

Back to Eden

The Vegetarian Advantage
Miracle Mineral Supplement
Recipes
Health programs

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Many years ago in the late 1800s, Seventh-day Adventists started to teach a unique health message that they shared with the public. At the time the world was largely ignorant concerning psychology and hygiene. A group of people started to teach what they were discovering - that health could be improved by following what became known as the eight health laws. These health laws are: nutrition, exercise, water, sunshine, temperance, air, rest and trust in God. These sound health principles have stood the test of time. Hospitals, sanitariums, treatment rooms, health food stores and restaurants were established. Many people were healed and regained health. People flocked to Sanitariums all over the world where water treatments, natural remedies and massage were extensively used to treat disease. But sadly, over 100 years later, this way of treating is a thing of the past. Yet there are relatively few people as well as institutions who still teach the tried and proven treatments.

Lives have been saved, people have been helped as they follow these health principles. Yet so many do not realise how important they are. I am so glad that another research scientist has again re-affirmed what we have been teaching for years (see article). Diet is of utmost importance to your health - yet there are another seven laws of health that also work hand in hand with diet. It is predicted that in the year 2020, one half of the population will have cancer. These will not be statistics, but members of your family. Educate yourself now, take the chance to learn more. Even if it is not for yourself, you may be able to help a member of your family. See page 8 to register for future classes. This will enable us to run the class that you want, when you want. When we have enough people to fill a class, then we will run one.

From Kaye and the team at Back to Eden

The Vegetarian Advantage...

Throughout the years of running educational health programs I have noticed one particular thing. Many people attend these programs with the intent to learn more about improving their health but decide to pick and choose what they will implement into their lives. For years I have been teaching a low-protein, total vegetarian whole foods diet combined with a healthy lifestyle. We have seen many who follow this diet and lifestyle, who had formerly been sick return to much better health. Yet many people often decide that they would like to add some vegetarian meals to their diets, but hesitate to completely give up animal foods. Everyone has to make their own decision regarding their diets and I respect this. I believe that the vegetarian diet will help them and I know there are many problems associated with an animal diet, but each of us has to choose for ourselves what we eat. If we don't look after our health, who will?

Recently I came across a book that has made a profound impact on my thinking regarding health and diet and I want to share with you some of the information found in this book. I would urge you to buy your own copy (details on how to obtain it are at the end of this article). The book has thirty five pages of references if you want to check out the validity of the studies and where they are originally found. I will leave that up to you.

T Colin Campbell PhD along with his son Thomas M Campbell have authored a book called **The China Study**. Dr Campbell has been at the forefront of nutrition research. He is Professor

Emeritus at Cornell University USA. He has received more than seventy grant-years of peer-reviewed research funding and has authored more than 300 research papers. The China Study was the culmination of a twenty year partnership of Cornell University and the Chinese Academy of Preventative Medicine. He has been researching health at the highest level for almost fifty years, designing and directing large research projects. He has spent forty years in bio-medical research and has documented hundreds of scientific publications from research that point the way to less cancer, heart disease, fewer strokes, less obesity, less autoimmune disease, less Alzheimer's, less kidney stones and less blindness. In 1998 he was awarded the American Institute for Cancer Research Award for his work of researching cancer in China. In 1998 he received an award as one of the Top 25 Food Influentials, and in 2004 won an award from the Natural Nutrition Food Association. He has appeared before congressional committees and federal and state agencies, appeared on numerous US TV shows and made TV documentaries. He is known as a giant in his field of nutritional research.

Dr Campbell was raised on a dairy farm where milk was plentiful, meat was readily available and the garden grew much of their produce. His PhD research was spent trying to find a better way to make cows and sheep grow faster. He wanted to promote better health by advocating meat, dairy and eggs, and was confident that this diet was the best in the world.

Research career

Much of his early career was spent working with two very toxic chemicals, dioxin and aflatoxin. He began to work as a researcher to find better ways to help impoverished children in the Philippines.

Part of the project was to try to find out why a number of the children were developing liver cancer. It was believed that this was due to the high consumption of aflatoxin, a mould commonly found on peanuts and corn. They tested the peanut butter fed to the children and found it was contaminated. **Aflatoxin is one of the most potent carcinogen ever discovered.** At this stage it was thought that much of the childhood malnutrition in impoverished countries was due to deficiency in protein, especially from animal based foods.

