

Back to Eden

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Welcome back to readers this year. I have decided to run classes this year with a few changes. It is always hard to coordinate specific classes, the times they are scheduled with those who would like to attend. As I work part time, I only have limited times available to me.

This year, I am planning to have some weekend classes. The first of these will be held on 1-2 May. I have invited a friend Karen Walters to help me. Karen's background is that she is a nurse and a Herbalist, but she is as passionate about having good health as I am.

Her story always inspires me. In 1986 she was diagnosed with Multiple Sclerosis. Her health began to fail rapidly. She had poor bladder control, difficulty with speech and many falls. She was later diagnosed with Lupus which added arthritic joints to her problems.

This incredible woman decided to take responsibility of the treatment for her own problems. She decided to follow the program of the Eight Laws of Health - the same program Back to Eden teaches. Now, if you see her you would agree that her recovery is remarkable indeed.

Karen will be speaking alongside myself. We plan to have a two day Health Weekend. On the Saturday we will cover the theory of having good health, and on the Sunday we will demonstrate many of the practical things that we cover in our normal monthly class.

Plan to attend. For those who live far away, make a special weekend and attend. We know you will enjoy yourself. I will give more details in next newsletter.

For those of you who would like to attend my Wednesday morning monthly class, don't forget to book in each month.

Also please consider attending the Bible classes I am organising. These will be very interesting. I love teaching and talking about Bible truths.

From Kaye and the Back to Eden team

Cayenne Pepper

Something was terribly wrong. Sudden pain in the chest and shoulder, a feeling of pressure in the chest, feeling nauseous and incredibly tired, all indicated that he was having a heart attack. It was overpowering, he couldn't stop it. He wondered whether he would live or die as he was taken to the hospital where he was told he needed a heart bypass surgery.

Bypass surgery is now quite common. After preparing the patient, the surgeon cuts the chest open with a bone saw, prises the ribs apart and opens the sack enclosing the heart. The heart is cooled with iced salt water, while a preservative solution is injected into the heart arteries. This process minimizes damage caused by reduced blood flow during surgery. A cardiopulmonary bypass must be established. Plastic tubes divert the blood to a heart lung machine which returns the oxygenated blood to the body. The main aorta is clamped off to maintain a bloodless field and to allow bypasses to be connected to the aorta.

Meanwhile another surgeon opens the leg from the ankle to the knee to remove the saphenous vein. This vein is the most commonly used vessel for each bypass. This is sewn or grafted into the heart. The other end of this vein is attached to the aorta. At the end of surgery, the sternum is wired together with stainless steel and the chest incision is sewn closed. Plastic tubes (chest tubes) are left in place to allow drainage of any remaining blood from the space around the heart. About 5% of patients require exploration within the first 24 hours because of continued bleeding after surgery. Chest tubes are usually removed the day after surgery. The breathing tube is usually removed shortly after surgery. Patients usually get out of bed and are transferred out of intensive care the day after surgery.

Up to 25% of patients develop heart rhythm disturbances within the first three or four days after bypass surgery. These rhythm disturbances are usually temporary atrial fibrillation, and are felt to be related to surgical trauma to the heart. Most of these arrhythmias respond to standard medical therapy that can be weaned one month after surgery. The average length of stay in the hospital for bypass surgery has been reduced from as long as a week to only three to four days in most patients. Many young patients can even be discharged home after two days. But surgery should be your last choice because, 40 % of those having heart surgery suffer long term mental dysfunction. Surgery only provides temporary relief, and never addresses the cause of the disease, this insures you will have regular visits to the doctor's office along with lifelong prescriptions refills. Your doctor doesn't have a safe, simple or inexpensive solution to clean your arteries. But you can be confident in knowing you have a choice. You can get off any long term drug treatment and break out of the vicious cycle and solve your own health problems.

Dick Quinn, after suffering his heart attack and bypass surgery, was sent home. He tried to take long walks but felt faint after the least exertion. An acquaintance spoke to him of cayenne pepper and how she believed this would help him. How could this woman know what to do for a heart attack, surely his doctors had all the answers. Dismissing this suggestion as preposterous, he went back to his doctor who told him his recovery was progressing nicely.

Yet he knew this was not the case. His energy levels were extremely low. Every day he got weaker and weaker, and now he suffered periods of blindness. He realised he was dying. Six months after his surgery his doctor told him he needed another bypass. He knew he was in real trouble.

