

Back to Eden

Olive Oil
Health Laws of the Bible
Recipe
and lots more

PO BOX 850 LAVINGTON 2641

KAYE SEHM 02 6025 5018

This issue: Winter 2005 No 23

Over the years we have organised many different programs. Many who have attended our recent programs have told us how much they have enjoyed them. We know many enjoyed the last program with Candice and Carla. On a number of times we have been asked when are we going to run another cooking school. We started running cooking schools over ten years ago. The original series ran over eight weeks, we later shortened these to six weeks. With other commitments we now have, we find it very difficult to schedule longer series such as these. So we have decided to run a one day cooking school. See the last page for details. Please support this as we do not know when we will run another one.

We are also organising for Barbara O'Neill to speak to us later in the year. We will let you know details of this program in the next newsletter.

Over the years we receive calls from readers who have a particular health problem who want to know if there are any natural remedies that could help them. Last month I received a call from a lady who used a slippery elm poultice with great success. I would like to ask any readers who have had success with any natural remedies to share the results with us.

The article included in this newsletter on the Health Laws in the Bible was too long to publish in one newsletter. I did not want to omit anything so I will conclude it in the next newsletter.

Remember, share these newsletters, copy them if you would like, and tell your friends about our programs. Many people testify that this natural health program really works.

From Kaye and the Back to Eden team

Olive Oil for healing

Olives are about as ancient as the first civilisations that grew them. They are mentioned in old Greek and Roman writings as well as in the Bible, and they were used in ancient Egypt 4000 years ago. Olives tree grow in many different parts of the globe, many of them gnarled with extreme age. They have beautiful silvery olive-green foliage. Each spring they are covered with insignificant flowers that drip gum over anything underneath them. Later in the year the trees form green berries which turn black or very dark purple as they ripen.

The oil pressed from the olive fruit reveals an important message for consumers and users. It illustrates the remarkable difference between refined and unrefined oils from the vantage of human health.

What makes this oil different from many of the oils that are found on the supermarket shelves? This is "fruit oil", it is pressed from the flesh of the olive fruit rather than from its seed. Most of the refined oils sold today have undergone processes such as degumming, refining, bleaching and deodorizing and are extracted from seeds eg sunflower, peanut, canola. Virgin olive oil, pressed from the flesh, and has remarkable powers as we shall see later.

It is made from whole, ripe, high quality undamaged olives. It is made without heat and contains many of the natural factors unique to olives. It is not treated to remove its taste and odour (deodorizing). If olive oil undergoes even one of the refining processes, it suffers nutrient losses and molecular damage that affects human health.

If olive oil is not labelled "virgin", it is non-virgin refined olive oil. Any oil that is heated above 150°C loses its protective effects, and become mutagenic. Virgin olive oils are the only mass market oils that have not been heated above 150°. If olives are damaged or bruised, they and the oils they contain begin to spoil, and the oil pressed from them is of such a poor quality that it must be degummed, refined, bleached, and deodorized – resulting in olive oils that are equivalent to other cheap mass market oils in quality.

It is said that Ramses II, who ruled Egypt between 1300 and 1200 BC, supposedly downed olive oil for every complaint. The ancient Hebrews regarded olive oil as the key to long life and rejuvenated mental powers. They not only consumed olive oil, but virtually all of them, male and female, rich and poor alike – rubbed oil onto their skins daily. According to the Psalmists, the oil directly penetrated the body when rubbed on, relieving aches and pains, restoring strength.

Today we know that olive oil – which can be absorbed by the skin, protects veins and arteries, guards against dangerous clots, lowers high blood pressure, normalises low blood pressure and helps ward off many degenerative diseases.

Olive oil contains 60% fat and is considered a good cleansing and healing agent due to its high content of potassium. It is also rich in sodium, calcium, phytosterols, chlorophyll, magnesium, vitamin E, carotene and other important ingredients unique to olives. It is easily digested and imparts a soothing and healing influence to the digestive tract. It also retards the stickiness of blood platelets in its artery protecting tendency due to its high content of oleic acid.

