effective than regular charcoal. But charcoal is not produced from wood alone. Bone char, coconut shells, peat, coal, petroleum coke, and sawdust are the most common starting materials for making activated charcoal. Many other materials have been experimented with, but generally are not as economical.

When we look at a molecule of charcoal under the microscope we find a grain that has an incredibly large surface area. The grain has crevices and corners, countless folds and cracks that electrostatically attracts certain chemicals and microorganisms. Molecules are adsorbed (not absorbed), or attracted and bound to the charcoal in a similar way that a magnet works. As a group, most compounds that are poisonous to the body are attracted to charcoal. When noxious chemicals come in contact with the charcoal particle, they are sucked up into its myriads of little black holes, crevices and folds with such force that for all practical purposes they have been bound and tied. Because most drugs are electrochemically configured in a way similar to poisons and other toxic compounds, activated medicinal charcoal taken orally will often adsorb prescription medications and over-the-counter drugs. This effect means that activated charcoal should never be taken with medication or prescription drugs, but wait 1 to 1½

hours before or after taking any medication.

If we could unfold one gram of activated charcoal it would equal anywhere from 500 to 1500m². One teaspoon of activated charcoal powder (about 3.3gms) has about the same surface area as a football field. This tremendous surface area translates into a tremendous potential to “adsorb” large amounts of gases, toxins, poisons, or pollutants. For example a 1 litre jar of activated charcoal powder can adsorb 80 litres of ammonia gas!

On the positive side, because of its strong attraction to many drugs, activated charcoal is used daily in Emergency Rooms to counteract the effects of poisoning from overdosing on medication, whether accidentally or intentionally (as in attempted suicide). Activated charcoal is also used in many different detox programs to adsorb the accumulation of drugs in the body (prescription or street) as well as detoxify from toxic metabolic wastes contained in the body. This prepares the individual to receive the benefits of a more holistic approach to recovering health without the body also having to cope with the side effects of poisonous drugs.

Charcoal can be used either internally, taken in by the mouth, or used as a poultice on the skin (poultices are described at the end of this article). This article will explore both as incredible ways to enhance healing in your body. The intent of this article is to teach you the wonderful benefits of activated charcoal and even though normal charcoal can be used effectively, unless specified, the remainder of this article is referring to activated charcoal.

No harmful side effects

There are no ill effects of charcoal, since it does not react with the body. Charcoal is neither digested nor absorbed in the gastro-intestinal tract, but taking activated charcoal orally will naturally turn the stool black. This is nothing to be alarmed about and causes no ill effects. In some persons, it may cause a slight degree of intestinal irritation if taken in large doses such as 10 to 12 tablespoons at a time. Some individuals who do not drink adequate water may experience some constipation. Charcoal does not cause cancer, but please note that charred or burnt toast should be strictly avoided as the fats can cause potential

cancer-producing chemicals when overheated. Wood products and coconut shells, the primary source of commercial charcoal, do not contain these fats. Since charcoal briquettes are often treated with chemicals to encourage easy igniting, they are unsuitable for treatments either internally or externally.

Activated Charcoal may be obtained in selected health food stores or some chemists, but generally it is not easy to find a supplier. For this reason you will be able to purchase it directly from Back to Eden at the above address. It should be kept on hand in all homes in your first aid kit. As you read on you will realise the many ways you can use it. Use 1-6 teaspoons for one ordinary dose.

Reasons to use charcoal

Charcoal works for any poisoning, drug overdose, including food poisoning. Also for digestive and other gastrointestinal problems: such as acid reflux, diarrhea, nausea, vomiting, and gas, for poisonous bites including bees, hornets, ants, poisonous spiders, scorpions, and poisonous snakes. It is used for allergic reactions to poisonous plants, even anaphylactic reactions, for all infections: including conjunctivitis, kidney infections or failures, earache, toothache, abscesses, sore throat, pleurisy, diabetic ulcers, and gangrene, for diseases such as gout, tetanus, diphtheria, and cholera. It is used for poisonings eg pesticides, Crohn's disease, some cancers, for painful inflammation and pain in joints, for bowel complaints, it reduces blood glucose and blood vessel and nerve damage in diabetics and even reduces intestinal gas. Painful bleeding hemorrhoids, prostatitis, cholera, typhoid fever all will respond to charcoal. It can be used for pets and livestock poisonings and injuries: eg cats, dogs, horses cattle and even poultry. It controls odours, is used as a digestive supplement, for purifying water, air, and more. To wash out chemical residue in any vegetables, rinse in a weak solution of charcoal water. Charcoal is totally safe. It has a safety record that goes back 3500 years, rated Category 1 (Safe and Effective) by the FDA. It has no known adverse side effects, is non habit forming and has an indefinite shelf life - does not age or spoil if properly stored.

