

# Back to Eden

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From time to time I get calls from people who need encouragement to keep on with their healthy lifestyle. Some of them have been to a health retreat such as Misty Mountain and are very enthused to turn their health around and adapt more healthy lifestyle principles. Others just want to meet with like-minded people with whom they can befriend and talk about health. Then there are people who are new readers to Back to Eden and have never heard that they can help many health problems by simple changes in their lifestyle. They are amazed of the simple remedies that they can use to help their family.

These are the people to whom I have a desire to share my knowledge with. I love teaching the way of life I have learned about. Believe me, your health will improve if you follow it. But for each of us we can never stop learning.

This is why I send out this newsletter and organise meetings and classes. I have had some requests for information on extra topics such as how to reduce high blood pressure and gluten free cooking. I will be talking about these as well as others during the monthly meetings advertised on the back page. Plan to attend these.

Please book in by the Monday evening prior to the meeting as I usually work on Tuesdays and need to know numbers to cater for.

Take note the Depression Recovery Programs that we are planning. These promise to be excellent and have over 90% success rate where they are conducted and have a 97% success rate of those who adhere to the program.

from Kaye and the Back to Eden team

## Healing Juices...

Our bodies need proteins, carbohydrates, fats, minerals and vitamins to maintain health. Needless to say, the reason many people are sick and do not have lots of energy is because they are eating foods grown in mineral deficient soil that has poor nutritional quality. This article will look at how implementing a juicing plan can help return your health.

Consider the foods that you currently eat. How many of them are raw? It's very important to realise that valuable and sensitive micronutrients become damaged when food is heated. It is not only by processing food that the micronutrients have their shape and chemical composition changed, but cooking them destroys many vital nutrients.

Over the past century, many books and articles have been written on the benefits of drinking raw juices. It has been discovered that by juicing vegetables and fruit and separating the juice from the fibres the juice can be digested in a matter of minutes. The normal digestive process requires much energy and time to separate the minerals from the fibre. By drinking the juice only, the body does not have to use this energy, and has the added benefit of taking in many more powerful healing and rejuvenating properties. So juices are more easily digested and absorbed and are recommended for those with poor appetite, nausea, digestive problems and inflamed stomach or intestines. It is much easier to drink a juice than chew your way through large amounts of fibrous raw vegetables. Juices are a perfect medium to mix and dissolve nutritional powders and herbs. The juice enhances their solubility, digestion and absorption, and allows the nutrients to pass into the cells more easily.

## Digestive system basics

Let us look for a moment at how food is digested to see the importance of enzymes. When your food is poorly digested, you absorb nutrients that aren't fully broken down or usable. This causes many problems, because your immune system will naturally attack and defend your body against partially digested foods that get into the bloodstream. The immune system doesn't recognize it as food. It sees a toxic invader, and destroys the food. When this happens you don't get the benefit of that food, and you weaken your immune system.

The immune system and metabolic enzymes are used daily to clean the bloodstream of undigested food particles instead of having their full strength used to protect and repair your body. According to the father of enzyme research, Dr. Edward Howell, the digestive system is designed to break down approximately half of the food we eat.

Dr. Howell was one of America's pioneering enzyme researchers and in his classic book "Enzyme Nutrition" he explains how the digestive system is designed to work. Man is designed to eat raw plants or fruits and vegetables. He explained how raw foods have a 40/60 ratio of enzymes. Which means a raw food like an apple has live food enzymes within the apple which break down and digest 40 to 60% of that apple. This leaves the remaining 40 to 60% of the apple to be broken down by the digestive system.

Raw foods are enzymatically alive which means these foods have live enzymes within them to help digest 40 to 60% of that particular food. Cooked and processed foods are enzymatically dead which means there are no live enzymes within that food to help digestion. These dead foods stress the digestive system, the pancreas, the immune system, and your whole body.

Before genetic engineering and irradiation, our raw foods had the proper 40/60 ratio. But today many raw foods are genetically altered or they have been irradiated for longer shelf life, killing the enzymes in the food. Which means that even the raw food we eat today could be in a 20/80 ratio or worse. On top of this, we are already asking the human body to break down 100% of the cooked and processed foods and supplements we eat, and now, possibly 80% or more of the raw foods we eat. This stresses your body, every single day!

The digestive process works like this: First, you chew your food, and it mixes with the saliva in the mouth. The saliva has an enzyme called amylase which starts the predigestion of carbohydrates. The more you chew, the better the amylase can do its work. Then, the food is swallowed and goes down the esophagus into the upper portion of the stomach. The food stays here for about 45 to 60 minutes to predigest. That is, it will predigest if you are eating foods containing live enzymes because the body does not supply any enzymes at this stage of digestion. Then the food goes into the lower part of the stomach where trypsin, pepsin and hydrochloric acid break it down further. Next, the food moves into the small intestines where the pancreas produces digestive enzymes to complete digestion. Then the nutrients pass through the intestinal wall and into the blood stream where metabolic enzymes utilize these nutrients in all parts of the body and in every living cell.