In his book "Fats that Heal Fats that Kill", Udo Erasmus says that olive oil is "the only mass market oil worth

recommending. All other mass market oils, being refined, bleached, and deodorized are nutrient poor."

Slows aging

One lady reported that at first she took six tablespoons a day for two weeks, then only one tablespoon a day for two weeks. She reported the pain in her arthritic joints was gone. When she stopped the olive oil the joint pain returned. So she started taking three tablespoons a day and after a week the pain went away. She found that by keeping up with oil she kept the pain away.

The residents of Crete get 45% of their calories from fat and 33% of their calories from olive oil. Crete consumes more olive oil than any other nation. They eat very little animal fat. In fact they have a very low rate of heart disease. Olive oil protects the heart and arteries in three ways. It reduces the bad LDL cholesterol in the blood and raises the good HDL cholesterol and it keeps blood platelets from sticking together and forming clots. Olive oil is even better than standard low-fat diets in reducing cholesterol.

A study at Stanford Medical School showed that taking three tablespoons a day could lower systolic blood pressure about nine points and diastolic six points. In another study it was shown that taking a dessertspoonful each day could lower systolic pressure five points and diastolic four points in men. In France, a study that lasted for four months showed that hospital patients suffering high blood cholesterol were given as much olive oil to drink as they wanted, but no other oil or fat was allowed. After the four months, the cholesterol level of seven patients dropped 26%. In ten others it dropped 14%.

But even more than this, they showed that the most fanatical olive oil lovers among these people were least likely to die of cancer or anything else- which is why olive oil has always been known as the longevity food. Countries which consume olive oil as their major source of fat have more reduced risks of breast, prostate, ovary and colon cancer.

Capt Diamond

Goddard Ezekiel Dodge Diamond lived to be 120 years of age, dying in 1914,

and attributed his longevity to olive oil. He used it in food and for external applications for aches and pains. When he was 40 he experienced sickness which resulted in painful impaired sight and hearing. This condition existed for three years. He recalled how the Hebrew Kings were anointed with oil and that it was used as a means of healing. He resolved to use the best oil he could get. He applied it to his sore, watery eyes and they healed and the film impairing his sight was less troublesome. The change was so great he decided to use the oil for the loss of hearing. He used the oil freely about the ears externally, and put a few drops into the ears holding it there with a little bit of cotton wool. In a short time his sight and hearing were entirely restored. He kept oiling them for the rest of his life.

When he was 60 he felt the effects of aging and so then resolved to rub oil into every joint and such portions of the physical frame that were subject to the effects of old age. Before rubbing in this high quality oil he had a bath using tepid water, rubbing every part of the body rapidly and thoroughly with a soaped face cloth, drying himself vigorously with a coarse dry towel. Placing a little oil into his hand, he rubbed it into the joints, on the inside especially, under the arms, in elbows, in the rear of knees, on the insteps and in the groins. After that he rubbed it on the shoulders, spine, hips, knees, bottom of the feet and even his head (if desired). He rubbed until the oil was absorbed and couldn't be seen. The total amount used over all his body did not exceed one tablespoon. He kept up this practice for the last 60 years of his life.

When Diamond was past 100, he was able to do gymnastics, ride a bicycle and walk 20 miles a day. He stood straight and erect and had an elastic spring in his step. He always breathed the freshest air possible and never smoked. He ate no flesh foods after the age of 56. He chewed his food thoroughly and used whole wheat flour. He never used tea, coffee or tobacco and drank no unboiled water, never using mineral water which produces stiffness and rigidity.

Diamond preferred to use the highest quality olive oil he could find. To him that meant pure, unadulterated olive oil, from the first - not the second or third-pressing. Today this is called extra virgin olive oil.