Then he remembered the words of the woman who earlier in his recovery suggested he take cayenne pepper. What had he to lose. He was close to dying. He stopped off at the grocery store and bought some, filled some old capsules and took them. What happened was most amazing.

His recovery

When he awoke the following day he felt much better. He noticed that his porch had some snow on the roof and forgetting how weak he was he started to shovel the snow off the roof. He finished the entire roof before he realised what he had done. Then he remembered the cayenne pepper and knew why he felt much better. Running to the kitchen he took three more capsules and has been taking it every day since.

Since then, Dick Quinn has not taken any prescription drugs for any other sickness. His blood pressure went down. He threw away his angina and nitroglycerine tablets. What was in this herb called cayenne pepper?

About 95% of all heart attacks occur in a coronary artery that has become narrow because of cholesterol and plaque. Stress causes the arteries to narrow. A blood clot can block the artery completely, shutting off blood supply to the heart and causing a heart attack. Studies conducted in Thailand show cayenne prevents a heart attack or stroke before it happens by lowering fibrin in your blood, so blood clots can't form. Fibrin is a blood protein that causes clotting. Caffeine and most other stimulants cause the arteries to contract, raising the blood pressure and forcing the blood through with more power. It's like tightening the nozzle on a garden hose. You get power, but you pay a high price in damage to your body.

Cayenne "jump starts" your heart and sends a surge of energy through your body. Your arteries open wide, so your body gets the circulation it needs without straining your heart. It doesn't raise the heartbeat or blood pressure. Unlike caffeine, cayenne is good for you. It is nature's most powerful stimulant.

Herbal healers have used cayenne to stop internal and external bleeding, treat shock and in other life threatening emergencies for thousands of years now. There are hundreds of uses for cayenne, but its most important role involves the heart and circulation. Improved circulation is the key to better health in many ways.

Red cayenne pepper is one of the most beneficial herbal medicines that we have. We can do wonderful things with it that we are unable to do with any known herb. It should never be classed with black pepper, vinegar or mustard. These are irritating, while cayenne pepper is soothing. While cayenne pepper smarts a little, it can be put on an open wound, either a fresh wound or an old ulcer, and is very healing; but black pepper, vinegar and mustard are irritating to an open wound and do not heal. Red cayenne is one of the most stimulating herbs known to man that causes no harm or reactions.

Good for circulatory system

Cayenne (red pepper or capsicum) is a medicinal and nutritional herb. This herb is a great food for the circulatory system in that it feeds the necessary elements into the cell structure of the arteries, veins, and capillaries so that these regain the elasticity of youth again, and the blood pressure adjusts itself to normal.

Cayenne is a fruit belonging to the Solanaceae family of 5 species and 300 varieties of plants that produce fleshy vegetable pods called capsicums. It contains capsaicin which gives it its stimulating action. African Cayenne is the most potent (or hottest) along with the Indian Cayenne.

Cayenne's potency is measured in heat units. African Cayenne has 90,000 or more heat units. Cayenne may be purchased from a health food store, but make sure you have a hot cayenne with a high heat count, as much sold is not very hot. While a supermarket cayenne is better than nothing, it has only heat units of around 4,000. Another way is to grow your own, harvest, dry and grind them into powder. It grows abundantly in the West Indies where the negroes count it almost certain remedy for nearly all their maladies. They have no fears of fatal effects from fevers, even the devastating yellow fever, if they can get plenty of cayenne. They not only drink the tea, but they chew and swallow the pods one after the other. It produces the most powerful impression on the skin, yet never makes a blister; on the stomach, yet never weakens the tone.

Cayenne is rich in Vitamins A, B, C, B1, B2, and B12, zinc and niacin. It contains organic calcium, potassium, iron, magnesium, phosphorus, selenium and other nutrients. It rebuilds the tissue in the stomach and heals stomach and intestinal ulcers by equalizing the circulation. Cayenne produces natural

warmth and in stimulating the peristaltic motion of the intestines, it aids in assimilation and elimination.

When the venous structure becomes loaded with sticky mucus, the blood has a harder time circulating, therefore higher pressure forces the liquid through. Cayenne regulates the flow of blood from the head to the feet so that it is equalised; it influences the heart immediately, then gradually extends its effects to the arteries, capillaries and nerves. The frequency of the pulse is not increased, but it is given more power.