The Lancet, the prestigious British medical journal (Sep 13, 1980) describes the use of charcoal compresses to speed

the healing of wounds and to eliminate their odours. The article tells of the amazing ability of human skin to allow the transfer of liquids, gasses and even micro-particles through its permeable membrane and pores. By the application of moist activated charcoal compresses and poultices, bacteria and poisons are drawn through the skin and into the charcoal poultice. Poultices must be kept moist and warm to allow this healing to take place. The article also reported a study that reduced wound odour in leg ulcers and infected wounds, and that the dressings did not stick to the wounds and could be removed without difficulty.

When ingested orally, charcoal is able to attract any toxin or poisonous waste material to itself and take it completely through the digestive tract. This is why it is so effective when used in cases of food poisoning and diarrhea (and drug overdoses as before stated). It is a very fine talcum-like powder that is very hard to mix with water as it floats on the surface. A convenient way to mix it with water is to add it **VERY CAREFULLY - it can make a mess and stain clothes very easily** to a glass jar. Close the lid and shake until dissolved and then drink. Mash it together with a banana, or mix it with peanut butter or honey. I once gave it to an infant mixed with a half a teaspoon of honey. Of course it can be taken in fruit juice. If vomiting occurs after taking it, just take more. Repeat as often as needed. You cannot overdose. Charcoal can be mixed with many different things to help get it down.

Dr Agatha Thrash, a physician, mother, grandmother and a public health educator for over 45 years and author of a book on charcoal, fully trusts the efficacy and safety of charcoal as a simple but powerful home remedy. She says “Charcoal has amazing healing properties. In fact, if I were stranded on a desert island and could take only one thing along to protect me from disease, infection, and injury, I would choose charcoal.” (2003)

Another physician, Dr Marjorie Baldwin MD who works at the Wildwood Hospital in Georgia, has often used activated charcoal to promote healing. She says that any inflammation, any area that is red, painful, swollen, and hot, responds to charcoal. She applies charcoal as a poultice if the inflammation is on the outside of the body, or gives it by mouth if the inflammation is in the digestive tract.

Richard Kaufman PhD, is a bio-nutritional chemist. He reports, "Activated charcoal can be an effective adjunct to any regimen for the treatment of systemic *Candida albicans* infections." The toxins produced by *Candida*, absorbed by the blood and carried throughout the body, are effectively adsorbed by charcoal. *Candida* toxins cause allergic reactions and are responsible for debilitating symptoms of candidiasis. Charcoal curbs the growth of intestinal-based food yeasts, and it counteracts the Herxheimer reaction. There is a large die-off of yeast cells which can produce a severe, short-term aggravation of *Candida* symptoms. Taking activated charcoal (2-3 tablespoons in water) each day in a divided dose on an empty stomach will help alleviate these symptoms.

Cancer

The anemia associated with cancer is produced by the cancer's toxic waste products which destroy red blood cells. These toxins retard the work of the bone marrow, but they may be adsorbed by charcoal when taken orally. Certain cancers in dogs have been shown to go into remission with the application of charcoal poultices. Then there are those chemicals known to cause cancer, such as benzopyrene and methylcholanthrene, which are effectively adsorbed, thus preventing their poisonous effects.

An amazing reaction has been reported when using a poultice over a liver cancer. The poultice was placed over the kidney area overnight, and in the morning the poultice reeked with the smell of urine. Liver cancer patients need to poultice daily over their abdomens, including over the kidney area. Other liver cancer patients showed their abdominal swelling decreased, their breathing was easier. Even those who don't have liver cancer but feel they need to improve their liver function can be treated by using large poultices placed over the back or stomach area overnight and taking charcoal orally (1 large tablespoon daily) to help prevent the build up of poisons that make the work of these organs more difficult. A suggested regimen for helping liver and kidney function is twice weekly for about two or three months.