Other medical findings

Dr A E Osborn, director of a children's hospital in Glen Ellen, California writes in the epilogue of Captain Diamond's book. He wrote of an epidemic of measles that swept through the hospital. Lacking space they treated the children in the corridors of the hospital. The treatment they were given was the following. They were thoroughly sponged down with hot water, then immediately and repeatedly rubbed in with copious applications of warm olive oil (plus a healthy diet). All recovered nicely, notwithstanding that many were in extremely delicate conditions prior to the oil be applied. This was the main treatment. Whenever the skin became dry and hot, the oil relieved it and brought the patient a sense of relief.

They treated patients with scarlet fever, frequent applications of hot olive oil effectively sustained the patients and avoided many dangerous complications. Dr Osborn is convinced of any single remedy in this disease, olive oil was the most valuable and potent. Another patient, a retarded 6 year old boy contracted pneumonia. He had a history of tubercular conditions. He refused all food except bread and milk. He was given olive oil and salt on bread internally, and externally, the body and limbs were well rubbed down with olive oil, followed by wrapping. The boy recovered.

Dr Osborn continues "Olive oil stands unrivalled... as a remedy in most and probably all wasting diseases, where it relieves the stomach, rests overtaxed digestive organs, lubricates inflamed alimentary tracts, Halts further congestion... and restores worn-out or broken down tissue. It exerts a distinctive influence upon the liver and, apparently, also upon the kidneys. The benefits to be derived from olive oil in liver derangement are not all imaginary. The chief value of olive oil in fevers lies in its ability to be rapidly absorbed through the skin... In all cases it will reduce the temperature of the body, which means a saving of vital importance. On account of its chemical constitution, it is especially adapted for the feeding of fevers as it is so readily absorbed into the skin. I am continuing to use and to advocate the use of olive oil in nervous diseases characterized by the loss of power and the progressive waste

of nerve tissue...The usual way to apply it is by massage...once to thrice daily. With paralytics the operations of massage are most valuable. With epileptics (applications) of oil immediately followed by sufficient bed rest to induce the best results."

Another physician Dr PC Redmond writing in the epilogue of Capt. Diamond's book gives the following uses of olive oil.

"Olive oil is one of our safest vermifuges. In case of children, it should be given in ounce doses, and frequently repeated. It is harmless and does not provoke active purging, and if the child's stomach does not reject it, it will often do its work without any additional drug. In cases of tapeworm, it has often carried away all of it simply by its weight and volume."

It is useful for bladder and kidney infections. Olive oil taken internally in a medium dose will provide prompt relief. It has been used with success in cases of painful urination. Diarrhea, dysentery, colicky pains, flatulence or constipation have all been relieved by the prompt and generous use of olive oil. Taken internally as well as external applications have often given great results in the cases of dropsy (swelling from fluid retention), either abdominal or general. One of the mildest laxatives is olive oil (one tablespoon at bedtime). Constipation is often relieved in long-standing sufferers with this simple method. In enema form, it is used to relieve fecal impaction or blockage.

Other cures

In an effort to find an alternative to antibiotic drugs, one father came up with a simple remedy for his children's earaches and inner-ear infections. He squeezed the contents of a vitamin E capsule and one garlic capsule into a clean glass container. He added 13 drops of olive oil to this and missed all thoroughly. He sat the mixture for one minute in a bowl of warm water, so that it becomes warm enough to bear without burning. With the child's head tilted sideways, he placed equal number of drops in each ear. This also relieves ringing in the ears, but advises against using it if there is a purulent discharge or if the eardrum has ruptured.

Over the centuries, olive oil has been

used to loosen the bowels, stimulate bile flow, soothe mucus membranes, induce urination, ease arthritis and bursitis, soften skin and calm the nerves. It is found in folk remedies for cancer, chills, diarrhea, earache, fever, high blood pressure, low blood pressure, malaria, goitre, toothache, tumours, wounds, genital warts, polyps, sclerosis of the liver, spleen, and uterus; and tumours of the ear, fingers, neck and stomach. It also helps in hair growth.