## What are enzymes

An enzyme is a protein based molecule that speeds up chemical reactions in our body. It is called a catalyst as it converts specific reactants into specific products. Enzymes also have been described as substances that enable us to digest food and absorb it into our blood. Juices are packed with living enzymes that assist in the digestive process. This means that the gut, liver and pancreas do not have to work too hard to provide any vital nutrients. Yet enzymes are sensitive to temperatures above 47degrees and become sluggish. At temperatures above 54degrees the enzymes are dead.

Our body needs to be supplied daily with the same elements with which it is composed. Consider what food you are putting into your body to nourish it. All the repair and regeneration of the body must come from within. When our bodies are out of balance, when our blood-

stream, cells, tissues, organs, glands and the rest of the body do not contain these elements in proper proportion or are deficient, the result is a condition that is poisonous. It is called toxemia.

As a rule it will do no great harm to occasionally eat a little cooked food, as long as a sufficient quantity of raw food is also eaten. Some people try to eat 75% raw, 25% cooked. Aiming to eat more raw will prove most beneficial, but along with this, try to add juices to the diet, specifically using vegetable juices. Ideally you should have a diet that consists of a high percentage of raw fruits and vegetables, with some cooked vegetables and raw juices. If you find the juices too strong, simply dilute with water.

While you can certainly juice fruits, if you are overweight, have high blood pressure, diabetes, high cholesterol or fungal problems it is best to limit using fruits until you normalize these conditions. The exception would be lemons and limes which have virtually none of the offending sugar or fructose, that causes most of the metabolic complications. Additionally lemons or limes are amazing at eliminating the bitter taste of the dark deep leafy green vegetables that provide most of the benefits of juicing.

## Reduce acidity

Most people consume a diet high in processed foods, along with tea, coffee and alcohol. This causes a buildup of acids and metabolic waste products in the body, which can result in inflammation. Celery, cucumber and cabbage juices are excellent to reduce this acidity and will also dramatically increase energy levels.

Raw juices stimulate the function of the bowels, liver and kidneys which all aid in eliminating toxic chemicals and waste products from the body. They increase the flow of the bile which in turn helps the liver to eliminate toxins from the body.

Most people are benefited by having a raw vegetable juice fast for two to three days. During these days you only drink vegetable juices (at 7, 9, 11am, 1,3,5,7pm – or every two hours) with nothing to eat, drinking only water or herbal tea between these times. The few exceptions to this would be diabetics and those who are very frail and sick. Others use juices in addition to their meals. Normally, on a long term program you can have juice as well as your meals, or you may decide to replace the third meal with a juice (it is best to replace the evening meal and give

your stomach a break as you rest). People who have had tried using juices have had great relief from many complaints and many have had their memory and mental abilities return. One woman had longstanding obesity and had tried stomach stapling. Her liver was damaged and she had developed a fatty liver which made it impossible to lose weight. After 12 months on the juice program she had lost 37kg and had reversed her fatty liver. The juices had improved her liver function and had changed her liver from a fat storing organ to a fat burning organ. Another woman reversed her menopause symptoms by faithfully sticking to her juice program for menopause symptoms.

Another woman had weight excess, elevated liver enzymes and acne rosacea, a red pimply rash on her face and had been taking drugs for years which had given her many other problems. After three months on juices her liver and immune system were working again and she lost much of her excess weight and her health improved dramatically.

## Benefits of fresh juices

Juices contain much more than live enzymes that help digestion and break down mucus. They have living antibiotic substances to fight infections and anti-inflammatory substances to reduce pain. Anti-oxidants, such as vitamin C, vitamin E, flavinoids, beta-carotene and other carotenoids fight cancer and inflammation. Juices also contain phyto-chemicals that can reduce many diseases and organic sulphur compounds that detoxify poisonous chemicals and drugs by cleansing the liver and blood stream. They are rich in minerals, vitamins and have healthy sugars, all which are needed to keep our bodies functioning properly.