Cholesterol

Activated charcoal has been found to lower the concentration of total lipids,

cholesterol, and triglycerides in the blood serum, liver, heart, and brain. A study reported by the British journal *Lancet*, found that patients with high blood cholesterol levels were able to reduce total cholesterol 25%. Not only that, but while LDL (the "bad" cholesterol) was lowered as much as 41%, HDL (the "good" kind)/LDL cholesterol ratio was doubled! The patients took approximately one tablespoon of activated charcoal three times daily. Another study conducted by the National Institute of Public Health in England, suggested that activated charcoal was as effective in reducing high cholesterol levels as the drug, lovastatin.

The following are a few of the many personal stories that have been adapted from the web site charcoalremedies.com which the author of the book, John Dinsley, has given his permission to use in this article.

Personal stories

Duane had a big deep cancerous sore on his elbow which no medical treatment could fix. His wife tried charcoal poultices and within about three weeks it was healed. His wife also placed poultices for his back pain and over his lung affected with lung cancer as they were making him feel more comfortable. Since writing out his story Duane has recently been diagnosed cancer free.

Leah, a new mother, used charcoal on her terribly swollen and painful hemorrhoids. She took 1 heaped tablespoon of charcoal 3 x a day and also applied charcoal and flax poultices (about 3 times at night, changing them whenever she went to the bathroom, twice during the day) directly to the area. Within 2 days they had shrunk right down. She also felt a bout of mastitis coming on. So she made a charcoal flax poultice, took a heaped tablespoon of charcoal and also took 5 drops of grape seed extract in grape juice. And wouldn't you know it...after wearing the poultice overnight, the pain and swelling was gone by the morning. She didn't get any of the usual shivering or pain associated with mastitis.

A friend of Alicia and John had terrible headaches that were caused by an inoperable brain tumour. They asked their friend if he would be willing to try charcoal poultices. At that point he was willing to do anything - he could not stand the pain. So they began that night,

and every night for six months they applied large charcoal poultices that went from the base of the brain, covering the right side of his head down to his chin. Then they would have prayer together and ask God to add His blessing to this simple remedy and heal him. In the morning he would wash it all off and go about his business. After two and half weeks, the pressure in his head was relieved and he was not experiencing the piercing headaches. In three months he had another MRI and it showed that the tumour was not growing. Instead it was shrinking! After six months the doctor announced there was no need for any kind of surgery! That was five years ago and he is doing fine.

Mary, a Medical Technician relates a remarkable recovery from a severe pressure sore which was draining and over the left hip of a patient. It was 11 centimetres deep and getting wider and deeper. Patient had poultices placed above and below the wound and were usually left on for 2 hours. After 2 weeks it stopped draining, after 3 weeks the wound became smaller. After 4 weeks the wound was 7 centimetres deep, after 6 weeks only 5 centimetres deep. After 59 days, the wound was healed.

J Litagon's friend used charcoal over her malignant breast cancer for 3 months four times a day. She also drank 1 tablespoon of charcoal mixed in a glass of lukewarm water 4 times a day. After this she was re-examined to find no longer and traces of the cancer.

Spider bite

Lisa was bitten by a poisonous spider and received antibiotics. After 5 months she almost lost her foot up to her ankle and was in lots of pain. She made a charcoal poultice. Within a couple of hours the pain was easing up. By the next morning the swelling had gone down, by lunchtime, the discoloration was gone. Two weeks later, the hole was gone. Everyone was amazed that something so simple could do what a whole bunch of different types of antibiotics couldn't do. It has also stopped her acid reflux disease. God is good!

Barb used charcoal as a remedy for heartburn and her husband for toothache. Elizabeth writes of her son's bout with food poisoning. Chris uses it for colic in babies. Jean used it for relief from itchiness.

Other uses

Charcoal can be used for many different animals, from fish to severely foundered horses. Others used it for their poisoned dogs.

A courser blend of activated charcoal called **AgriLush** is available for use in garden soil enrichment. It is used as an excellent top dressing for gardens, lawns and greens and is used in potting soils and bedding compounds. It is a soil sweetener while it neutralises pesticides and herbicides and decontaminates toxic soils. It regulates moisture in soils, improves soil quality, improves seed germination, encourages newly transplanted seedlings, and increases crop yields, for both the home gardener as well as the farmer. Those who have used AgriLush in the garden are very impressed with the results. Try it in your garden and notice the increased yields of vegetables.