Algerians chew the olive leaves for toothache and have mouth sores caused by too much tobacco. They use it for baldness, cough, earache, fractures, gonorrhoea, hemorrhage, hernia, impotence, liver congestion, skin diseases, sprains and stones,. In Lebanon the oil is used for burns, colds, constipation, and stomach ache.

Olive oil significantly lowered the blood-sugar level of most adult onset diabetics and reduced their daily insulin needs, according to a study done at the University of Texas Southwestern Medical Center in Dallas. Knowing this, millions of diabetics could be helped to reduce daily insulin needs and together with the fact that it helps prevent and reverse deadly build up of cholesterol in heart, veins and arteries many serious complications of diabetes could be avoided. Another use of this remarkable oil is to stimulate the gallbladder. It does this by stimulating bile secretions and thereby eliminating gall stones.

Grades of olive oil

Olive oil is not generally treated to remove its taste and odour. There are several grades of olive oil. Virgin- this is the top grade of olive oil. By international agreements it may not be mixed with refined oils and be considered virgin. These oils are all unrefined. Extra virgin- this is best olive oil and highest quality that has "absolutely perfect flavour." It must have no more than 1% free oleic acid. Strict guidelines are followed to determine whether an olive oil may be called "extra virgin". Fine virgin- meets the same standard, except that it may have up to 1.5% free oleic acid. Semi-fine or ordinary olive oil- this labelled as "virgin" must have a good flavour and no more refined than 3% free oleic acid.

Refined- olive oil that comes from processing oil that is too high in acidity or has an "off" flavour. Refining the oil removes extra acid along with colour, odour, and much of the flavour. Pure- olive oil is a mixture of refined and virgin oils. Manufacturers add enough virgin oil to give the mixture the desired flavour.

All oils should be stored with care and stored in opaque containers, protected from light, oxygen and heat.

Olives and their juice

Green olives are gathered unripe, black olives are ripe olives. There are many varieties of olives, differing in size, colour and oil content. Olives, packed in bottles and prepared in brine (not vinegar) are very healthy. They can be eaten at any meal.

If one were to visit south Greece, you would notice that many of the older women still retain a very youthful quality to their skin. Their secret to this wrinkle free skin is to take the juice of green olives and rub it on their face, forehead, neck, throat, hands, wrists and forearms, patting it on their skin in quick circular motion with brisk slaps. They also have a daily intake of olive oil.

If you are able to obtain green or unripe olives directly from a tree, you can stone them and then juice them adding a little water if the juice becomes too thick. Store in the refrigerator in a sealed container and rub on the skin daily. If using pickled olives, soak and rinse them about four times to remove the excess salt. Then cut out the stones and juice. Some of this can be rubbed on the skin. By far the best application is the green un-pickled olive juice used externally.

My recommendations in purchasing olive oil is to go to a health food store and buy the best available. Make sure it is cold pressed extra virgin. If you live in Albury area, the bulk health food Border Just Foods sell very good quality oil. You need to take in your own bottle and it cost around \$12 per litre.

Miracle Food Cures from the Bible by Reese Dubin
Fats that Heal Fats that Kill by Udo Erasmus
Heinerman's Encyclopedia of Healing Juices by John Heinerman

The Health Message of the Bibleways to avoid disease

by Geogg Youlden

You know, when you look around today and you look at people, their faces, their eyes, their bodies, how many people do you know, who really radiate good health? You know, they're bubbling over with enthusiasm and health. I would suggest very few. The vast majority of people do not enjoy the health that they ought to enjoy. Poor health will not only affect your marriage, it will affect just about everything else you do in life. Yet in this age of great medical knowledge, most people I find are very ignorant when it comes to the basic laws of diet and health. They don't realize that much of their sickness is due to the fact that they don't follow the basic health principles of the Bible.

You know that 90%, doctors tell us of deaths here in Australia, are due to ignorance of the basic laws of health. In other words, 90% of people that die are dying before they should die. They're dying prematurely. Only 4% of people die of old age, 6% of people die violently. So that means that 10% have really no control over their death. For example, heart disease in Australia is killing one in four, and cancer is killing one in seven. And besides the early deaths that many people are going to experience, many of us are suffering from arthritis, migraine headaches, and many other ailments, that it is not necessary to suffer from if we follow the simple Bible health principles. God never intended that we be sick. Let me read that to you.