## Preparing fresh produce

Use fresh organic (if you can get it) produce, washing it well to remove any bruised, damaged or blemished parts. Cut it pieces to fit into your juicer. Use the peel and seeds of watermelon, apples, rockmelon, but citrus fruits are best peeled – but leave as much white pith on the fruit as possible. Do not wash green leafy vegetable in hot water or leave them to soak in cold water for long periods of time. Ideally drink the juice immediately after juicing or within an hour of making it as it oxidises and loses its nutrients very quickly. Strong juices can be diluted with water or herbal tea, or you can juice apples into the juice to make it more palatable. When drinking the juice, it is

best to sip it and swirl it around in the mouth, mixing your saliva with it before swallowing it. A rule to remember is not to gulp it down.

I enjoy walking through my herb garden and picking a small amount of sorrell, dandelion, plantain, purslane, comfrey and purslane and adding it to my drinks. I have a Green Life juicer that is able to juice leaves (most juicing machine cannot juice leaves). There are many juicers on the market. The centrifugal juicer chops the produce into small pieces and then throws them into a spinning bowl that separates the juice from the fibre. It is the cheapest, but it clogs up easily, more juice is wasted and it extracts less nutrients. The masticator juicer grinds the produce into small particles and presses these through a screen which separate the juice from the fibre. Juicers with fast rotating blades can destroy a substantial amount of nutrients in fruits and vegetables due to the heat during the operation of the machine.

There are single or double geared juicers that crush the produce and retain the many vitamins and minerals that are not lost through friction heat. These machines have a unique single or twin gear feature. Its powerful low r.p.m turning speed generates virtually no heat to your juice and thoroughly crushes and presses fruits and vegetables, instead of cutting and shredding them into small pieces. The resulting juice is packed with nutrients. They also incorporate magnetic and bio-ceramic technologies which enables juices made in these machines to be stored up to 72 hours before losing any nutrients. The price range of all these juicers vary greatly, but remember you get what you pay for. Not all juicing machines are equal. We have had a Green Life twin geared machine for years and love it. We purchased it when our dollar was much higher, then costing us around \$1000. Now similar machines are priced around \$750. But now there are also many good juicers that are much cheaper. **Remember, if you have a smaller or cheaper model, use this. It is much better than using nothing.** Some people even use blenders and strain the blended liquid. But if you can afford a more expensive model, you will not be sorry. I actually like the fact that I make my juice every second or third day, store it in glass bottles in the refrigerator for up to two to three days. This means I prepare the juice and wash the juicer up every second or third day. Those who regularly juice know that cleaning the juicer is the worse part of juicing.

## Healing properties of juices

The following is a list of different health problems each juices can help. This list is not comprehensive, but it has been compiled to help you start juicing. You can also combine the juices to have an even better effect. The list of these combinations are far too extensive to detail here. Many of the juice books detail these. Remember not to use too much of the stronger tasting juices as they can make the juice quite unpalatable. Experiment, alternate them, and notice the health benefits. Some will not taste the best. At times like these you will need to be strong and just drink it, keeping in your mind the benefits you will receive.

**Alfalfa:** for wounds and sores, open runny sores, builds red blood cells, menopause symptoms.

**Apple:** constipation (especially combined with equal part spinach), soothes intestines, arthritis, cholesterol.

**Apricot:** cancer, failing eyesight, second-hand smoke, sluggish liver, skin problems, anemia, reduces acidity.

**Asparagus:** renal disorders, breaks up oxalic acid in kidneys, kidney stones, acne, eczema, skin problems.

**Banana:** (use in smoothies) digestive problems, colitis, Crohn's disease.

**Bean sprouts:** glandular deficiencies, hormonal imbalances.

**Beetroot:** cancer, liver cleanser, improves kidney function, alcoholism, drug addiction, venous insufficiency, (dilute this with other juices or water as it may be too strong).

**Broccoli:** weight loss, high blood pressure, liver problems, constipation.

**Brussel sprouts:** cystic fibrosis, anorexia, stunted growth.

**Cabbage:** gastrointestinal problems, stomach ulcers, cancer, elevated cholesterol, diabetes.

**Cantaloupe:** fevers, Crohn's disease, upset stomach.

**Carrot:** eye problems, complexion problems, heavy metal accumulations. Lupus.

**Celery:** eczema, psoriasis, allergies, blood poisoning. Hyperactivity, ADD.

**Citrus:** soothes inflamed mucus membranes, strengthens immune system, anti-inflammatory, natural antibiotic.

**Coconut:** relieves sore throats, peptic ulcers, contains natural cholesterol which manufacture hormones and cell membranes, excellent base for non-dairy smoothies.

**Cucumber:** diuretic, anti-inflammatory effect in urinary tract, gums and skin, beneficial to hair, nails and skin, reduces hair loss, enzyme aids protein digestion,

high blood pressure, reduces acidity in arthritis and rheumatic conditions, reduces kidney stones.