He discovered something that puzzled him. Children who ate the highest-protein diets were the ones most likely to get liver cancer, and were the children of the wealthiest families. He then came across a research report from India where researcher studied two groups of rats. In one group they administered doses of aflatoxin and fed this group of rats a diet of 20% protein, a level what most Westerners consume in their diets daily. In another group of rats they administered the same amount of aflatoxin and gave them only 5% protein. Incredibly, every rat that had the 20% protein developed liver cancer, and every rat that was given the 5% protein diet avoided liver cancer. As this was in total conflict with what he had previously believed and so he decided to start an in-depth laboratory program that would investigate the role of nutrition, especially protein in the development of cancer.

First he studied the biochemical details of cancer formation. He wanted to know how protein promoted cancer. For twenty seven years he was funded to do this research. He found out that low-protein diets inhibited the initiation of cancer regardless of how much aflatoxin was administered to these animals. Then after the cancer was initiated, low-protein diets were shown to dramatically block subsequent growth. Remember, this was done on rats with casein, the protein in milk with the same amount of milk protein that humans normally consume (in proportion to humans). In fact he discovered that they could turn off and on the cancer growth simply by adjusting the levels of animal protein given.

Then he used plant protein and found that these were completely safe. They did not affect the cancer growth at all. Among many nutritionists, the proteins of meat, milk and eggs are considered the best quality for growth and repair in our

bodies. Plant proteins are considered lower quality of proteins, but now, his research was showing him what animal protein really did to cancer cells.

He then went on to prove that many chemicals, aminocide, DDT, nitrites, red dye 2, artificial sweeteners, dioxin, as well as aflatoxin, all have a similar story with regard to cancer. In each and every case, research has demonstrated that chemicals increase cancer rates in experimental animals. What actually initiates or plants the cancer cell in our bodies? Chemicals called carcinogens. These chemicals are often are the by-products of industrial processes but can also actually occur in nature as is the case with aflatoxin (a mould). It is estimated that 90-95% of our exposure to all these chemicals comes from consuming animal products.

Stages of Cancer

Cancer proceeds through three stages: initiation, promotion and progression. The first implants the cancer, the next is the growing or development of this cancer (which can often take many years) and the progression is where the cancer gets out of control and spreads to neighbouring cells.

The initiation stage can take place in minutes. The chemical carcinogen is absorbed into the blood, transported to the cells, changed into an active product, bonded to DNA and passed on to daughter cells. These daughter cells will be forever damaged and now the potential for cancer occurs. The newly formed cancer cells are ready to grow and multiply until they become a visibly detectable cancer. But they will not grow if the right conditions are not present. If we supply our bodies with the correct nutrients in oxygen rich blood which also is able to take away the wastes, cancer will remain dormant. Promotion is reversible; it depends on the right conditions to grow. The cancer finally metastasizes into other cells, lodging in other organs. The final stage of cancer is death.

Low-protein diet

Colin Campbell continued his research. He wanted to find out if a low-protein diet represses tumour formation and why it affected the cancer process. His first test wanted to see how protein affected the enzyme principally responsible for

aflatoxin metabolism. This enzyme (oxidase MFO) metabolizes pharmaceutical drugs as well as chemicals. But it is a very complex enzyme as it has the ability to detoxify and activate aflatoxin. It either can break down the chemical or can stimulate it.

He wanted to find out if the amount of protein that we eat is able to change enzyme activity. The research team found this to be true. When they decreased enzyme activity they found that less aflatoxin was transformed into the dangerous aflatoxin metabolite which had the potential to bind this dangerous carcinogen to and change the DNA. By changing the protein in the diets of the rats, they could decrease or increase the enzyme activity. They found that low-protein diets reduced tumours by allowing less aflatoxin to enter the cell, the cell then multiplied more slowly becoming less active and their numbers were reduced and so less damage to DNA occurred.

Tumour growth

After cancer cells are initiated, tiny clusters of cancer-like cells appear and are called foci. These foci are what grow into tumours. By watching these foci develop, they learned that this was entirely independent of how much aflatoxin was consumed. In one test all the mice were given aflatoxin, and the one group of rats given 20% protein and the other 5% protein. Then they changed the diet part way through the experiment and saw that the rats on the 20% protein with the cancer growths developed less foci, and those on the 5% developed substantially when switched to the high protein diet. They found foci growth could be reversed up or down, by switching the amount of protein at all levels of development. They also found that early exposures to cancer could be remembered, that the body had an ability to remember and re-awaken and could switch on these cancer cells by bad nutrition later in life.