How to use charcoal

Charcoal water

Put ¼ cup of charcoal powder in a 1 litre jar. Slowly fill the jar with water (the powder will puff and float around). Cap the jar and shake well. This can be drunk straight away. OR you can let set on the counter to settle for about ½ hour. Now you have charcoal water and you can drink the top gray water it all day. When the jar begins to get empty, fill it up and shake it again. Settle and drink off the top gray water. You can refill the jar as often as you wish until the charcoal is all used up.

I like to use the charcoal water when I feel like I am coming down with “something.” If I start it immediately, I often get ahead of whatever is giving me the “uh-oh” feeling and it does not develop into a flu or cold. This is especially helpful for intestinal upsets. The water is not difficult to drink and does not have an unpleasant taste although it is gray. This is also a very good way to purify water if you are not sure that your source is pure.

Charcoal poultice (with linseeds)

Grind 3 tablespoons of linseeds (or use cornflour). Mix linseeds with 1-2 tablespoons of activated charcoal powder. Add 1 cup water. Set aside for 10-20 minutes to thicken, or mixture may be

heated in saucepan and allowed to cool. Spread the charcoal jelly evenly over appropriate cloth, chux or paper towel. Fold edges over to make a small parcel (so the mixture does not leak out) or add another cloth, chux or paper towel to cover the mixture. Position the poultice over the area to be treated ie liver, stomach, knee, eye, ear, sting, or bite area. Cover poultice with plastic larger than the original poultice or use glad wrap to secure in place, winding it around the area. This stops the poultice from staining clothes. Secure with surgical tape or bandage. (Glad wrap around the area will secure it nicely eg foot, abdomen, chest). Leave in place overnight or from 2-4 hours. Once used, throw out the poultice as it will contain toxins and poisons.

Plain poultice

Mix charcoal (1-2 tablespoons) with a little water to form a wet paste. It should be moist but not crumbly or dripping. Spread the paste onto one half of a folded paper towel or loosely woven cloth. Fold over the other half of the paper towel or cloth. Place poultice over affected area. Cover with plastic or glad wrap. This keeps it from drying out. Bandage or tape the poultice securely in place. Leave on for several hours or overnight. Note: poultices only work if there is continuous moist contact with the skin.

Charcoal and bentonite clay poultice

Add equal parts of Charcoal, bentonite clay and linseeds. Make this up in the same way as other poultices. When covered with plastic this will remain moist overnight.

Snake bites

How can charcoal help in snakebites? It adsorbs the chemicals in snake venom that destroy red blood cells Swelling begins within ten minutes if the snake is venomous. Immediately wash the area with soapy water. Submerge the area in cool water to slow down the circulation of venom. Add charcoal to the water – ½ cup charcoal to 20-30 litres water. Leave area submerged for 30 minutes to 1 hour. Prepare a charcoal poultice. Cover area with a large poultice. Change every 10 to 15 minutes until the swelling and pain are gone. While all this is happening, give

charcoal orally as well. Take 2 table-spoons an ½ cup water every 2 hours for 3 doses. Take 1 teaspoonful every 4 hour for the next 24 hours. Follow each dose of charcoal with 2 glasses of water.

Charcoal baths

Mix charcoal with water (shaking it up in a jar) and add to the water you want to bathe the selected part of your body in eg leg, arm or even the whole body. You can also add equal parts of bentonite clay and soak in this as a bath to detoxify. Stay in bath for at least ½ hour, longer if possible.

For smaller poultices moisten a charcoal tablet and secure in place with a bandaid. Charcoal tablets can be purchased from some chemists or health food stores.

It is a very good habit to take charcoal tablets or a small container of charcoal with you when you travel to stop any upset stomachs. Charcoal tablets are not as effective as the powder but can be used when travelling and it is inconvenient to mix up the powder.

Summary

For those who have a computer, check out the web address below. As stated in the beginning of this article I have used effectively charcoal for many years and know and trust it. But I never cease to be amazed at how such a simple inexpensive remedy, so universally available actually works. I have long advocated that God has given us simple inexpensive remedies to aid in healing. These are available to the educated and simple, the wealthy as well as the poor. They can be used by anyone who has a fire. My desire is that you too learn of its healing powers.

The information in the article was edited from either the book or web site of John Dinsley. **CharcoalRemedies.com** can be purchased from web site or phone 03 9739 4093.

*Used by permission from John Dinsley
www.charcoalremedies.com
CharcoalRemedies.com by John Dinsley*

Check out details on page 7 on how to purchase Activated Charcoal. Charcoal has a unlimited shelf life if stored correctly in closed containers. It can be used for poultices, to detoxify to draw out poisons and many other uses.