Use as poultice, take internally or sprinkle on bleeding wounds

A hemorrhage is a frightening condition. If someone has a hemorrhage in the lungs, stomach, uterus or nose, take a teaspoon of cayenne in a glass of extra warm water until it stops. I have heard the story of a woman who had been having a heavy menstrual flow for 18 months. She had been to the Doctors and nothing seemed to stop it. She took three teaspoons of cayenne pepper in water every hour (not during bedtime) and after 15 doses, it finally stopped. It equalises the blood pressure from the top of the head to the feet so this keeps the pressure from the hemorrhage area, so it will clot naturally.

It is effective as a poultice or plaster for rheumatism, inflammation pleurisy, and is helpful if taken internally for these. Some years ago I was in the situation to experiment using different poultices on a stiffened ankle (which had been broken a year prior to the treatment). The person told me that the most helpful and beneficial poultice was using cayenne. I can remember her deciding to keep it on all during the day as well as night time because it was giving her lots of relief.

It can be used on sporting injuries. Used as a poultice on muscular and ham-string injuries it shortens the recovery time significantly. Sprinkle on a cloth or paper towel that has been lightly coated with olive oil or castor oil. When this is placed over an injury and secured in place, it will bring more blood flow to the area and there will be a sensation of burning. (The more acid in your system, the more the cayenne will burn). It will continue to feel as if it is burning even after it has been removed. Try to keep it on as long as you can. Even though it may feel like it is on fire, it will do no harm and will not blister the skin.

Sprinkle it liberally on a bleeding wound and it will arrest the flow. There have been many times when I have cut myself in the kitchen, and the first thing I grab is the cayenne. Depending on the severity, you may need to apply pressure to the wound. Apply a bandage or bandaid over the cayenne pepper. Wounds that have been treated this way heal much quicker than untreated wounds. Keep a supply in your kitchen for these times when you cut yourself. This is a wonderful home remedy.

Circulation

Cayenne needs to be used generously when there is a circulatory problem. The quickest way to get it into the system is to stir a half to one teaspoonful into water or some juice (or soy milk) and drink it. If this is too much, start with ¼ teaspoon 3 times daily, building it up to 1 teaspoon 3 times daily. Always take cayenne with food except in an emergency situation as it may cause a burning sensation as it is so stimulating and it may make you feel faint when it begins to do its work. It is much easier to take cayenne immediately prior to eating. The food stops the burning. Your throat will burn for some time after drinking it, this is normal. Just remember what good it is doing to you. After taking it over a period of time, it becomes much easier to take and burns less. Obviously, it also can be taken sprinkled on food. A famous American Herbalist says that if it burns, it means you need it badly. It seems that if you have a build up of uric acid in your body, it will burn more. You can take capsules filled with cayenne, but powder is much better.

Cayenne stimulates the liver and gall bladder to promote the flow of bile. Cayenne is the best food for circulation. A diabetic person has a circulation problem. Cayenne reduces the mucus in the body systems and the result is good circulation. Cayenne is a circulatory stimulant.

Phenomenal power of cayenne

Here is a true story about the phenomenal powers of cayenne taken from a book entitled, "The Healing Miracles of Cayenne Pepper."

"In 1870 there was lumberjack named James McCann, a young man who started to go back to the states by way of California. He reached Parowan with both feet frozen above the ankles. He was left with me (Dr Meeks) to have both feet amputated as it was thought there was no possible chance to save his life without amputation.

"An impulse seemed to strike my mind as though by inspiration that I would give him cayenne pepper inwardly and see what effect that would have on his frozen feet.

"I commenced by giving him rather small doses at first, one teaspoonful at a time. It increased the warmth and power of action of the blood to such a degree that it gave him such pain and misery in his legs that he could not bear it. He laid down on his back and elevated his feet up against the wall for three to four days and then he could sit up in a chair.

"The new flesh would form as fast as the dead flesh would get out of the way. In fact, the new flesh would seem to crowd the dead flesh to make room for the new."

"That was the all the medical treatment he had and to my astonishment and that of everyone else who knew of the circumstances, the 16th day after I gave him the first dose of cayenne, he walked nine miles from Parowan to Red Creek and back. Both his feet were saved. He lost but five toenails.

"Cayenne purifies the blood. I am convinced that there is nothing like cayenne and you will find it applicable in all cases of sickness."