Even though these studies were done on rats they have relevance to humans because the protein required to maintain health for adult rats and humans is remarkably similar. The experiment then decided to find out if plant protein has the same effect on cancer promotion. They discovered that plant protein did not promote cancer even at the higher levels of intake. Both gluten (the protein

of wheat) and soy, when given to the animals at 20% of their diet did not have the same effect as the milk protein, but had the opposite effect and decreased tumour development.

Normally rats live for 100 weeks. All the rats given aflatoxin and high protein were dead or near dead at 100 weeks. All the rats administered aflatoxin and low protein were alive and active with sleek shiny hair coats at 100 weeks. This was a virtual 100-0 score, something almost never seen in research.

They also did studies on mice infected with Hepatitis B virus (HBV) and got essentially the same result as with the rats. They also found that the high doses of casein developed breast cancer in the rats. In studies by other groups with different carcinogens, breast cancer and pancreatic cancer, the pattern was consistent.

The China Study

In all these studies it was evident that they were showing something quite startling. But they were done on animals only. Yet the time came when Dr Campbell was able to research on humans on what is called The China Study. In 1970 the premier of China was dying of cancer. He initiated a nationwide survey to collect information about disease and death rates for cancer. This covered 880 million people in 2,400 Chinese counties. It was a mammoth study that collated data and resulted in a survey that showed on a map where certain cancers were high and where they were low. Some parts of the country had cancer 100 times higher than others. In many parts of China the diet was nearly the same as it had been for centuries, in other parts it was changing.

Dr Campbell, with a world-class scientific team decided to go into China and do research on cancer. Using the data collected in the first survey they were able to send in teams into 65 counties across China and administer blood and urine tests on 6,500 adults as well as analysing their diets.

Cholesterol

They found that one of the strongest predictor of Western disease was blood cholesterol. As blood cholesterol levels in rural China rose in certain counties, the incidence of Western diseases also increased. The average Chinese chole-

sterol level is 3.3, well below the average American of 5.6. Some Chinese counties were as low as 2.4. As blood cholesterol decreased across China, so did cancers of the liver, rectum, colon, lung, breast, child and adult leukaemia, child and adult brain, stomach and oesophagus decrease.

In rural China they eat very little meat; animal based food consumption averages around 7g per day. In America it averages 70g a day. They thought that because of low animal protein consumption combined with low blood cholesterol that there would be less Western disease, but they found that even these small amounts raised the risk for Western disease.

Fats

It has been known for many years that the dietary fat consumed is closely associated with cancer of the breast, large bowel and heart disease. In rural China, dietary fat intake is very different than that in the United States. The Chinese do not eat altered fats (margarines, polyunsaturated oils etc) like Westerners do, their fat intake depends on their animal food consumption. The research found that as animal-based food intake goes up, so does breast cancer. The fat intake of the Chinese is 14.5% of total calorie intake whereas it is 30% in the US. Findings from rural China showed that reducing dietary fat from 24% to 6% was associated with lower breast cancer risk. A diet rich in animal fats also leads to higher levels of blood hormones such as estrogen. The Chinese have estrogen levels half that of British women, who are on an equivalent to the American women. There is a very strong association of high-animal protein, high-fat diet with reproductive hormones and early menstruation, both of which raise the risk of breast cancer.

Fibre

The average intake of dietary fibre is three times higher in China than the US. Some experts in the US maintain that if too much fibre is eaten, this stops the absorption of certain minerals such as iron. But they found that the more fibre eaten the greater the blood haemoglobin level. Western scientists maintain that to get adequate iron, meat needs to be eaten. The China findings showed that those who consume more plant based foods, consuming more dietary fibre, also consume more iron. Some Chinese

people do have low iron levels, but it was found that this true in areas which have high parasite levels. The China Study provided evidence that there is links with certain cancers. High fibre intake lowers colon and rectum cancer as well as lowers blood cholesterol.

Carbohydrates

The vast evidence given in The China Study clearly shows that the healthiest diet that you can eat is a high-carbohydrate diet. This does not mean a diet high in refined carbohydrates, but a diet derived from fruits, vegetables and grains, all in their unprocessed, unrefined and natural state.

