

# Back to Eden

Aloe Vera  
Coming classes  
Health snippets  
Recipes  
Recipe Book  
Barbara O'Neill's visit

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Since the last newsletter we have run quite a few different classes. First we completed a series of cooking classes showing how to make tasty vegan vegetarian recipes (with a special thanks to Esther and Naomi Clarke for their assistance). The recipe included in this newsletter has been requested by some who tasted it and loved it! This was followed by a class that teaches how to use natural remedies in healing, using different poultices to draw and heal. We showed some of the methods our great-grandmothers used to heal her family. This knowledge has almost been lost to our generation - our aim is to teach you, so you can be helped to regain health. Another class that we held showed how to make herbal ointments and oils and a very nice face cream. Our next scheduled class teaches simple water treatments that can be used for pain relief and healing.

Details of coming classes are on page 5. If you have not already placed your name on my list, do not hesitate to contact me. These classes will be run on demand. So if you are interested in attending, or have a friend that you know would be interested in these, invite them to attend. If you have already attended these classes, please recommend them to others.

The Back to Eden advertising budget is virtually non-existent. The success of any programs and classes we hold rely on you telling your friends. This newsletter is the only way we have to get this knowledge across to the public. Copy these, share them with your friends, invite them to attend programs. We cannot do it alone - we need your help. Copy the page that advertises Barbara's meetings. Please tell your friends. Help us to share this message.

From Kaye and the Back to Eden team

## Aloe Vera... the plant that saves lives

Man has used aloe for over 5000 years. Egyptians first wrote of the healing powers of the plant on their ancient papyrus texts calling it the plant of immortality. Cleopatra and Nefertiti bathed in aloe juice to retain their youth and beautiful looks. Aloe is mentioned several times in the Bible. It was used in the burial of Jesus. History and legend tells that Aristotle convinced Alexander the Great to conquer the island of Socotra in order to collect aloe plants to use as medicine for his soldiers. Greek writer Dioscorides made detailed accounts of aloe's uses. Arab traders carried aloe from Spain to Asia around the sixth century and introduced it to India traditional medicines. Chinese healers used it similarly. Legend has it that Indians of both Central America and Mexico were so amazed at this plant's ability to relieve so many ailments, that they called the plant with its long leaves reaching toward heaven, "the hand of God". Many herbalists believe that aloe vera is a most beneficial herb that offers many amazing healing benefits.

Aloe vera (*aloe vera barbadensis*) is a succulent perennial with a narrow, prickly-edged, fleshy dagger shaped 30-80 cm long leaves encircling a thick central stem. It produces a single leafless stalk. The oldest and largest leaves are at the base, with leaves in the centre of the rosette formation being younger and smaller. Mature leaves can be 2-2.5cm thick and 6-10cm wide at the base, gradually tapering to a point at the apex. Leaves on mature plants are a distinctive grey-green, due to the surface being covered by a greyish bloom, although

during summer they can be greener and during winter they can take on a bronze tinge. New young plants, called pups or suckers, develop near the base of the parent plant as it grows to a good size or to maturity, which may take 2-4 years, depending on climate and growing conditions. Leaves of young pups tend to fan sideways and are pale green with white spots. The spots and fan shape disappear as the pups become older. Flower stalks reach a height of 60-90 cms. At maturity these flowers are bright yellow. Another identifying feature is that when the leaf is cut, the sap has a strong smell.

There are over 200 aloe species. Many members of the aloe family can be found in Australia, but accurate identification is often difficult. Many nurseries sell Socratine Aloe (*aloe perryi*) as aloe vera *barbadensis*. *Aloe perryi*, a common plant in Australia, does not grow as tall, the leaves are not as thick or fleshy. They propagate profusely (called pups) when young, flowers are orange/apricot shade. **The properties of this species are not nearly as potent as aloe vera *barbadensis*.** Another species in Australia is the Tree Aloe (*aloe arborescens*), that with age can grow 1-2 metres tall and span over two metres. These three species all can be used internally. Many other species can be used, but be aware that there are several species that contain very toxic alkaloids, so correct identification is important.

When picking leaves, always start with the outside leaves. A whole leaf can be sliced off at the base, or small pieces can be cut off as required. Picked leaves will keep a number of weeks in the bottom of the refrigerator.

There are two products derived from aloe leaves. The clear gel that forms naturally

in the hollow interior of the leaves is the product that is used to relieve burns and wounds. Then there is a specialized resin canal cells in the thick leaf skin that produces a bitter yellow juice that is the source of the laxative drug aloe. Although they share certain components, these two products are distinctly different and should not be confused. Yet there are over 140 substances in aloe which control cell growth and division, reduce inflammation, stimulate the growth of white blood cells and other immune-function cells.