3 John 2. "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

Now God is just as interested in our health as well as He is interested in our spiritual well-being. Not many people realize that God is just as interested in our physical life as He is interested in our spiritual. Both are very important.

In fact, I would suggest that if you haven't got good health, life is not worth living. You know, you can have everything else in life. You can be the richest man. But if you haven't got good health to enjoy it, what's the use of it? Very often people never think about their health very much until they begin to lose it, and then often it's too late.

The subject of this lecture is so important that we understand the basic laws of health. In future lectures we're going to provide you with more evidence and more help in this area.

Most people I talk to do not know that there are basic laws of diet. I find that so many people are eating incorrectly. They do not drink enough clean, pure water. They neglect exercise and they don't have enough rest. Another important factor for good health is, trust in God. You know, that a person who has trust in God will enjoy better health than a person who doesn't because the anxiety and the worries of life are able to be left aside to the person who is trusting in God.

I was talking to a Christian doctor recently, and he said, "Medical science is proving such things as emotions like fear, envy, resentment, hatred, can cause between 60 and nearly 100 per cent of men's diseases. Emotional stress can cause high blood pressure. toxic goitre, migraine headaches, arthritis, heart trouble, ulcers, and countless other diseases. As doctors we can prescribe drugs and medicines for the result of these diseases, but we can't treat the underlying cause which is emotional turmoil."

I'm happy to tell you that the Bible gives us the clue as to how to have good health. I'll read you an outstanding promise that God makes.

Exodus 15:26. "And said, If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee."

If you're going to summarize this one verse here, as far as the first great health law is concerned, what would you reduce it to if you reduce it to one word? What is God saying here? If you do something, then I will keep you and preserve you from the diseases that are afflicting the Egyptians. Now the Egyptians were the people who lived around the Israelites. If God was saying to us today in this verse, If you do this, then I will keep you from the diseases that are afflicting everyone else in society around us, how would you reduce that text to one word? If you'll be obedient and to keep My commandments then I will protect you and I will preserve you. The diseases that are afflicting others will not afflict you.

That's the first great health law, obedience. If we're going to have good health we need to be obedient and to obey God in all that He asks us to do. God is simply saying, You be obedient and follow what I've asked you to do. Keep My commandments and My statutes. And the diseases that afflict everyone else, will be protected and saved from you.

Let's have a look at the second great health law.

Leviticus 11:46,47. "This is the law of the beasts, and of the fowl and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth: To make a difference between the unclean and the

clean, and between the beast that may be eaten and the beast that may not be eaten."

So this is the second great health law, the law of diet. God says that there are some things that you can eat and there are some things that you cannot eat. We're going to notice a little bit about that in just a moment.

Let's now notice the third great health law of the Bible.

Leviticus 14:8. "And he that is to be cleansed shall wash his clothes, and shave off all his hair, and wash himself in water, that he may be clean: and after that he shall come into the camp, and shall tarry abroad out of his tent seven days."

What would we call that, that a person in order to be clean must cleanse themselves? - Hygiene. God said, for you to be clean you must wash yourself. And that's very important. So there's the law in hygiene.

We will notice now the fourth great health law.

Exodus 20:8-11. "Remember the Sabbath day, to keep it holy. -"Six days shalt thou labour, and do all thy work: but the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: for in six days the Lord made heaven and earth, the sea and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it."

So here we have the great health law of labour and rest. You see, the Sabbath was not given to us only as a spiritual rest, for spiritual reasons. True, it has been given to us for spiritual reasons, and that's vital. But that's not the only reason that God gave us the Sabbath. God gave the Sabbath as a physical rest as well. When you get away from the Sabbath and the original reasons that God gave for keeping the Sabbath that it is a memorial of creation and it is a

rest, when people have gotten away from that, and they've accepted Sunday, it's not long before in keeping Sunday, all they keep is the hour they go to church.