An interesting finding in the China Study was that the Chinese consume more calories than the typical American, but do not gain more weight. It was discovered that consuming diets high in animal protein and fat transfers calories causing them to be stored as body fat. Yet when consuming plant based diets, the calories are burned and lost as body heat. People who consume low-protein, low-fat diets have less difficulty with weight problems, even if they consume the same or even slightly more calories.

Liver cancer

In the studies done with rats and mice, it was found that the amounts of dietary casein has the power to turn on and turn off cancer growth and to override the cancer-producing effects of aflatoxin, a very potent carcinogen, but these studies were only done on animals. What about humans?

In rural China, liver cancer rates are very high, exceptionally high in some areas. The primary reason was the Hepatitis B virus (HBV). In some areas half the population was infected. In addition to the virus being a cause of liver cancer, they discovered diet also played a vital part. Liver cancer is linked to increasing blood cholesterol levels and animal-based foods are responsible for increases in cholesterol. In the Chinese people, they found that those who were infected with the HBV and consumed animal-based foods had a high rate of liver cancer. Those infected with HBV who were eating a plant-based diet did not have the high cancer rates. The experimental animal studies and the human studies made a perfect fit.

Heart Disease

At the end of the Korean War in 1953, a landmark scientific study was reported in the Journal of the American Medical Association. The hearts of 300 male soldiers killed in the war were examined. The soldier's average age was 22 years. The researchers found that 77.3% of the hearts they examined showed gross evidence of heart disease. So it is evident that it has been a problem of this modern age for more than 50 years.

One of the key components of heart disease is plaque, the greasy layer of proteins, fats (including cholesterol), immune system cells and other components that accumulate on the inner walls of the arteries. A heart study, called the Framingham study, has examined over four generations of 5000 people. This study convincingly showed that high blood cholesterol is linked to heart disease.

The best medical centre for cardiac care is located in Cleveland, Ohio. Dr Caldwell B Esselstyn Jr has gone against traditional medical treatment and takes patients and educates them to follow a diet based on plant-based whole food. He has reported that those patients who follow this regime, all lowered their blood cholesterol and in the following eleven years there was only one coronary event (because the patient admitted to straying from the diet temporarily). 70% of his patients experienced an opening of their clogged arteries.

Another doctor who advocates this type of treatment is Dr Dean Ornish. He treated 28 patients with lifestyle changes alone based on the whole food plant-based diet. It was clear that the closer the patients adhered to the lifestyle recommendations, the more their hearts healed.

Obesity

The solution to losing weight is a whole food, plant-based diet, coupled with an exercise program. By implementing this diet you will avoid all the nasty additive, chemicals, added sugars, saturated animal as well as altered fats and refined carbohydrates that are associated with obesity.

An interesting observation was noted by Dr Campbell in his study with rats. It was noticed during the experiments that the rats that were on the 5% protein were much more active than those who were on the 20% protein diet. They decided to

test this observation by separating them and placing them in cages with exercise wheels that had a meter that measured the number of turns of the wheel. In the first day it was noted that the 5% animals voluntarily exercised about twice as much as the high protein animals. This continued for the two weeks of the study. So we can see that a plant based diet encourages more physical activity. Animal foods increase uric acid in the body which in turn causes fatigue.

Diabetes

We know the increase in diabetes is happening at an alarming pace. Some call it an epidemic. Type 1 diabetes accounts for 5-10% of all cases. Type 2 accounts for 90 to 95%. Both types, the disease begins with dysfunctional glucose metabolism.

Seventh-day Adventists have been studied because half of them are vegetarian. 90% of these still eat dairy and/or eggs. In dietary studies involving the Adventists, there is not a big difference between moderate vegetarians to moderate meat eaters, but even despite this the vegetarians are much healthier than meat eating counterparts. Those Adventists who did not eat meat do not have diabetes. Compared to the meat eaters, they had half the rate of diabetes and half the rate of obesity. [See National Geographic November 2005 for the article The Secrets of Long Life. This reveals the residents of Okinawa, Sardinia and (Loma Linda) Seventh-day Adventists are the three groups of people who live longest on the earth.]