Aids digestion, assimilation and elimination

One of the most common herbal use of cayenne is as a gastric stimulant and digestive aid. It rebuilds the stomach tissue and stimulates peristalsis. Thus it is very helpful in assimilation and elimination. Stomach ulcers can be extremely painful. It has proved to be very effective in healing gastric ulcers. The natives in the West Indies don't fear the deadly yellow fever – as long as they have a good supply of cayenne..

Cayenne (powdered) taken in some liquid and given to a heart attack victim brings them out of the heart attack in two minutes. The cayenne expands the cell walls, goes directly to the heart and stimulates it to beat properly. Dr Cristopher's advice for someone who has suffered heart attack, if they are conscious is: prepare one teaspoon of cayenne in one cup of warm water. Prop the person and have them drink quite quickly the cayenne tea. The heart attack will stop in about two minutes.

***Important:** Make sure the person is able to swallow it.

Other uses

* One of the best liniments in use is prepared as follows: Boil gently for 10 minutes, one dessertspoon of cayenne pepper and 500 mls of cider vinegar. Bottle while hot and unstrained. This makes a powerfully stimulating external application for deep-seated congestion, sprains etc.

* A little cayenne sprinkled into shoes will greatly assist when suffering from cold feet. It can be sprinkled into the socks. Don't place too much or your feet will be too warm.

* Cayenne given in half teaspoon doses mixed with honey and slippery elm, given at night is a valuable remedy for a cough.

* Cayenne has been known to relieve all body systems with proper nutrition and detoxification. It has relieved paralysed conditions of strokes, even if the person has been in a wheelchair. It is known to have restored paralysed limbs to usefulness.

* Cayenne poultices or plasters can be used for incessant coughing, sinus headaches, frozen hips, gout pain, hay fever, pleurisy, bruising, glandular fever and edema.

* Do not use cayenne from the grocery store (only as a last resort). Only use herbs that have not been irradiated. Purchase cayenne from your local health store.

* Remember that it is measured in heat units. The more potent the herb, the more heat units it will have.

In summary

Summarising the uses of cayenne pepper: it heals stomach ulcers, stops and prevents heart seizures, increases circulation, cauterizes open wounds, use for colds and flu, gastro-intestinal and bowel problems, as a digestive aid, it stimulates the flow of saliva as well as stomach secretions, it helps reduce blood cholesterol levels and the tendency for blood to clot internally, alleviates a heart attack, use for arthritis and sore muscles, use as a poultice for many ailments, has pain relieving and analgesic properties for chronic pain, use for cold feet, and contains capsaicin, a chemical that absorbs free radicals in the liver, and thereby prevents them from turning into cancerous substances.

Perfect health depends upon perfect circulation. Cayenne pepper can be a wonderful help to attain this.

*School of Natural Healing - Dr John Cristopher
Left for Dead by Dick Quinn
Back to Eden by Jethro Kloss*

Causes of Indigestion

Good digestion is as important as good food. If our food is perfect but ferments in the stomach and decays in the intestine, it enters the blood stream as poison. Spoiled food is deadly, and food that spoils in the digestive tract is just as poisonous as that which spoils outside the body. A poor meal well-digested will do more for the body than good food not well digested. Food not digested properly is not assimilated and absorbed by the body. As a rule nature has provided us all with digestive forces which will function properly if nothing is done to hinder this.

Some causes of indigestion

Eating too fast. Food needs to be well masticated in the mouth. Digestion begins in the mouth and many people eat too fast and the enzyme found in the saliva does not have time to start breaking down the food in the mouth.

Overeating. A very common cause of indigestion is eating too much. There is a limit to the amount the stomach can handle at the one time. The ordinary healthy person should stop eating while he still has an appetite.

Meals too close together. Different foods require different times to digest, however we should wait at least five hours between meals. This gives the stomach time to rest and gives time for the stomach to replenish the gastric juices needed for the next meal.

Eating between meals. This is a constant hindrance to digestion because it does not allow the stomach to complete its work before it has to start over again. The food first eaten begins to sour and ferment as the stomach works on the added food. The stomach needs to complete its work or it will result in poor digestion. If continued for years, by age of around forty, the digestive powers will be much weakened.

Eating late at night. The work of digestion needs to be almost completed before retiring. The stomach needs to be empty while we sleep. The work of digestion proceeds only at half the pace while we are asleep as when we are awake. Heavy

meals need to be eaten early in the day. Many people who skip the evening meal entirely find they have much more energy and feel better.

Eating when tired. When the body is exhausted or tired, the stomach shares in this condition and is not prepared to take on digestive work. Take water or fresh juice and rest before eating a regular meal.