## Amazing qualities of aloe

To understand why aloe vera is so important, we need to consider the environment of the plant. It is a plant that is common in the desert. After a rain in the desert, you can actually watch the succulents swell to 130% their usual size as they take in water. During periods of drought, they slowly shrink back to normal as the excess water locked in their gel matrix is consumed. This inner gel is what has the medicinal properties. An interesting fact is that these plants, if the leaves are torn or cut, have self-repairing abilities. Their internal gel repairs any cut or tear by shrinking the wound and creating a new water tight seal. This gel matrix is comprised of hundreds of different phytochemicals that not only store water and repair injury; they also grant notable medicinal effects to humans who consume them.

Aloe juice exhibits these properties: It has the ability to kill certain bacteria, fungi and viruses. It has the ability to dilate capillaries, increasing blood supply to the area treated.

When applied to injured tissue, the sap or juice penetrates and anesthetizes tissue, relieving pain. It numbs while it heals. It has an anti-inflammatory effect: it reduces swelling of skin and muscles. It speeds up the healing process and growth of new cells.

## Boosts immune function and destroys cancer tumours

Scientific research shows strong immunomodulatory and antitumour properties for aloe vera polysaccharides. That means the gel helps boost immune system function while destroying cancer tumours. One study published in

International Immunopharmacology (1995) showed that aloe vera polysaccharides exhibited potent macrophage-activating activities including producing increased volumes of nitric oxide (which has antitumor potential).

Anyone wishing to prevent or cure cancer should seriously investigate using aloe vera as part of their plan for eliminating cancer for life. Consider adding aloe vera, along with the other cancer cures that are now well known in naturopathic medicine. Combining the right herbs (like cat's claw), superfoods (like spirulina and barley green), along with implementing the eight laws of health, all these will give you the best results when battling any form of cancer. Work with a naturopathic physician to learn more.

There's research being done now on the anti-cancer effects of acemannan, a phytonutrient found in aloe vera. In one study, dogs and cats undergoing radiation for cancer were given acemannan as an adjunctive therapy. Not only did the tumours shrink more in the acemannan-treated group, but post-treatment survival was significantly extended. Another report says that one man faithfully placed the gel on his skin cancers three times each day for three months. After this time there were no physical signs of the cancers.

A different study showed that when aloe was mixed with different viruses, under microscopic examination it was shown to kill the herpes, rabies and flu virus in 15 minutes.

## Inflammation

Researchers have found that aloe vera applied externally has the ability to penetrate deeply into the layers of body tissue. Research at the University of Texas showed that aloe penetrates human skin almost four times faster than water. Apply the gel for burns, scalds, insect bites, nettle stings, any pain and for quick healing. For external relief, a fresh leaf can be cut open with a knife and the gel applied directly on the skin. When wiping the aloe leaf, all the sap can appear to be used up, but if you take a knife and score the inside surface of the leaf, more juice will be released.

Aloe has six antiseptic agents (lupeol, salicylic acid, urea, nitrogen, cinnomonic acid, phenol and sulphur) which act

together to provide antimicrobial protection. The first two of these, plus magnesium, are highly effective analgesics, which make a good pain-killer. Three anti-inflammatory fatty acids – cholesterol, campesterol, and B-sitosterol, all make aloe soothing to the stomach, small intestine, colon, liver, kidney, and pancreas and helps heal rheumatoid arthritis, rheumatic fever, ulcers and allergies. This explains why for thousands of years aloes have helped heal and cure a monumental list of human ailments and deserves to be called the "Medicine Plant."

People who drink aloe vera for two weeks typically begin to experience a significant reduction of inflammation symptoms. Of course, if you continue eating a pro-inflammatory diet (red meat, milk, sugar, white flour, fried foods etc.) then you'll never get rid of all your inflammation with aloe alone, but aloe can help ease your pain while you transition to a healthier lifestyle that eliminates the inflammation for good!

## Cosmetics

Aloe is one of the most widely-used ingredients in high-grade skin care products. There's a reason for that: its great medicine for the skin! Aloe soothes the skin, hydrates it, nourishes it and accelerates the regeneration of new skin tissue. In fact, simply removing the gel from a living aloe vera leaf and placing the raw gel on your face is far superior to even the most expensive eye cream or skin care product on the market. And while most people are only familiar with using aloe vera externally, aloe also enhances skin health when used internally. Drink more aloe and your skin glows!

Some men have used a fresh aloe leaf as an after-shave lotion. But the aloe gel can be also used as a hair cream and conditioner after shampooing. The gel from the candelabra aloe is even more effective. It has been used to ward off baldness by regular application, while women use it to thicken their hair. The peeled leaf can be beaten with stiffly beaten egg white and applied to the scalp, left on several hours or overnight and then shampooed. The saponin properties have a low sudsing action that leaves the hair glossy and conditioned. The mix can be used for hair setting.