**Dandelion:** cleanses liver and biliary system, stimulates bile flow, anemia, blood builder, eczema, constipation, normalises acid balance.

**Figs:** alkaline forming, gout, rheumatism, constipation, low blood pressure.

**Garlic/onion:** fights fungal infections, breaks down calcium deposits in artery walls, encephalitis, worms, meningitis thins blood, use small amounts.

**Grape:** herpes virus, cancer, fatigue, heart attack, viral infections, anemia (red grape).

**Horseradish:** treats hypothermia, mucus congestion, chemical toxicity (equal parts of horseradish and hydrogen peroxide, taken internally will detoxify the body of chemicals such as PCBs), use small amounts.

**Lettuce:** headaches and nervousness, coughing, insomnia.

**Mango:** inflammation of gut and mucus membranes, respiratory tract inflammation, improves digestion, improves skin condition.

**Nettle:** hemorrhaging, cardiac edema, chronic swelling, venous insufficiency, diuretic, anemia.

**Parsley:** cleanses liver, kidneys, bloodstream, reduces gallstones and kidney stones, arthritis, urinary tract infections, diuretic, maintains health blood vessels and eyes (dilute with other juice).

**Parsnip:** adds lustre to hair, skin nails, kidney stones, helps stop overeating – soothes hunger pangs.

**Pawpaw:** contains digestive enzyme called papain, cleanses and tones stomach and intestines, reduces blood clotting.

**Pea:** dissolves blood clots, celiac disease, irritable bowel syndrome.

**Pears:** reduces acidity, digestive problems, irritable bowel and colitis, food allergies.

**Peppers - sweet:** powerful cleanser of intestines and liver, high antioxidant, aids circulation, improves vision.

**Peppers - chilli:** blocks cancer causing chemicals, stimulate endorphins, decongestants, sinus, catarrh, circulation, increase metabolic rate, in excess they will irritate digestive lining.

**Pineapple:** anti-inflammatory properties, asthma, digestive enzyme bromelain, reduces mucus and congestion, bronchitis, catarrh, sinusitis.

**Pomegranates:** intestinal parasites, worms, giardia, candida, amoeba, blood and kidney cleanser, mild laxative, haemorrhoids.

**Potatoes - sweet:** builds body strength, stomach ulcers and inflammation of the colon, diarrhoea and haemorrhoids.

**Potatoes - regular:** source of energy, soothes stomach and intestines, removes heavy metals from body.

**Pumpkin:** can dilute with carrot, allergies, skin problems, vision problems, blood sugar imbalances, infections, lung problems, elevated cholesterol and triglyceride levels, liver disturbances.

**Radish and its leaves:** liver and bile cleanser, gall stones, kidney stones, diuretic, natural antibiotic, clears mucus from respiratory tract and reduces sinus and hay fever, excellent for goitre. Beneficial for hair, nails and teeth.

**Spinach:** heals lining of digestive tract, improves vision, reduces arthritic pain, maintains healthy blood vessels, anaemia, reduces heavy menstrual bleeding, fatigue and constipation.

**Strawberries:** excellent skin cleanser, mild laxative and diuretic, high blood pressure, gout, rheumatism.

**String beans:** for diabetes and hypoglycemia, alcoholism, drug addiction, uremic poisoning (excess urea).

**Tomatoes:** liver and bile cleanser, antiseptic properties to reduce infections, high

blood pressure, gout, kidney/bladder problems, reduces cholesterol.

**Turnip:** liver and bile cleanser, best combined with carrot or apple juice, underactive thyroid or thyroid cysts.

**Turnip leaves:** anemia, poor appetite, digestive problems, high blood pressure, gout, bladder ailments, excellent for diabetics, good body cleanser, leaves contain easily absorbed calcium – good for osteoporosis, bones, nails, teeth, hair.

**Watermelon** (use rind and seeds): supports kidney and bladder function, seeds dilate blood vessels thus reducing blood pressure, cooling food, reduces hot flushes and refreshes thirst, helpful for depression.

**Wheat grass:** powerful cleanser and detoxifier of blood and liver, strengthens immune system, reduces high blood pressure, increases energy levels, anti-ageing.

**Zucchini:** incredible energy for chronic fatigue (one cup with a meal while avoiding all fruits and fruit juices for a time), strengthens weak bones, osteoporosis, fractures, bone breaks.

I would like to enthruse you to start a juice plan. You can rejuvenate the sick cells in your body back to health. A word of caution to those who have fungal problems and those who have cancer, it is best not to add any fruits or sweet vegetables into your juices. This means that carrot and beetroot are not the best as juices because they are too sweet for those suffering from these problems. There are still plenty of vegetables you can juice, and you may use lemon and lime with these. It may be worthwhile to get yourself a good book on juicing. Remember, whatever health problem you may have, it will be helped by drinking juices. Add different herbs if you want to, or maybe a few grapes to sweeten it up. Happy juicing!