Loss of sleep. When your body has lost considerable sleep, it is of more importance to get the needed sleep first before eating.

Nervousness. This is a common cause of digestion. When your body is under stress, any food eaten can place an extra burden on you. It will sit like a lump in the stomach.

Mental depression. When you are worried or mentally disturbed, the stomach will not secrete its digestive juices and cannot digest food. Take water or fruit juices, but do not eat until the mind has had time to become composed and adjusted.

Unripe fruit. Eating unripe fruit can place a very serious burden on digestion.

Spoiled food. Eating spoiled food can not only cause indigestion, but may endanger the life.

Condiments. These – mustard, black pepper etc. are irritating to the stomach and contribute to indigestion.

Bread not well baked. Bread should be thoroughly baked. If bread can be squeezed into a ball of dough, it will ferment in the stomach and cause indigestion.

Fresh bread. Yeast bread is best left until it is at least 24 hours old. Most people are accustomed to the taste and texture of fresh bread, but one to two day old bread is far easier to digest.

Vinegar. It is claimed that the acetic acid in vinegar prevents the action of the saliva, and that one teaspoonful can stop the starch digestion of an ordinary meal; and that it also hinders the digestion of protein. Consider that it is used as a

Countless people suffer from indigestion yet do not realise that often the food they eat contributes to the problem. This article has been edited from a book ABUNDANT HEALTH by Julius Gilbert White.

preservative, and this action means that its nature is to preserve food – even in our stomach.

Fried foods. When foods are fried, the fat molecules coat the protein or starch molecules in the stomach and the fat hinders access of the digestive juices to break down these molecule.

Complex mixtures. Simple foods simply mixed are easier to digest than complex mixtures and a great variety of dishes. The cooking should be simple. The more we learn about healthful living, the simpler our meals will be.

Combination of fruits and vegetables. Fruits and vegetables should not be eaten at the same meal by people with weak digestion. They need different enzymes to digest and this will cause fermentation.

Combination of milk and sugar. The combination of milk and sugar or honey is one which favours fermentation. This applies to eating of breakfast cereals, ice creams, custards, puddings and similar foods. They may taste good but your health will suffer.

Too much sugar. Sugar ferments rapidly. Most people eat far too much sugar, not realising it is an irritant to the digestive tract. It needs important nutrients to break down the sugar molecule so it robs your body of these. Keep all sugars down to a minimum. Honey is more healthful than sugar or other sweeteners, but it should be used with discretion especially when combined with milk.

Tea, coffee, cocoa, chocolate, colas, milo and other similar brown drinks hinder digestion. Usually cocoa hinders more than tea or coffee, although they are more injurious than cocoa in other ways.

Too much liquid food. The use of an abundance of soups and stews often contribute to indigestion as the excess liquid dilutes the stomach juice and hinders it from doing its work. Most people can safely take some liquid food, but many overdo it.

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Oil Mouth-wash

When someone told me about washing your mouth out with oil I was interested. So I read up on it as well as experimented, using it myself. Oil mouth washing, or oil pulling is an inexpensive boost to the detoxification of the mouth and body. It is inexpensive and simple, two factors that interest me.

Many have not heard of this therapy and think that the only mouthwash we can use is Listerine and other like products. Read on as we realise that this can help our general health as well.

Take organic, cold-pressed sunflower or sesame oil (although any cold-pressed vegetable oil can be used). In the morning, before breakfast and on an empty stomach, take one tablespoon (i.e. three teaspoons) of the oil into your mouth, but do not swallow it. Move the oil around in your mouth, swishing and swirling it around through your teeth for ten to twenty minutes. As you suck and push the oil around, your enzymes are activated and they absorb toxins from your blood. After a while the oil should become much thinner and whiter. When you feel you have done it long enough, spit it out. **DO NOT SWALLOW IT.** Then rinse out your mouth, brushing teeth and gums. You can do this up to three times each day on an empty stomach.

Benefits

One man had a problem of loose teeth that were sending shooting pains throughout his jaw and head. He was told that he needed to have all his teeth removed. However six months later his teeth were no longer loose or painful. He had saved all his 32 teeth.

As the oil swishes in the mouth digestive juices dilute it, it becomes thin and milk-white in colour. Then we spit it out and brush our teeth. When the oil has been examined under a microscope with 600 magnification, live organisms can be seen swimming in it. It's poisonous, so never swallow it. These poisons are bacteria-embryos, which if not eliminated, cause disease. One man cured his chronic blood disease and fifteen-year-old arthritis.