Turmeric...

the miracle spice that helps cancer,
arthritis and Alzheimer's plus lots more

Turmeric is the spice that's widely used in Indian cuisine. Native to India and tropical areas of Asia, it's what gives curry powder its vibrant yellow hue. It comes from the root of *Curcuma longa*, a beautiful tropical plant with yellow or yellowish-white flowers, luscious fruits, and very large lilylike leaves. Its exotic fragrance once made the flowers a favourite for making fragrances. Herbal healers have been using it for thousands of years to stop any inflammation. The leaves of turmeric generally aren't used. Ordinarily, only the rhizomes, or roots, are used for medicinal purposes and for food flavouring. Turmeric is harvested at the end of the growing season and sun dried.

What turmeric does

One secret of turmeric's medicinal power is the many antioxidants it contains. You'll recognize some of the more common ones, such as vitamins C and E, along with several carotenoids. It also contains lesser-known, but more effective antioxidants—specifically, curcumin and related compounds called curcuminoids.

Recently, substances called cyclooxygenase inhibitors have won praise as powerful miracle aspirins for blocking inflammation, especially inflammation caused by arthritis and gout (gout is a type of arthritis). Turmeric, like its cousin ginger, contains some natural cyclooxygenase inhibitors – a natural anti-inflammatory. Some studies compare it to ibuprofen. Research suggests it works almost as well and with none of the side effects.

In fact, studies also suggest that turmeric can stop inflammation about half as well as a corticosteroid called cortisone. Corticosteroid medications are considered the “gold standard” for stopping inflammation. The problem with these drugs is that their potential side effects, such as fluid retention, high blood pressure, and bone damage, are nearly as impressive as their benefits.

How turmeric can help

Turmeric is not just an anti-inflammatory, but it has many other uses as well. That's the great thing about this herb: When you take it for one thing, you automatically afford yourself protection against many other problems, some of them quite serious.

Cancer. There is good evidence to suggest that turmeric helps prevent colon, breast, and lung cancers, melanomas, leukemia and when combined with cauliflower, it has shown to prevent prostate cancer and stop the growth of existing prostate cancer. In animal studies, for example, researchers have found that turmeric—or, more specifically, the curcumin it contains—may reduce the risk of colon cancer by 58 percent. One reason it's so powerful is that it interferes with at least four separate links in the cancer-causing chain.

For starters, curcumin appears to literally neutralize some cancer-causing substances. After that, it acts as an antimutagenic, meaning it stops very early changes in cells that can turn to cancer. At still later stages, curcumin appears to reduce the number and size of different types of tumours. Importantly, curcumin also prevents metastases from occurring in many different forms of cancer

Digestive complaints. I'm convinced that the curcumin in turmeric exerts a number of beneficial effects in the gastrointestinal tract. Research suggests that it helps increase the mucous content in gastric juices, which can make it helpful for stomach disorders. Some herbalists say that turmeric should not be used by people with gallbladder disease, but there is pretty solid evidence that it can increase bile flow and actually help disintegrate gallstones.

In one study, mice with experimentally induced gallstones were fed modest amounts of turmeric. Within 5 weeks their gallstone volume had dropped by 45 percent, and after 10 weeks, by 80 percent. Because curcumin increases the solubility of bile, it may help prevent

gallstones from forming. If I had gallstones, I would definitely use lots of turmeric.

Heart disease. The antioxidants in herbs and foods are among the most powerful tools for protecting the heart. This is because they help prevent the oxygen in the body from damaging (oxidizing) molecules of cholesterol in the blood stream. This is important because cholesterol that's been oxidized may cause plaque and potential blockage, making it more likely to impede the flow of blood to the heart. Since curcumin is a potent antioxidant, it can help prevent cholesterol from causing the narrowing of the arteries, called atherosclerosis, one of the main causes of heart attacks. Turmeric helps the heart in another way, as well. It appears to help prevent tiny cell-like structures in blood, called platelets, from clumping together and causing clots.

HIV. The evidence is still preliminary, but I think it is more than worthwhile for people who are HIV-positive to include as much turmeric in their diets as they can stand. Curcumin is believed to have antiviral properties, along with antilymphomic properties that could be useful to HIV patients.