One of the most prominent scientists studying diabetes today, Dr James Anderson conducted an experiment on diabetics who were all taking insulin to control their blood sugar levels. He placed them on a vegetarian diet for three weeks. He then measured their sugar levels, cholesterol levels, weight and medication requirements. Even though normally Type 1 diabetics do not produce insulin, but after just three weeks Type 1 diabetics were able to lower their insulin by an average of 40%, and their cholesterol levels dropped by 30%. Type 2 diabetics, who have not had the damage to their pancreas., after three weeks, 24 out of 25 were able to discontinue their insulin medication.

Other cancers

Women who have a family history of

cancer are very afraid they are at an increased risk of getting this disease. They are told that it is because of their genes. But do genes play a part in cancer? One study found that 3% of all breast cancer can be attributed to genetics. Even though other studies have slightly higher percentages, the majority of cancers in American women are not due to genes or family history. Scientists have discovered a mutated breast cancer gene. They have discovered that of the women who carry this gene, half of these women eventually get the disease. But the question needs to be asked how many of these women are educated in good nutrition and that a diet high in animal protein has the ability of damaging the genes?

Colorectal cancers are known to vary very hugely between countries. Yet when the diets of these people were examined, those who ate large amounts of fibre had a 43% lower risk of colon cancer than those who consumed the least fibre. Another study set the percentage at 47%. A study done in South Africa amongst the blacks showed that even when they ate less fibre than white South Africans, their colon cancer was much lower. The reason for this was the white South African ate much more animal protein.

Prostate cancer is one of the most commonly diagnosed cancers among men today. There is a consistent link between prostate cancer and dairy consumption. When men consume large amounts of dairy, they double or quadruple the risk of getting this disease. A hormone that increases cancer cell growth, Insulin-like Growth Factor (IGF-1) is turning out to be a predictor of prostate cancer in the same way as high blood cholesterol is a predictor for heart disease. When this hormone becomes more active it multiplies cells which favour the development of cancer cells. It is known that when men eat meat and dairy they increase the blood levels of this growth hormone. Men also need vitamin D which the body produces via sunlight, if the levels are too low, prostate cancer can result. This too is affected by the food eaten. Animal protein that is consumed has the ability to block the production of vitamin D. This fits perfectly with the evidence that links prostate cancer with dairy consumption.

Autoimmune diseases

There are over forty different autoimmune diseases today. The most common of these diseases are multiple

sclerosis, Graves's disease, rheumatoid arthritis, vitiligo, pernicious anaemia, lupus, thyroiditis and type 1 diabetes. It has been known for many years that autoimmune diseases become more common the greater the distance the person lives from the equator. Multiple Sclerosis is over 100 times more prevalent in the far north than at the equator. All autoimmune diseases are the result of the body mistakenly attacking itself. The foreign invaders are protein molecules called antigens. Normally the immune system notices these cells then destroys them. It so happens that some of the foreign invaders that should be destroyed look the same as our own cells. It is known that the antigens that trick our body into attacking itself may be found in food. During digestion, some partially broken down protein particles are absorbed into our bloodstream through the intestinal walls. These remnants of undigested proteins are treated as foreign invaders by our immune system which sets about trying to destroy them. One of the foods that supply many of the foreign particles that mimic our own body proteins is cow's milk.

Multiple sclerosis represents a nervous system that has gone awry. Scientists first thought this was due to magnetic fields. A study done in Montreal on 144 MS patients for over 34 years proved that the progression of this disease was greatly reduced by a low-saturated fat diet (no milk or dairy). Those patients who consumed a low-fat diet during the early stages of their disease, about 95% remained mildly disabled for approximately 30 years. In contrast, 80% of MS patients that consumed a poor diet (higher in saturated-fats) died of MS. More recently, additional studies have confirmed these results and place more emphasis on cow's milk. The consumption of meat high in saturated fat, like milk, was also associated with MS.

Many people are not aware that Type 1 diabetes is linked to diet, and more specifically to dairy products. The ability of cow's milk protein to initiate Type 1 diabetes is well documented. Even though an avalanche of studies has proved this again and again, this information is not given to the general public. Cow's milk consumption increases the risk of Type 1 diabetes five to six times.

Osteoporosis

We have been told for years to drink

more milk to make sure we get enough calcium. Evidence is given that those countries with the highest dairy consumption have the greatest rates of osteoporosis. Once again this disease is linked to animal protein. Unlike plant protein, animal protein increases the uric acid load in the body and our blood and tissues become more acidic. In order to neutralise this, our body uses calcium which is able to do this job very effectively. Our body takes this calcium from the bones and the calcium loss weakens them. People who are on the Atkins diet (a high protein diet) excreted 50% more calcium in their urine after six months on this diet.