Most people who keep Sunday, in fact, I don't know how long ago it is since I met someone who really keeps Sunday as the Bible says the Sabbath ought to be kept. That's what happens. But you see, the Sabbath was given as a physical rest as well. God never intended that we work continually for seven days. You can do that for awhile, but you'll eventually use that reserve of energy that God has implanted in our bodies and eventually you'll come to the stage when your body cracks. That's happening to millions in the world today. But the Sabbath is given as a physical rest as well. And God says you're to work for six days and then rest on the seventh. That's a wonderful health law as well as a spiritual law.

We'll read now the fifth great health law.

Exodus 20:14. "Thou shalt not commit adultery."

This is the law of morality. There are millions today in the world who ignore that law, and think that they can get away with it and get some kicks in life. But if you ignore that law, it will catch up with you. God has given the law of morality for a very important reason and that's a health law as well as being a spiritual law, too.

Let's now notice the sixth great health law.

Numbers 5:1-4. "And the Lord spake unto Moses, saying, "Command the children of Israel, that they put out of the camp every leper, and everyone that hath an issue, and whosoever is defiled by the dead: Both male and female shall ye put out, without the camp shall ye put them; that they defile not their camps, in the midst whereof I dwell. And the children of Israel did so, and put them out without the camp: as the Lord spake unto Moses, so did the children of Israel."

What do we call that today when a

person has a communicable disease like leprosy, and we separate them from everyone else? Quarantine. It wasn't until the Middle Ages that they adopted the law of quarantine in separating those with leprosy, that leprosy was halted in the Middle Ages.

In fact, I'll read you a statement here. This is Dr. George Rotham who wrote a book entitled The History of Public Health. He said, "Leprosy cast the greatest blight that threw its shadow over the daily life of medieval humanity. Fear of all other diseases taken together can hardly be compared with the terror spread by leprosy. Not even the Black Death in the forties or the appearance of syphilis toward the end of the 15th century produced a similar state of fright. Early in the Middle Ages during the 6th and 7th centuries it began to spread more widely in Europe and became a serious social and health problem. It was endemic particularly among the poor, and reached a terrifying peak in the 13th and 14th centuries."

If you had leprosy back in -those days they believed that it was because you ate hot food or pepper or garlic or maybe the meat of diseased hogs. That was what they suggested. Some one else suggested maybe it was a result of the maligned conjunction of the planets. It wasn't until they finally followed the counsel as outlined there in Leviticus of separating those with a communicable disease like leprosy from every one else, that finally leprosy was halted in the Middle Ages.

Now the question that I would like to ask now is simply this, Where did Moses get this advanced information from?

I remember I was studying the Bible with a man who claimed that he was very interested in health, but he didn't believe much in the inspiration of the Bible. I said to him, 'Where did Moses get this advanced information from?' as I went through the medical knowledge of the Bible because I knew he was interested in that. "0," he said, "It's easy to explain. Moses copied it when he was training down at the university in Egypt. That's where Moses got this advanced information from." Well now,

listen! You think about that for a moment. If Moses copied this from the Egyptian university, my question is, How come that the Egyptians still haven't caught up on this today?

Because the biggest problem that you face when you travel through these countries today is to have food that's not contaminated. It's the biggest problem when you travel through the Middle East. You would never, ever eat any fresh fruits or vegetables in those areas. You wouldn't even eat it on the plane if you knew a plane called into those countries. Sometimes I was starving. I would get on the aeroplane, and they served up a nice salad. Ordinarily I love a salad, but when I saw the tomato and the lettuce. I felt very hungry, but I knew that it was better to feel hungry than to get a stomach wog. In fact, some of those germs over there would kill us.