The first sign of improvement is in the teeth and gums. The teeth become firm and white. Other benefits include a fresh feeling on waking up, disappearing dark circles under the eyes, renewed appetite and energy, better memory and deeper sleep. Some claim it restores hair colour.

Dr F Karsch, the developer of oil washing swears by the mouth-oil-wash for anything from skin disorders, skin diseases, menstrual problems, paralysis, to every ache that you may have. It reduces plaque buildup. You can even wash when you have a fever. He says it takes anything from two days to a year to cure a disease.

If these claims sound exaggerated, try them yourself. Interestingly, Indian medicine advises oil washing to purify the taste buds and the entire system. According to this life science, each section of the tongue is connected to the kidneys, lungs, spleen, liver, heart, pancreas, small intestine, stomach, colon and spine.

Thus an oil-mouth-massage soothes and stimulates the key meridians where taste meets organ. Simultaneously, as in any skin massage, the inner skin and lining of the mouth, palate and tongue become warm and supple and the lubrication prevents dryness.

In modern dietetics we realise that lack of Vitamin A causes the outer lining of the eyeball to dry and wrinkle and affects vision. Any dietician will tell you that all oils contain 960 micrograms per 10 gm (recommended daily allowance of Vitamin A per adult is 600 micrograms). So by oil washing it is possible to help you eyeballs remain elastic and smooth.

If you are having a balanced diet that includes wholegrain cereals and pulses, you may or may not be getting enough Essential Fatty Acids (EFA) into you body. But mouth washing with oil will boost these. It keeps away the excess fat-deposits, yet contributes towards purifying cells with its five to nine EFAs – palmitic, stearic, arachidic, bethenic, lignoseric, palmitoleic, oleic, linoleic, and linolenic.

Washing your mounth with oil helps get rid of many health problems, purifies the taste buds and benefits the entire system. Try this each day and see if helps your health.

The tongue is an indicator of what is going on in the body. A fiery red tongue indicates an irritated digestion; a pale shade indicates low digestion; a purple tongue indicates a liver burdened with toxins.

Some people scrape their tongues, but it seems that oil mouth washing is a much easier way to detoxify the tongue and body. It is worth a try and can't do you any harm. Make sure you use organic, cold pressed oil.

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Causes of Indigestion continued from p 4

Drinking with meals. Drinking with meals makes it very difficult to digest them. The liquid dilutes the digestive enzymes. If you are thirsty at mealtimes it is because you need to drink more water between meals. Some use liquid to wash down their food instead of chewing it thoroughly.

Soft drinks. These drinks are loaded with sweetening agents, some of which are very irritating as well as easy to ferment. The flavours are not natural and are not healthful. They are harmful in many other ways as well as hindering digestion.

Chewing gum. When we chew we start the secretion of stomach acids. So if you chew gum for hours on end, this is depleting the store of acids as well as interfering with the digestion of starch through the lessening the activity of the saliva.

Loss of minerals. Our bodies need certain minerals to make digestive juices. If they are absent from the food we eat, our bodies we will not be able to make these juices and the result will be weak digestion.

Aluminium. We need to be careful when selecting our cooking utensils as well as any additive containing aluminium to our foods.

The Liver

The liver is the detoxifying organ of the body which filters and stores poisons. It is involved in almost all conditions of ill health. It is the most important organ in metabolism. Our health and vitality is determined by the health of our livers.

In our Western society today, most people have poorly functioning livers simply because they are overfed. The variety of food available to satisfy their palate is too great. So overindulgence is largely responsible for their disorders, whereas the opposite is true in the Far East where malnutrition is the cause of liver problems. An unmistakable symptom that the liver is out of order is that the person can no longer stand the sight and smell of fatty or fried food. Another symptom is an extreme sensitivity to fruit, for example, oranges or orange juice. It suddenly upsets you, or stone fruits no longer agree with you. In this case, the liver has lost its ability to digest the fruit acid. A case of itching of the skin is another clue that the liver is not functioning properly. An insatiable thirst can be considered as a symptom of liver disorder unless it is a sign of pancreatic insufficiency or even diabetes. Yet many people would not be aware that emotional breakdown is a typical symptom of liver trouble. Depression, feeling morose and that the world is against you is another sign that your liver is out of order.