*Heinerman's Encyclopedia of Healing Juices by John Heinerman*

*Raw Juices Can Save Your Life by Dr Sandra Cabot*

*Fresh Vegetables and Fruit Juices by NW Walker D Sc*

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# Chemicals in Babies

When we consider how the human body was created we see an incredible immune system that does its best to fight against any invasion of bacteria, virus, fungus, parasites and toxins. Despite this we need to exercise vigilance as each day we see stronger and stronger pathogens trying to destroy our health. Toxic chemicals are found everywhere in our environment. This pollution contaminates our air, land as well as our food. We need to be very cautious and watch the food we eat is not contaminated with chemicals, but what about the industrial toxins that are everywhere?

The United States manufacture and import over 75,000 chemicals, and that number grows by 2,500 new chemicals each year. Even pesticides banned years ago (PCBs and DDT for example) are still found in the environment and food chain today. Government sources detail more than 3,000 of these are used as food additives, 10,500 are used in personal care products, 500 are active ingredients

in pesticides. But we need to consider what happens to our health if we consume them? How are we affected if we are exposed to them as industrial toxins?

Some time ago I read about a study that was done on new born babies. Prior to this, scientists had no conclusive proof that babies were affected by toxic chemicals. But this study shows that chemical exposure begins in the womb and that industrial chemicals, pollutants and pesticides are passed from the mother's blood to her unborn baby.

This study, called *Body Burden: The Pollution in Newborns*, tested the blood of 10 newborn babies born in 2004. The umbilical cord blood of these babies was tested for 413 different chemicals, pesticides and pollutants. The tests showed that the babies averaged 200 contaminants in their blood. These included mercury, fire retardants, pesticides, the Teflon chemical PFOA. In total the babies had had 287 chemicals, including 207 never before detected in

Have you ever pondered why we are now hearing of so many babies and small children who have diseases which were once thought of rare, but are now becoming much more common? Why is this so? Read this report for a possible cause.

cord blood. Of these 287 chemicals, 180 cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause developmental problems.

Many of these chemicals require specialist techniques to detect. Chemical manufacturers are not required to make available to the public or government any methods to detect these in humans. The people who conducted the study emphasised that they had limited funding, and as each sample cost \$10,000 to detect the chemicals present, they believe that if they were to test for more chemicals, they would have certainly detected them.

## Babies most vulnerable

Most parents know that babies are more vulnerable to chemicals than adults. Babies have an immature blood-brain barrier that allows greater exposures to developing brains. Their body systems that detoxify and secrete industrial chemicals are not developed. It is known

that even though any exposure to the chemical may hardly affect the mother, these same chemicals may measurably harm her baby.

In the 1950's, a decade long study in Minamata, Japan, began when some women ate mercury polluted seafoods. Their babies died within days of their births, while the mothers were free of symptoms. Autopsies showed that in the adult's brain the mercury induced lesions were very few, but in the babies brains, the lesions covered nearly the entire brain.

Following this disaster, more research showed the relationship between many childhood developmental diseases goes back to the time in the mother's womb. This research shows that many diseases in babies have in utero origins. The fetus is unable to excrete these toxins and the chemicals are transferred to specific "target organs" that bear the harm.

Some studies measure the sensitivity of a child compared to an adult suffering from chemical exposure. For example, a chemical from burning gasoline and garbage (polyaromatic hydrocarbons) was shown to produce more cancer damage to the fetus than the mother. In 2003, the Environment Protection Agency show that cancer causing chemicals average 10 times the potency for babies than adults, and that some chemicals are up to 65 times more powerful.

"The risks to a baby derive not only from his or her physical makeup, but also from the very behaviors and events that prepare the baby for life outside the womb. Beginning in the fifth month of pregnancy, babies regularly swallow and breathe, building muscles essential for survival after birth. Through these actions, the lungs and the gut are filled, again and again, with the same amniotic fluid that collects the baby's urine. Pollutants like plasticizers and pesticides excreted in urine accumulate in this fluid and are cycled right back into the baby's body through the mouth and nose. And in the third trimester the mother's body dissolves stored, maternal fat, shunting it to the baby through the blood, but with this fat the child also receives the persistent pollutants clinging to it, like PCB's, flame retardants, and dioxins. Faced with such diverse exposures and armed with a body ill-equipped to rid itself of chemicals, it is small wonder that a developing baby so often proves vulnerable to chemical exposures." (Makri et al. 2004)."