I don't know whether you would be easily shocked, but if you were to catch an aeroplane from Brisbane and go to our nearest Asian neighbour, Djakarta, up there in Indonesia, some time you ought to take a trip up there just to have a look. When I was up there some years ago it was my first introduction to countries outside of Australia. I had read about the fresh water canals in Djakarta. So I got up early before sunrise, the first morning I was there. I walked out along the street because through Djakarta there are a lot of these fresh water canals. There I saw the people lining those canals. There they were and they were using them as a toilet. I saw people downstream a little further from them who were washing their teeth in the same water. All the fresh fruits and vegetables that you'd buy in the market were washed in the same water.

That's why I say that the biggest problem when you go to those countries is what you're going to eat. You would never even eat oranges. You'd say you would probably be pretty safe there because they've got a skin on them. But do you know what they do with oranges? In order to increase the weight of the orange so that when it weighs on the scales they get more, they actually put into it water through a syringe to make it heavy. Now it's their water that

is the most lethal thing about those countries. You'd think yourself fairly safe. You would never, ever eat anything that you didn't peel and dip in dettol. Even then you might have a problem.

A friend of mine was travelling through Egypt, he was telling me, and there was a lad on the corner of the street selling milk in one of those old milk cans, and he had a ladle. He kept, it right down at the bottom of the can. He fished it out finally, milk running off his hand. Then he wanted my friend to realize that this was pure white milk, that there was no added water. You know, if you put water in milk it goes a bit grey colour. Well, he wanted to show my friend that this was pure milk. So he ran it down his left arm so that he could see how nice pure white it was. Say, it makes you feel like a drink of milk when you had seen what he had done with his hand and his arm just a few moments before. Hygiene in those countries is practically nil. And to suggest that Moses copied it from the surrounding nations is laughable because they still haven't caught up today.

In fact, just recently as a result of the science of archaeology, they discovered what has been now known and called the Papyrus Ebers, which is the advanced medical knowledge of Egypt in 1552 B.C. which, by the way, is about the very time when Moses was down in Egypt. This book has been discovered. And as soon as it was discovered everyone wanted to find out what the medical knowledge of Egypt was in 1500 B.C. These are some of the things they copied out of the book:

If a man had an embedded splinter, the book says, "Apply worms blood and asses dung." Since dung is loaded with tetanus spores, is it any wonder that lockjaw took a heavy toll of cases. Several other remedies include lizard's blood; swine's teeth; putrid meat; stinking fat; moisture from pigs ears, from animals including dogs, cats, humans, and even flies. Here is a cure, "A large beetle, cut off his head and two wings, warm him, put him into fat, and apply him. If you wish to drive it away (that is, the disease away) warm his head and his two wings. Put him into snakes fat, warm it, and let the man drink it."

Now that's the training that Moses received while he was down in Egypt. Can you imagine how the critics of the Bible would laugh if Moses had been tempted to include one of those "up to date" cures in the Bible? But he never did. You don't find any of those foolish remedies included in the Bible, although that was being taught in the Egyptian university. Moses wrote down exactly what God told him. That's why the Bible is over 4,000 years ahead of medical science, and I'm going to demonstrate that to you in just a few moments.

What we're discovering today in the medical world God wrote down over 4,000 years ago and that's another reason why I have absolute confidence in this Book, the Bible. Not only is it true spiritually, not only is it true historically, but it's even proven true through medical knowledge.

I'll read you now the seventh great health law.

Numbers 31:22,23. "Only the gold, and the silver, the brass the iron, the tin, and the lead, Everything that may abide the fire, ye shall make it go through the fire, and it shall be clean: nevertheless it shall be purified with the water of separation: and all that abideth not the fire ye shall make go through the water."

What do we call that? Sterilization. If it can't go through the fire, then you were to put it through the water. That's sterilization.

Do you know that it was only in 1840 that men realized the truth of that statement where God says we're to wash our hands and to be clean? Up until 1840 no doctor in performing an operation ever washed his hands. I know it sounds unbelievable, but it's true, just over 140 years ago.