Liver problems. People who have been exposed to environmental toxins, such as the pesticide DDT and environmental pollutants, need to add a lot of extra turmeric to their diets. Turmeric steps up the production of three enzymes which are chemical “knives” that break down potentially harmful substances in the liver. Turmeric offers similar protection for people who are taking medications such as methotrexate and other forms of chemotherapy which are metabolized by, or shuttled through, the liver.

Skin problems. turmeric doesn't have to be taken internally to be effective. It also helps reduce inflammation, such as that caused by acne, when it's ground into a powder and applied as a poultice to the skin. The only problem is the yellow colour it temporarily stains the skin. Do not use on scalp as it reduces hair growth.

Wound healing. Whenever you have a cut, the body responds by flooding the area with immune cells and fluids. While this process helps clean the area and prevent infection, it can also cause painful swelling and inflammation, which

slows the time it takes wounds to heal. By blocking this process, turmeric (and the curcumin it contains) can help wounds heal more quickly. In laboratory research at the Center for Combat Casualty and Life Sustainment Research in Bethesda, Maryland, scientists found that animals given curcumin healed much faster than those who weren't given the extra protection.

Athlete's foot. A paste made from turmeric—or, in some cases ginger, a close relative of turmeric can be used to destroy the guilty fungus. Use it for bunions, those painfully inflamed deformities that occur on the side of the foot or big toe. Its anti-inflammatory action helps reduce the swelling that makes bunions so painful.

Summary of 20 reasons to add turmeric to your diet

1. It is a natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns.
2. When combined with cauliflower, it has shown to prevent prostate cancer and stop the growth of existing prostate cancer.
3. Prevented breast cancer from spreading to the lungs in mice.
4. May prevent melanoma and cause existing melanoma cells to commit suicide.
5. Reduces the risk of childhood leukemia.
6. Is a natural liver detoxifier.
7. May prevent and slow the progression of Alzheimer's disease by removing amyloid plaque buildup in the brain.
8. May prevent metastases from occurring in many different forms of cancer.
9. It is a potent natural anti-inflammatory that works as well as many anti-inflammatory drugs but without the side effects.
10. Has shown promise in slowing the progression of multiple sclerosis in mice.
11. Is a natural painkiller and cox-2 inhibitor.
12. May aid in fat metabolism and help in weight management.
13. Has long been used in Chinese medicine as a treatment for depression.
14. Because of its anti-inflammatory properties, it is a natural treatment for arthritis and rheumatoid arthritis.
15. Boosts the effects of chemo drug paclitaxel and reduces its side effects.
16. Promising studies are underway on the effects of turmeric on pancreatic cancer.
17. Studies are ongoing in the positive

effects of turmeric on multiple myeloma.

18. Has been shown to stop the growth of new blood vessels in tumors.

19. Speeds up wound healing and assists in remodeling of damaged skin.

20. May help in the treatment of psoriasis and other inflammatory skin conditions.

How to take it and how much

Use it in food, or as a supplement - as powder or in capsules. You can take up to 6 or 8 teaspoons a day. As a dried powdered root, the recommend dose is 1.5 to 3 grams a day.

To get rid of the burning and itching of athlete's foot, use oil of turmeric (Cover grated root with oil and soak for a few days). Dilute one part turmeric oil to two parts of water and apply it directly to the affected area, using a cotton ball or clean cloth.

An excellent way to relieve the pain of bunions is to apply a teaspoon of fresh, grated turmeric to the bunion twice a day. The poultice acts directly on nerve endings at the site of trouble. It reduces the amount of substance P, a pain-transmitting chemical, that's produced by the nerves. turmeric, ginger, and hot peppers all seem to have an effect on this substance.

Useful combinations

As useful as turmeric is for so many conditions, it's a little tricky to get enough of it where the body needs it most. This is because the body tends to metabolize turmeric quickly, meaning it uses it all up. Herbalists and pharmacologists have found a few ways around this.

Isoflavonoids. For preventing cancer, you can't do better than mixing turmeric with foods that contain large amounts of isoflavonoids, some of which have powerful anti-cancer effects. In fact, some breast cancer researchers believe a combination of curcumin and isoflavonoids might be the most potent inhibitor of human breast tumor cells. You can get a lot of isoflavonoids in dried beans and peas, soy, kudzu, lentils and licorice. Combine turmeric with these in recipes.