## Childhood diseases on the rise

Smallpox, diphtheria and rheumatic fever have largely been replaced in recent years by autism, asthma, ADD, hyperactivity, childhood brain cancers, childhood leukemia and diseases previously unknown to the public. Five to ten percent of couples are infertile. Many pregnancies end in miscarriage. Many babies are born with birth defects. It is quite feasible that the environmental pollutants are the leading cause.

Lead and mercury are very toxic to a developing brain, while other chemicals induce a chain of events that may culminate in a diagnosed health problem later in life. Hormone-mimicking chemicals like dioxins and furans, for example, could induce delayed cancers in hormone-sensitive tissues like the breast, testicle, or prostate gland. Chemicals like PCBs or DDT can reduce growth rates in the womb, initiating in low birthweight babies which develop into cardiovascular disease or diabetes later in life. A child can bear a lifelong imprint of risks from the countless molecules of industrial pollutants that find their way through the placenta, down the umbilical cord, and into the baby's body. The consequences — health disorders, subtle or serious — can surface not only in childhood but also in adulthood. Studies now support origins in early life exposures for a startling array of adult diseases, including Alzheimer's, mental disorders, heart disease, and diabetes.

## Detoxification

Obviously it is not a simple matter to treat these diseases when they are found in your loved ones. It would be far better for couples planning a baby to detoxify their bodies before conceiving, and then avoiding as many chemicals as possible when pregnant. But most readers of this article would not be planning a baby, but realize that they have been exposed to many chemicals over their lifetime. How do we get rid of them? Some are definitely much harder to move than others, but we need to start somewhere.

Detoxification, sometimes called blood purification or body cleansing is done by altering the quality or amount of food taken into the body to give the eliminative organs a chance to rid the cells, organs, tissues, bloodstream and lym-

phatic system of toxins. It is accomplished by abstaining from food for a few hours or days (fasting), drinking only juices, taking special herbs, or a combination of methods to give the body a chance to direct its energies from digesting food to detoxifying and renewing itself.

## Laws of health

We are made up of what we eat, drink and breathe. If we keep putting into our bodies food that is not the best, our health will break down. Our body is designed to handle some toxins, but when overloaded with processed foods, air pollutants (including cigarette smoke), foods and drinks loaded with chemical additives and stimulants, it will break down.

The organs of elimination are the colon, kidneys, liver, lungs, and skin. These, along with the lymphatic system need to be working freely and need plenty of water to keep working properly. Good circulation is stimulated by lots of exercise and movement along with deep breathing. Exercise will help eliminate toxic buildup through perspiration and stimulation of the eliminative organs.

Chronic negative emotions such as worry, anger and unforgiveness can be toxic to physical health. Cleansing the emotions is as vital to health as cleansing the body. We all have been given a genetic code from our parents. We have no say over what we receive, but it is possible to overcome some inherited weaknesses.

The human body continually renews and rebuilds. The entire body takes less than two years to rebuild and 98% rebuilds in less than one year. Blood takes four months to regenerate, the liver six weeks, the skin one month and the stomach lining only five days.

You can literally transform your health by working with your body. But before your body can regenerate, it must be cleansed of toxic materials. So if your body is toxic, even if you decide to start eating the best foods, your body will not be able to utilize these nutrients properly. It is important to detoxify your body before you begin any new health program, and need to undertake periodic detoxification throughout your life.

*The Body Burden, pollution in newborns*

# Alzheimer's and Coconut Oil

Last month I read an article and then watched a YouTube interview where Dr Mary Newport discusses ketone bodies as an alternative fuel for your brain. Because your body makes these when digesting coconut oil, the article reports how coconut oil may offer profound benefits in the fight against Alzheimer's disease. Dr Newport, a medical doctor, tells the story of how she was searching for some way she could help her husband Steve, age 58, who was suffering from progressive dementia. Steve had been on drugs, but was noticeably deteriorating and was unable to remember the simplest of things. This is a remarkable story and worth watching especially if you are interested in helping anyone with any type of memory loss.

One of the primary fuels the brain needs is glucose which is converted into energy. The brain normally produces insulin to convert this glucose from your blood stream into the food it needs to survive. What happens in Alzheimer's patients is that their brain's production of insulin decreases and the brain literally starves. There seems to be a link with diabetes, as both are related to insulin resistance – one is in your body, the other your brain.

Fortunately the brain is designed to run on more than one type fuel, and this is where coconut oil comes into the picture. The one other substance that can feed your brain and prevent brain atrophy and may even restore and renew neuron and nerve function are called ketone bodies or ketoacids. These are what your body produces when it converts fat (as opposed to glucose) into energy. A primary source of these fats are found in coconut oil. Coconut oil contains 66% of these medium chain triglycerides (MCT).