General symptoms of liver disease are fatigue, general malaise, digestive disturbances, chemical sensitivity, premenstrual syndrome and constipation.

To heal liver problems we need high quality protein. Remember, this needs to be vegetable protein as the urea in animal protein places a burden on the liver and kidneys. The diet needs to be rich in fibre and plant foods and low in refined sugar and fat and free from pesticides and pollutants as possible. Use no sugar as this will damage the liver further. A small amount of honey is permissible. Any saturated or heated fat should be avoided. All fried foods need to be eliminated. Lecithin, Vitamin A, C E as well as selenium all aid liver detoxification.

The herbs dandelion, parsley, St Mary's thistle, St John's Wort and sarsaparilla tea are all regarded as herbal liver remedies.

Bitter herbs and foods help cleanse the liver. Beetroot juice is especially helpful mixed with 50% green vegetable juice. If you are serious about cleansing the liver, research this and look for the best way to fit liver cleansing into your schedule. Whatever it may take will be worthwhile even though it may take some time to get better.

The Nature Doctor by Dr HCA Vogel
The Divine Prescription by Guther B Paulien PhD

Aloe Vera for Sore Gums

Tooth pain can disappear completely with continual applications of aloe vera directly onto the tooth. Aloe vera has been found to be just as effective as two anti-inflammatory drugs (indomethacin and prednisolone), with added benefits of being non toxic in studies done at Baylor College of Dentistry. Applications of aloe vera gel directly onto dentures help the gums heal. It is also recommended for denture patients with sore mouths and reduces any irritation from exposed roots. Place a piece of aloe gel on a piece of gauze and place over affected area, biting down gently.

Hydrotherapy for Back Pain

Hydrotherapy has many uses, but one that most people do not know about is its ability to lessen back pain. Back pain can be debilitating and often the pain radiates into other parts of the body eg down into the legs.

Recently I have been able to do some hydrotherapy on some people with back pain and once again I saw how the pain is reduced. One lady with a protruding disc between her vertebrae, with severe pain down her legs had treatment over about a month. After this time she is able to function almost normally. She is always aware to look after her back and not injure it again. Most importantly, she did not have to have surgery.

Water therapy produces cures that are not possible with herbs. Cold water stimulates, hot water relaxes. Together they act like a pump that makes the blood

flow stronger. Circulation produces cures. These water therapies are not soothing baths to relax healthy people. These are treatments that will shrink tumours,

Dr Richard Schulze, an American Master Herbalist relates his experience with Hydrotherapy at a clinic in Arkansas and what effect it had on him,

The first thing they did to him was to give him a hot tub for fifteen minutes, a giant tub filled with thermal hot water. He was give eight cups of the same hot water to drink. He was VERY hot, inside and out. Then they stood him up and steamed the same hot water over him. Then they turned about twenty ice cold jets of water over him. He thought he was about to die with the shock to his system. They placed him back in the hot tub, and again into the ice cold shower. They soaked him again in the hot water with ice packs over different areas to increase circulation.

After thirty minutes more of these therapies they allowed him to recover. It took him two hours to regain his strength. That is when he realised the power of hydrotherapy – of hot and cold water. The past generations in Germany and Europe knew these therapies. They knew you could get a change in your body that you couldn't get any other way – just using hot and cold water.

In fact it has been shown in tests that when you do these treatments it will detoxify your blood. It sends your blood through your liver and kidneys at a much faster rate, thus cleansing it.

If you want to learn how to do simple hydrotherapy, watch for our classes. There are a number of simple treatments we are able to teach you. Yes, it takes time, but is one of the greatest healing tools we have.

Cure for Moles

Last year I was told about a natural remedy that you may like to try. It involves getting rid of moles naturally, without any damage to the skin. Each morning, on awakening, before you eat or drink, take some of your saliva and moisten the mole. After about one year, the mole will disappear. It may be worth trying on other skin problems. Let me know if any readers have any success with this.

Products for Sale

Licorice Root Powder 200g.....\$12
Licorice root is used to rebuild Adrenal Glands. Suggested maximum daily dose is 1½ tspns

Maca Root Powder 200g.....\$15
A GREAT PRICE for this superfood. Great for a diverse range of conditions. Especially good HRT alternative, menopause, PMS, Anemia, Thyroid deficiency, osteoporosis, fertility and increased energy. Organically grown.