Kidneys

A stunning relationship exists between animal protein and the formation of kidney stones and recurring stones as well. Many research studies show that when animal protein containing foods are eaten, the concentration of calcium oxalate in the urine sharply increases. When the kidneys are under persistent long term assault from increased calcium and oxalate, kidney stones may result. Never before have we such a vast amount of studies that prove excess animal protein can destroy our kidneys.

Eyes

Macular degeneration is a leading cause of irreversible blindness among people over the age of 65. Around the macula, the bio-chemical intersection in the eye where light is transformed into a nerve signal, are fatty acids that react producing free radicals which destroys the macula. The findings of studies suggest that as much as 70-88% of blindness caused by macular degeneration could be prevented if the right foods are eaten and by avoiding animal foods.

Conclusion

Dr Campbell discovered that diet does cause disease. Fifteen years ago he chose to stop eating meat and 6-8 years ago stopped eating all animal-based foods. He is nearly 70, but is now more physically fit than he was at 25 is 45 pounds lighter than he was at age 30. He has gone from a boyhood of drinking two litres of milk per day, to a professional career of scoffing vegetarians, and now as a result of his own research he became a vegetarian.

Plant-based foods are linked to lower blood cholesterol, animal-based food to high blood cholesterol. Animal-based foods are linked to breast cancer; plant-based foods are linked to lower rates. Fibre and antioxidants are linked to lower cancer risk of the digestive tract. Plant-based diets and a healthy lifestyle result in a healthy weight. From the health labs to the extensive China Study, it was comprehensively proved that we can minimise our risk of contracting deadly diseases by eating the right food.

There is a widely held belief that cancer is caused by toxic chemicals making their way into our bodies. People think that if they eat animal products that come from organic sources, this will not cause any problems. They assume that meat/milk/eggs are safe without the antibiotics and hormones that are pumped into the animals. The real dangers of all animal products are the nutrient imbalances they cause regardless whether there are any chemicals present or not. Organic meat may be marginally healthier, but it still is not a safe choice.

Chronic diseases take years to develop. It is usually the chemicals that initiate cancer that make the headlines. We need to remember that disease can be accelerated or repressed by nutrition, even when a person has a genetic predisposition to certain diseases. Dr Campbell reveals the political interference and treachery that occurred trying to keep his findings and recommendations from the general public.

This book is a highly readable book that gives us ample evidence of what will happen if we continue eating animal-based diets. If you want to continue eating meat, dairy and eggs, that is your right. But if you want to take charge of your health, read this book and put into practice what it teaches. You will feel much better physically and you will be able to think much clearer.

*To obtain copies of the book
**The China Study by T Colin Campbell
and Thomas M Campbell II**
www.wakefieldpress.com.au
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Miracle Mineral Supplement (MMS)

It is not a cure, but boosts the immune system

In 1996, Jim Humble worked as a gold prospector deep in the jungle in Guyana. He and a few of his crew became ill with malaria. He was days away from help. Since Jim knew that malaria was a problem in the area he was working in, he had taken along some Stabilized Oxygen, knowing it killed pathogens in water and that it might cure malaria. For more than 100 years clinics and hospitals have used this supplement to sterilise hospital floors, tables, equipment and other items. He wanted to see if this powerful germ killer could be harnessed by the immune system to safely kill pathogens in the human body.

Jim treated himself and the crew with the Stabilized Oxygen and he had a recovery rate of 70%. This amazed him and started him thinking. He wanted to share this information and help those with malaria. He wanted to give it to the world, but first he wanted to find out why it was not 100% effective. But first he needed to understand why Stabilized Oxygen worked, and how to improve it to work faster and heal more people.

Finally after some time he found out that Stabilized Oxygen was very unstable and was told that one should never wait longer than one hour after adding the drops to water. He found that water did make it more alkaline and had a smell of chlorine. He decided to add vinegar to try to make it less alkaline. He kept experimenting, mixing different liquids with the Stabilized Oxygen, trying to find out if any of these activated it more quickly. In his earlier years he had been a research engineer in the Aerospace industry so he had some knowledge of chemistry of metallurgy. Over one year he conducted thousands of tests, and this led him to the discovery that by using the drops only and adding no water, and then activating it with the vinegar, it worked in three minutes.