Dr Newport says *“Further, this is a potential treatment for Parkinson's disease, Huntington's disease, multiple sclerosis and amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease), drug resistant epilepsy, brittle type I diabetes, and diabetes type II, where there is insulin resistance. Ketone bodies may help the brain recover after a loss of oxygen in newborns through to adults, may help the heart recover after an acute attack, and may shrink cancerous tumors.”*

These MCT fats are not processed in your body in the same way as long chain triglycerides. Normally, a fat taken into

your body must be mixed with bile released from your gallbladder before it can be broken down in your digestive system. But medium chain triglycerides go directly to your liver, which naturally converts the oil into ketones, bypassing the bile entirely. Your liver then immediately releases the ketones into your bloodstream where they are transported to your brain to be used as fuel. In fact, ketones appear to be the preferred source of brain food in patients affected by diabetes or Alzheimer's.

*“In Alzheimer's disease, the neurons in certain areas of the brain are unable to take in glucose due to insulin resistance and slowly die off, a process that appears to happen one or more decades before the symptoms become apparent. If these cells had access to ketone bodies, they could potentially stay alive and continue to function.”* Dr. Newport states.

Another way to increase ketone production in your body is by restricting carbohydrates. This is what happens when you go on a high fat, high protein, low carbohydrate diet: Your body begins to run on fats instead of carbohydrates, and the name for this is ketosis. This is also why you don't starve to death when you restrict food for weeks at a time, because your body is able to convert stored fat into ketones that are used as fuel instead of glucose. But remember not all fats are equal.

By consuming medium chain triglycerides such as coconut oil is a much better option, because the ketones produced by ketosis are not concentrated in your bloodstream, but are instead mostly excreted in your urine. Your body treats MCTs as a carbohydrate and not a fat. This allows the ketone energy to hit your blood stream without the normal insulin spike associated with carbohydrates entering your bloodstream. So in effect coconut oil is a fat that acts like a carbohydrate when it comes to brain fuel.

Therapeutic levels of MCTs have been studied at 20 grams per day. According to Dr. Newport's calculations, just over two tablespoons of coconut oil ( 7 level teaspoons) would supply you with the equivalent of 20 grams of MCT, which is indicated as either a preventative measure against degenerative neurological diseases, or as a treatment for an already established case. Remember though that

people tolerate coconut oil differently, and you may have to start slowly and build up to these therapeutic levels. My recommendation is to start with one teaspoon, taken with food in the mornings. Gradually add more coconut oil every few days until you are able to tolerate four tablespoons daily. Coconut oil is best taken with food, to avoid upsetting your stomach.

## How to keep mind sharp

\*Avoid sugars, especially fructose — Excessive sugar and grain consumption are the driving factors behind insulin resistance, and the strategies that protect your brain are very similar to those for avoiding diabetes. Restrict your total fructose consumption to below 25 grams a day. This includes eating too many fruits. If you consume more than 25 grams a day of fructose you can damage your cells by creating insulin and leptin resistance and raising your uric acid levels. Berries tend to be lower in fructose, and wild blueberries, for example, are also high in anthocyanin and antioxidants, and are well known for being beneficial against Alzheimer's and other neurological diseases.

\*Avoid Grains – Even whole, organic grains will convert to sugar in your body and spike your insulin levels if you eat too many.

\*Artificial sweeteners – Aspartame, for example, is an excitotoxin that can literally destroy your brain cells.

\*Add adequate amounts of vitamin B12.

\*Add omega 3 fats to your diet, eg linseeds, chia seeds.

\*Exercise can also protect your brain, thereby warding off Alzheimer's and other forms of dementia.

\*Avoid and remove mercury from your body. Trace amounts of mercury can cause the type of damage to nerves in the brain.

\*Avoid aluminum. Your main sources of exposure are likely through drinking water and antiperspirants.

\*Challenge your mind. Mental stimulation, such as traveling, learning to play an instrument or doing crossword puzzles, is associated with a decreased risk of Alzheimer's.

\*Avoid anticholinergic drugs. Drugs that block acetylcholine, a nervous system neurotransmitter, have been shown to increase your risk of dementia. These drugs include certain night-time pain relievers, antihistamines, sleep aids, certain antidepressants, medications to control incontinence, and certain narcotic pain relievers.