Blood Cleansing Herbal Tea 200g.....\$12
Contains Buckthorn, Licorice Root, Burdock, Chaparral, Red Clover, Cascara Sagrada, Dandelion, Cat's Claw. Use it long term to help cleanse bowel, liver and blood.

Barley Leaf Powder 200g.....\$12
Loose powder, organic 450g.....\$27
1kg.....\$55
A powerful way to get needed nutrients including beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll.

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

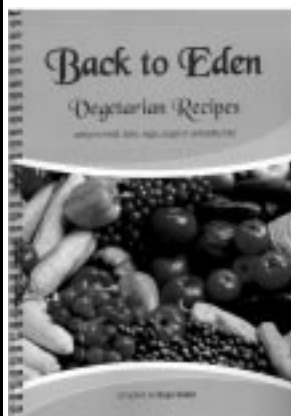
Comfrey Root Powder 200g.....\$13
Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.

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

Activated Charcoal Powder 500g.....\$65
at this price only while stocks last 100g.....\$13

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

Back to Eden Vegetarian Recipe Book



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

GREAT GIFT IDEA

TO OBTAIN YOUR COPY:

Pick up: at 496 Hague Street Lavington.
For postal orders: send \$25 for each book plus postage, to Kaye Sehm 496 Hague Street Lavington NSW 2641

Phone orders: phone Kaye on 0260 255018 to get account details for a direct debit.

Postage: add \$3 for 1 book, \$6 for 2 books, \$9 for 3 books, \$10 for 4 - 7 books

\$25

Recipes

SAVOURY SPREAD

450 g cooked soy beans or chick peas (can use tinned if you prefer)
□-□½ water from the boiled beans
1 teaspoon miso
1 medium onion, sliced
2 cloves garlic
1 teaspoon tomato paste
5 tablespoons yeast flakes
1 teaspoon Celtic sea salt
½ tspn celery salt
½ block copho (melted)

Put all ingredients except copho in a blender and blend until you get a smooth paste. Add melted copho and pour into storage containers and refrigerate. This can be frozen in smaller containers.

OAT CRACKER BISCUITS

2 cups wholemeal flour
3 cups rolled oats, may whizz to make finer
1 teaspoon Celtic sea salt
1 cup tahini or olive oil
1 cup water

Combine dry ingredients, then add other ingredients and mix into a dough. Roll out thinly. Sprinkle with extra sea salt and roll into dough with a rolling pin. Bake for 15-20 mins in a moderate oven. Cut into shapes while still warm.

VEGAN SOUR CREAM

1 cup cooked soy beans
1 cup water
1 teaspoon Celtic sea salt
juice of ½ lemon
½ - ¾ cup oil

Blend thoroughly the soy beans and water. Allow it to cool (the friction in the blender will heat it). Refrigerate for half an hour. Blend the cooled mixture with salt, lemon juice and oil until light and fluffy. Serve on breads, potatoes, etc in place of sour cream.

Health Program for 2010

The full calendar of Back to Eden classes for 2010 will be published next issue.

The next program will be held on Wednesday March 3rdEight laws of Health
This will cover the basic rules of how to have better health
Held at 496 Hague Street, Lavington.....call Kaye to book 0260255018

A special Health presentation (including Natural Remedies) will be given on Thursday 18 March at 7 pm
Lavington Public School Hall by
John Dinsley (visiting speaker from United States)

A Special Health Weekend

With speakers Karen Walters and Kaye Sehm

Saturday May 1st

- * health of the body and mind
- * how emotional problems affect our health
- * what are the benefits of a vegetarian diet
- * the eight laws of health

Sunday May 2nd

- * practical demonstrations
- * home remedies
- * vegetarian recipes demonstrated
- * hydrotherapy methods demonstrated
- * herbs to use for your health

There will be four meetings each day
A vegetarian lunch will be provided
Entry will be by donation (suggestion is \$25 for weekend)
Meetings will be held at Lavington Public School Hall

BOOKINGS ESSENTIAL
more information and program will be published next issue

Bible Study Group

Special group studies are going to be offered this year at Kaye's house.
They will be held on Monday mornings at 10 am (excluding holidays)
They will start on March 1st

Call Kaye for more
details 0260255018

We will cover 20 subjects such as these

- Is it possible to find true happiness?
- Understanding the prophetic code in the Bible
- The code that haunted Hitler found in the Bible
- Signs of the Times
- How will the world end?
- What does Jesus mean to a Christian?
- Is there life after death?

Come and discuss these and many more topics
Admission free. Bring along your Bible