The chemical formula for Stabilized Oxygen is NaClO_2 , its name is sodium chlorite. Table salt is NaCl . Sodium Chlorite is highly alkaline, which is the

opposite of acid. When it neutralises, it becomes unstable and begins to release, not oxygen, but rather chlorine dioxide. This is where the oxygen comes in. The formula for chlorine dioxide is ClO_2 . That's one ion of chlorine and two of oxygen. It has already lost its ability to oxidise. The chlorine dioxide ion however has a powerful ability to oxidise. Chlorine dioxide is a powerful explosive. It cannot be contained as it will explode the container. It must always be generated where it is used and cannot be moved. Even a particle as small as one ion of chlorine dioxide will explode when it hits the right thing, namely a pathogen in the body or some other item more acidic than the body.

An explosion is merely a fast chemical reaction, releasing energy, which is usually some kind of oxidation. When chlorine dioxide meets a pathogen it accepts five electrons of charge and instantaneously results in instant oxidation, which is the chemical explosion. In the formula ClO_2 , there are two oxygen ions. They do not get released so that the body can use them because they have a minus two charge. They already have done their oxidizing before they arrived at this position. They cannot oxidise further, and become a part of the water in the body. The chlorine ion becomes a chloride which is basically table salt which has no particular power.

Jim finally found that he could better activate the Stabilised Oxygen using lemon, lime or citric acid. Jim has found it very hard to get this information to the world. Amazing as it seems, when used correctly, it helps the immune system attack germs, bacteria, parasites, yeasts, fungi and viruses that are harmful to the body but do not affect any of the healthy cells or friendly bacteria in the body. IT IS NOT A DRUG. It can be used for Aids, hepatitis A, B and C, malaria, herpes, TB, most cancer and many more of mankind's worse diseases. More than 75,000 disease victims have been included in the field tests in Africa.

The following article is for your information only. I have heard lots of good reports regarding it, but I accept no responsibility if you choose to take it.

Scientific clinical trials have been conducted in a prison in the country of Malawi, East Africa.

The Malawi government has conducted several tests produced the same 99% cure results. Separate tests conducted by the Malawi government produced identical 99% cure results. Over 60% of the AIDS victims that were treated in Uganda were well in 3 days, with 98% well within one month. More than 90% of the malaria victims were well in 4 to 8 hours. Dozens of other diseases were successfully treated and can be controlled with this new mineral supplement. It also works with colds, flu, pneumonia, sore throats, warts, mouth sores, and even abscessed teeth.

The man who discovered this treatment has a firm belief that the world has a right to know this information, not just one person or a given group of people having control. He is not aiming to make lots of money, he just wants this information out to the world. You can get a free e-book from the following web site and it will give you all the details of this discovery. In our world today, there are many discoveries and medical facts that are suppressed and kept from the general public.

For your free e-book, download it from <http://www.miracleminal.org/part1.php> Part 2 of this book is available at an extra cost of \$9.95 (converts to \$11.60 Australian)

For bottles of MMS - cost of \$25.97 per bottle plus \$12 postage. (postage is reduced when more than one bottle is purchased). Visit site to order: <http://www.miraclems.com/order.html> or for those without internet phone 0397 370807 to order bottles. (This supplement is very economical, it is suggested that one bottle will last one person up to two years). Visit the website for more information. <http://www.miraclems.com>

Breakthrough The Miracle Mineral Supplement of the 21st Century by Jim V Humble

Products for Sale

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Licorice root is used to rebuild Adrenal Glands. Suggested maximum daily dose is 1½ teaspoons.

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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.

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Use it long term to help cleanse bowel, liver and blood.

Barley Leaf Powder 200g.....\$12

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Special price - 1kg.....\$54

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Adsorbs and binds toxins from the stomach when taken internally, and when used as a poultice externally draws the poisons out through the skin. This is a must to have on hand for sickness and emergencies

Order by phoning Kaye on 02 6025 5018. Products are in bags.