*www.mercola.13 Dec 2009  
www.coconutketones.com  
YouTube Dr Mary Newport*

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

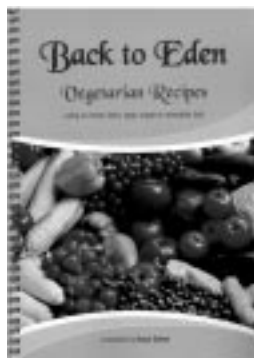
**Sourdough Bread Culture** \$20 (express postage included)  
Mailed to anywhere in Australia. Recipes included

**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 packaged in bags (except charcoal).  
Calculate postage: up to 500g costs \$6 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

### LEMON PIE

½ cup warm water  
1 t agar powder (slightly rounded)  
2/3 c raw cashews  
1/3 c coconut  
2/3 c honey (or to taste)  
¼ t Celtic sea salt  
2 T finely grated lemon rind  
3 c water or part pineapple or orange juice  
6 T arrowroot  
5-6 T fresh lemon juice

In a saucepan stir agar powder into the warm water and simmer for a minute until dissolved. Pour this into a blender, add cashews, coconut, honey, salt, and lemon rind with 2 cups of the water or juice. Blend until very smooth. Return to saucepan and heat on low, stirring to avoid sticking. Blend the remaining 1 cup of liquid with the arrowroot. Add this to the hot mixture. Stir constantly until mixture comes to a boil and thickens. Remove from heat and stir in lemon juice. Pour into a pre-baked pie crust. Chill until firm.

This is very nice using part juice! It can be served without the pie crust. Serve with dairy free whipped cream.

### YUMMY CRUST

2¼ c wholemeal breadcrumbs (approx 5 slices)  
½ c coconut  
½ c dates softened in ½ c water

Blend the bread first, then add rest on the ingredients and mix well. Add more water if necessary. Press into a greased pie dish and bake until browned, about 15 mins at 180 degrees.

This is a very economical crust and is nice and soft.

### Natural Remedies Encyclopedia

by Vance Ferrell

A hard cover, 618 page, 22cm x 28cm encyclopedia of old fashioned home remedies for over 500 diseases. With basic hydrotherapy, basic women's herbs, emergency manual and cost effective alternative medicine ideas combined with modern nutritional facts.

These books cost \$50. They weigh 1720g, and cost \$10 to post. Contains great information for the health conscious.

# Health Programs for 2011

This year the monthly **Back to Eden** classes will be conducted with a changed format. Past meetings have had specific topics. This year lots of this information plus much more will be woven into each meeting. These are designed to encourage you and to remind you to stay on your health program. We can too easily become slack and forget what these principles are. We can encourage each other and learn how to implement these in all aspects of our lives.

On the first Wednesday morning of each month we will have a basic support meeting for those who want to learn more and share on lots of topics relating to natural health.

Do plan to come along and support these meetings. You will meet a group of like minded people who have one goal - healthful living.

Each meeting we will cover:

- ♦ different health principles
- ♦ different natural remedies and how to use specific herbs
- ♦ individual talks on subjects such as high blood pressure, gluten free, juicing, detoxifying, sprouting, kefir, lowering cholesterol, anti-fungal diets, and more great health tips
- ♦ receive a free health DVD each month
- ♦ ideas to prepare healthy vegetarian food
- ♦ have a mini food demonstration

<b>Where:</b>	Meetings will be conducted at Kaye's home, 496 Hague Street, Lavington
<b>When:</b>	First Wed morning each month from 10am to 12 noon, followed by vegetarian lunch
<b>Dates:</b>	2nd March; 6th April; 4th May
<b>Cost:</b>	\$12 each meeting. Please book early as the meal needs to be planned
<b>Phone:</b>	Kaye 0260 255018

## More coming programs

### Hope Beyond Cancer

In 2010 we conducted a very successful health program with Jennifer and Candice Berghan on **Hope Beyond Cancer**. The programs were so well received that we have invited them back to Albury to speak again this year. If you missed out last year, plan to attend these. Or if you came and enjoyed them, ask a friend along this time. So many of our friends and family are affected by cancer. Jennifer and Candice will present a similar program, so we can be assured tht it will be very interesting. Plan to attend. The dates we plan are **14th & 15th May**. Please confirm these dates in the next newsletter.

### Depression Recovery Program

Another program we are planning is a **Depression Recovery Program** designed by Dr Neil Nedley. Dr Nedley MD has put together a 9 week Recovery Program from his 15 plus years of research and clinical experience helping his patients. This programs helps you identify the underlying causes of depression. Every case is different as each individual, but the 10 Hit Categories summarize all the possible causes for depression. He will teach participants how to improve brain function, maximize IQ in children, boost concentration, engage in healthy sleep habits, improve physical performance and gain renewed hope.

These programs are planned to begin before the next newsletter is published, so if you are interested in attending, please contact Kaye on 0260 255018