In fact, in Vienna, which was the world's famous medical city, one woman in every six was dying in the maternity ward. They couldn't work out why so many women were dying in the maternity ward. What the doctors did when they came in, in the morning, the very first thing they would do when they got to the hospital, they carried

Products for Sale

These products are being introduced for your convenience.

Licorice Root Powder 200g.....\$12

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

Maca Root Powder 200g.....\$14

A GREAT PRICE for this superfood. Great for a diverse range of conditions. Especially good for hormonal problems. Organically grown.

Comfrey Root Powder 200g.....\$13

Ground dried root, great for using in poultices and ointments.

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

A powerful way to get needed nutrients including beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll.

Order by phoning Kaye on 02 6025 5018. Prices do not include postage

Recipe

PUMPKIN COOKIES

1 ½ c cooked pumpkin
 1 ½ c rolled oats
 ¼ c honey
 1 c finely chopped dried pineapple
 ½ c chopped walnuts
 ½ c coconut
 ½ t vanilla
 ½ t coriander

Rinse the pineapple pieces. Mash the well drained pumpkin, and add the rest of the ingredients. Mix well. Shape pieces into cookies and place on oiled baking tray. Flatten with a fork if desired. Bake 180° for 40-45 minutes or until done. These are delicious treats and are great way to finish off a meal.

autopsies on the women who died the previous day. And then without washing their hands, without wearing gloves, they would then go up to the maternity ward in the hospital, and carry out pelvic examinations. And they never washed their hands. They couldn't work out why disease was being transmitted. One young doctor had the audacity to suggest that the doctors ought to wash their hands. Do you know that he was put out of the medical profession for that? That he would have the audacity to suggest that we should wash our hands, he said. Yet the Bible had that information there over 4,000 years before.

These are the seven basic health laws that are still recognized today.

Taken from a health lecture given by Geoff Youlden of Sydney. Geoff is a well know presenter who lectures on many subjects. CONCLUDED NEXT ISSUE Read about clean and unclean meats and how they affect us.

Foods for Cholesterol Control

Many consider high cholesterol dangerous, but we need to be very mindful that oxidised cholesterol causes us the most damage.

Oxidised LDL cholesterol starts an inflammatory reaction that the body tries to heal, but the healing causes more problems that it resolves. Antioxidants work by calming unstable oxygen molecules called free radicals, which are responsible for oxidising the cells.

Many different types of foods and components of foods can help lower LDL and boost HDL. Here are the foods that alternative practioners recommend most.

Whole organic rolled oats: It is rich in a substance that binds with cholesterol in the intestines and ushers it out of the body.

Onions and garlic: Cook with garlic and onions whenever possible. Both cut cholesterol, or you may take garlic supplements.

Walnuts: These contain alpha-linolenic acid which help lower cholesterol. Other good sources include olive oil, flaxseed oil, and purslane, a salad green.

Lecithin granules contain phosphatidylcholine, which help liquefy cholesterol in your body so it doesn't end up deposited in arterial plaques. Suggested dose is one tablespoon over your cereal each day or mix in blender with with fruits and nut creams.

Soy: Tofu, tempeh and other soy foods contain compounds called isoflavones which help to lower cholesterol.



Back to Eden

presents

Recipes using Natural Whole Foods
Low Fat and Low Calorie
Inexpensive and Simple
Cholesterol Free

VEGETARIAN COOKING SCHOOL

Delicious Food For All Occasions

Sunday
14th Aug.

DEMONSTRATIONS
HEALTH TALKS
TASTE TESTING

- arthritis
- headaches
- diabetes
- allergies
- overweight
- circulatory/heart disease

These and many other ailments can be helped through a Vegetarian diet.
No animal products, dairy, eggs, sugar, or margarines used

“Let food be thy medicine” - Hippocrates

Venue: 496 Hague Street
Lavington
Dates: Sunday 14th August
Time: 1.00 pm to 4.00 pm
Cost: \$12
Bookings essential: Phone Kaye 6025 5018 or Beat 6025 3584

Come and experience a **NEWSTART** in your life