Prices do not include postage

Recipes

ROASTED PUMPKIN SEED DIP

1 c green pumpkin seeds (pepitas)
1 clove garlic, peeled and sliced
1 small onion, roughly chopped
3-4 tbsps lemon juice (to taste)
1 tsp sea salt
3-4 tbsps virgin olive oil

Place pumpkin seeds on an oven tray. Place in a preheated 170 degree oven for 10-12 minutes or until lightly toasted, or toast in a dry electric frypan (low to medium heat) for about 10 minutes, stirring at times. Allow to cool. Place seeds in a dry kitchen whiz and whiz until reasonably fine. (You may be able to use your blender if you don't have a whiz). Remove from whiz. Place onion and sliced garlic and whiz until finely chopped. Add pumpkin seeds and rest of ingredients, leaving the olive oil until last.

Delicious on crusty sourdough bread or crackers.

GREEK SALAD

5 tbsps lemon juice
2 tbsps virgin olive oil
1-2 tspn sea salt
¼ tspn cayenne
1 tsp sweet paprika
½ tspn oregano
1 tspn basil
1 tspn Italian herbs
1 tspn dark brown miso (or soy sauce)
1 tspn maple syrup (or honey)
375g firm block tofu cut into 1 cm cubes

Mix ingredients in jar, shake well, and pour over the cubed tofu. Marinate for at least 1 hour, stirring occasionally. Then add the following ingredients to the marinade tofu.

3 fresh tomatoes, cut in wedges
3 cucumbers, cut in chunks
½ large red onion, in small chunks
½ cup Kalamatta olives
1 stick celery, sliced (opt)
½ red capsicum, sliced (opt)

Toss and serve on lettuce leaves.

A Love of Junk Food

One in three Australians say they can't stop eating fast food, an international survey reveals. Despite the obesity epidemic, they love the flavour of chips, pizzas and hamburgers too much to give up. And while 31% admitted being junk-food addicts, almost 40% confessed to eating fast food when depressed. A poll of 9000 people in 13 countries found Australia was in the top five junk-food-addicted nations.

Market research firm Synovate found the UK and USA led the world with fast-food addicts. About 46% of Australians admitted they ate whatever they wanted, whenever they wanted, while more than half admitted to yo-yo dieting. The survey, which found the French were the healthiest eater, confirmed Australians had bad eating habits contributing to major health problems.

The Sunday Telegraph, Jan 6, 2008

Recipe Book

I have been revising my recipe book over the past few months. As you would appreciate this is a very time consuming job. Each recipe needs to be checked carefully. I have lots of new recipes, with some of the old tried and true ones. There will be a special section on sourdough bread with some of the fantastic recipes that can be made from sourdough. If anyone has a favourite vegan vegetarian recipe they would like to add to the book, please contact me and if it is suitable, I will add it to the recipes. It should be ready in a few months time - this will give me time to finish editing it and get it printed. I will advise you of the details in my next newsletter.

Those who have email, please consider receiving your newsletter this way. Send your details to backtoeden@aapt.net.au

register your
name now

Back To Eden

Health and Lifestyle Programs

Back to Eden will be running courses during the coming year. If you are interested in attending any of these programs, please fill in the following form and return it to Kaye. You will then be contacted when we have sufficient numbers of participants to commence each program. A brief overview of the classes is given below, but for more information, phone Kaye on 0260 255018.

Tick the programs you would like to attend

- Sourdough Breadmaking Class. This class shows how easy it is to make sourdough bread from different wholemeal grains. You will receive recipes and a sourdough culture.
- Lifestyle Health Principles. This series of 4 classes provides valuable information on what we need to know if we want to regain and have good health, what foods we need to eat and what to avoid.
- Vegetarian Cooking Classes. A series of 2 classes 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.
- Natural Remedies Seminar. This class will teach you how to treat many physical problems using old-fashioned simple home remedies with ingredients that are found in your kitchen cupboard.
- Simple Water Treatments. This class will show you how to use water treatments (Hydrotherapy) to relieve pain, boost your immune system and break up congestion in different parts of your body.
- Herbs for Your Health. This class will identify simple garden herbs and how to use them to treat illness and to strengthen your health.
- Health Laws from the Bible. You will be amazed to discover that the Bible contains many health principles and laws, that if followed, will restore and strengthen your health. Discover what they are.
- Herbal Ointments and Oils. A hands-on-class that will show you how to prepare different oil infusions, and how to make herbal ointments.

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Post to: Kaye Sehm

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496 Hague St

_____ Post code _____

Lavington 2641

Phone: (____) _____

or email:

email _____

backtoeden@aapt.net.au