Pineapple. This fragrant tropical fruit is rich in a compound called bromelain. Some experts believe that turmeric and bromelain mixed together have a singu-

larly powerful effect. Slice or dice a cup or two of pineapple and sprinkle it liberally with tumeric. You can add a little papaya because it tastes great with pineapple. You can eat this flavoured fruit as often as you want - with meals, keeping in mind that the acids in pineapple can be hard on the mouth when you eat too much.

People who enjoy the convenience of supplements can get similar effects by taking both curcumin and bromelain in capsule form. The recommended dose is 250 milligrams of bromelain and 250 to 500 milligrams of curcumin taken three times a day between meals. This is probably effective, but it is always recommend using whole foods whenever possible.

Caution: contraindications, interactions, and side effects

Gastrointestinal problems. There are some suggestions in medical literature that people with gastrointestinal problems such as gallstones, stomach ulcers, hyperacidity, or bile duct obstructions shouldn't eat large amounts of turmeric, although it is suspected these cautions may have been overstated. The German E Commission (a panel of experts roughly equivalent to the U.S. Food and Drug Administration) has advised against turmeric only for those people with biliary obstruction.

Apart from this, there's some evidence that having too much turmeric may cause stomach irritation in people who are sensitive to it. The irritation may be merely annoying, or it could lead to ulcers in supersensitive people. Eating very large amounts of turmeric could potentially damage white and red blood cells. As a practical matter, however, there is little likelihood that anyone would ever ingest enough to make this happen. Turmeric can be taken in powder or pill form. It is available in pill form in most health food stores, usually in 250-500mg capsules. You can also order Turmeric powder directly from Kaye at **Back to Eden**

Contraindications: Turmeric should not be used by people with gallstones or bile obstruction. Though turmeric is often used by pregnant women, it is important to consult with a doctor before doing so as turmeric can be a uterine stimulant.

www.mothernature.com

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. Has 3 year shelf life.

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

Comfrey Root Powder 200g.....\$14
Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.

Cayenne Pepper **NEW** 200g.....\$8
Can be taken internally to stimulate circulation, stop bleeding and used as a poultice on the skin to stimulate healing. Heat rating: 60,000 Scoville Heat Units

Turmeric Powder **NEW** 200g.....\$8
Is an antioxidant, anti-inflammatory, blood detoxifier and has many anti-cancer properties plus many more uses

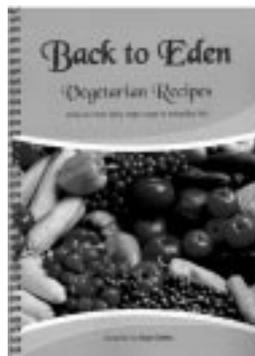
Sourdough Bread Culture \$20 (express postage included)
Mailed to anywhere in Australia. Recipes included

Activated Charcoal Powder 2000g.....\$80
Activated Charcoal Powder 1000g.....\$45
Activated Charcoal Powder 500g.....\$30
Activated Charcoal Powder 150g.....\$14
AgriLush Charcoal for the garden 4.5 litres.....\$65
Charcoal can be taken internally or used in a poultice. Sold in tubs.

Hope Beyond Cancer DVD set with Jennifer & Candice Berghan (5 discs) \$25
This program was recorded at Albury in August 2010

Order by phoning Kaye on 02 6025 5018. Products are in bags (except charcoal).
Calculate postage: up to 500g costs \$5 postage; up to 3kg costs \$10 postage

Back to Eden Vegetarian Recipe Book



\$25

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.

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

Recipes

POTATO SOUP

1 chopped onion
2 crushed cloves of garlic
2 chopped celery stalks
6 c water (approx)
3-4 potatoes, raw and cubed
2 T nutritional yeast flakes
1½ t Celtic sea salt
1 t celery salt powder
½ c raw cashews
3 T flour
¼ c freshly chopped parsley

Sauté onions garlic and celery in a little water. Add potatoes, seasonings and enough water to cover. Simmer until soft. In a blender, process raw cashews with 1 c hot water until smooth and creamy. Add potatoes and flour and blend. Return to stove and cook soup until thickened. Garnish with chopped parsley.

HERB CRACKERS

1½ c rolled oats
1½ c wholemeal flour, or any other flour
½ t Celtic sea salt
2 t dried onion
2 t sweet basil
½ c light tahini
6-8 T tomato juice

Combine all dry ingredients. Mix in tahini. Add just enough tomato juice to form a soft dough. Roll out on a baking sheet and sprinkle with salt, rolling in gently. Score into squares. Bake at 180° for 12-15 minutes. You can sprinkle with more herbs of your choice before baking.

CAROB CANDY CLUSTERS

1 c soy carob buds
2 T honey
2 T almond or peanut butter or tahini
1 t vanilla

Melt together on a stove. Mix in some chopped nuts. Drop on greaseproof paper and freeze. You can add popcorn, dried fruit or anything you wish. May serve partly frozen.

Hope Beyond Cancer

The series of meetings recently held in Albury by **Back to Eden** with speakers Jennifer and Candice Berghan were recorded and we are now selling these DVDs. A set of 5 discs will cost \$25, add \$3 for postage.

These meetings were enjoyed by those who attended. I received a letter from a woman who attended these meetings and I want to share this letter with you.

*“Last weekend I was privileged to attend the most amazing seminar run by the **Back to Eden** team in Albury. I have been involved in Alternative Medicine and Natural Health for 30 years, and during these years have attended many lectures and heard many great speakers and stories.*

“I have to say that Jennifer and Candice were probably the most passionate, enthusiastic, articulate and knowledgeable speakers I have ever heard. For the entire meetings they had everyones attention. They were so easy to listen to and learn from. Their strong faith in God was obvious. God has given us a wonderful body that is capable of healing itself provided it is given the right conditions. When we add prayer to that, miracles can be achieved.

“While our local community badgers the government for a cancer treatment facility in our city, a seminar such as this goes almost unnoticed. This is a tragedy. With the knowledge Jennifer and Candice have given us and our faith in God, we have all that we need.

*“God bless Jennifer and Candice and the Back to Eden team. Well done.”
Janette K*

Back to Eden have invited Jennifer and Candice back to speak in Albury next year, probably shortly after Easter. The date will be confirmed in the Summer or Autumn newsletter next year. Plan now to attend.

During the seminar a young boy Cory (8 years old) ate some nuts and had an anaphylactic reaction. His breathing was laboured. Jennifer (a trained nurse) calmly stirred 1/2 teaspoon of turmeric in a little water, gave it to him to drink and within one to two seconds he could breathe easily again. It was amazing to actually see this happen and see the quick response to the herb turmeric and how it relaxed his bronchials. I would like to ask - could this work for asthma?

Fever Bath & Cold Sheet Treatment

Jennifer and Candice spoke about hydrotherapy used as a treatment for cancer. Water therapy can produce cures that are not possible with herbs or other natural treatments. Cold water stimulates and hot water relaxes. Together they are like a universal pump that makes blood flow faster. Circulation produces cures.

A fever bath followed by a cold sheet treatment can stimulate the immune system in a marvellous way. The activity and motion of the white blood cells increase in response to heat. As the body heat is increased, the speed at which your white blood cells are moving are doubled, tripled or quadrupled.

The best way to increase blood flow throughout your body is to use hot and cold water. In fact, they have shown tests where doing this detoxifies the blood. The blood is flushed because it goes through the liver more, goes through the kidneys more. When this is kept up, tissues and organs are healed.

A famous teacher in hydrotherapy Dr Richard Schultze says this treatment is one of the most powerful natural treatments and has the same effect on the body as a 30 day fast - and it only takes about an hour.

I have decided to have a class and demonstrate how to do this fever bath. It is quite easy once you have been shown what to do and how to do it. You will need a partner to help you as you cannot do this to yourself.

Call now and book your place. Numbers will be kept small as I want to actually demonstrate this treatment in my bathroom on a patient. Hurry and book so you will not miss out.

A class will be held at Kaye's house, 496 Hague Street, Lavington on Monday October 18th at 10 am. Cost will be \$12. Call Kaye to reserve your place on 0260255018. (or phone Beat if I'm not answering on 0260253584)

Natural Remedies Seminar

An ever increasing interest is being awakened in finding out how to treat physical problems without having to go to a doctor, using simple old fashioned remedies. For example, many people are not aware of the power of using different poultices to draw out toxins.

Learn how to give many simple home treatments with ingredients that are found in your garden or kitchen cupboard. Some of the topics include:

burns
diarrhoea
gastric complaints
chest congestion
insect bites
sprains and bruises
muscular aches and pains
vaginal thrush
ear ache
infections
Liver toxicity
tinea
ulcers

Where: Kaye's house
496 Hague Street
Lavington

When: Wednesday 17th Nov
10am-12 noon

Cost: \$12

Book: Phone Kaye 60255018
or Beat 60253584