## Digestion

Acid reflux isn't really a disease. The drug companies just call it that to convince everyone that they need to take medications to ease the symptoms. But in reality, all you probably need is aloe vera. If you drink aloe vera gel on a regular basis, your heartburn symptoms will usually vanish within a few days. Of course, it would also help if you'd stop eating fried foods and processed foods. Diabetic patients who take aloe vera for 3 months have been shown to experience a significant drop in fasting blood sugar levels. They also exhibit lower cholesterol levels and slight improvements in total cholesterol.

Numerous clinical studies have been published that demonstrate aloe vera's antidiabetic properties. Diabetics are also likely to benefit strongly from aloe vera's blood enhancements. Since aloe reverses "sludge blood" and boosts circulation to extremities, diabetics suffering from peripheral neuropathy (hands and feet going numb) are likely to benefit strongly from aloe vera supplements.

When used internally, aloe vera gel improves the quality of the blood and helps rebalance the blood chemistry in a way that lowers cholesterol and total triglycerides (in people with elevated levels). If anyone is on statin drugs, they should consider using high doses of aloe vera with blueberries to safely transition off the statin drugs (all under the supervision of a naturopathic physician, of course). Also, aloe vera doesn't kill you like statin drugs do. Aloe is completely safe to eat like a food. There are natural alternatives that are far safer, less expensive and more effective than using drugs. Aloe vera is one of them.

One of the most important functions of aloe is to aid the digestive system, as poor digestion can be responsible for many diseases. The proteins, carbohydrates and fats in our food must undergo a process of digestion, which consists of breaking down complex substances into simpler ones so they can be absorbed and used by the body. Aloe is able to assist the body by providing the active properties of a large range of amino acids, monosaccharides, fatty acids and enzymes that act as catalysts in breaking down complex foods so the body can assimilate the nutrients more efficiently.

Aloe vera cures ulcers, Irritable Bowel Syndrome (IBS), Crohn's disease and Celiac disease. Polysaccharides in the aloe vera plant have curative effects on numerous digestive disorders. The Internet is a storehouse of information and testimonials about aloe vera curing IBS, ulcers, Crohn's disease and other disorders of the digestive tract. This is one of the best-known applications of aloe vera gel.

Taking aloe certainly isn't a magic bullet cure, of course. It won't reverse your disease after drinking one glass of aloe vera gel. It needs to be used regularly. Most people report positive results in 3 - 30 days, depending on the condition.

## Aliments relieved

Aloe vera's properties are extraordinary and have been used to treat man's many ailments from A to Z. Its uses and the conditions it may relieve include: abscesses, abrasions, acne, allergies, AIDS, anemia, arterial insufficiency, arthritis, athlete's foot, asthma, bad breath, baldness, blisters, bed sores, bladder infections, blood pressure, bruises, bronchitis, burns, bursitis, bunions, bed wetting, boils, bone fractures, candida, canker sores, cancer, carbuncles, cataracts, cramps, chilblains, chemotherapy side effects, chapped skin and lips, coughs, colds and cold sores, colic, constipation, cystitis, conjunctivitis, colon cleanser, complexion enhancer, chicken pox sores, lowers serum cholesterol, convulsions, chronic fatigue syndrome, diabetes, dandruff, dysentery, depression, dry skin, dermatitis, denture sores, detoxifier, duodenal ulcers, oedema, Epstein Barr virus, earache, fevers, fungus, frost bite, fluid retention, gastrointestinal problems, genital herpes, gangrene, gingivitis, glaucoma, gynaecological diseases, gall ailments, heat rash, headaches, hemorrhoids, heart burn, high blood pressure, hang-overs, hives, heat exhaustion, insomnia, ingrown toenails, indigestion, insect bites, inflamed joints, jaundice, kidney infections, leprosy, laryngitis, lupus, liver ailments, leukaemia, lacerations, multiple sclerosis, mouth ulcers, moles, migraines, menstrual pain, nausea, nervous stress, nappy rash, obesity, psoriasis, prostatitis, pancreas problems, pimples, problems caused by protozoa (ringworm, fungi, virus), prickly heat, periodontal disease, radiation burns, rashes, scar tissue, skin lesions, stings, styes, sprains, sores,

scalds, stretch marks, shingles, staph infections, sunburn, sore throat, stomach ulcers, sports injuries, sinus, sun spots, spurs, tonsillitis, tendonitis, trachoma, tuberculosis, tiredness, tropical ear, ulcers, vaginitis, venereal sores, varicose veins, worms, warts, wounds, X-ray burns, yeast infection and zoster (shingles).

## Aloe vera amplifies the antioxidant effects of vitamins

This is an especially interesting effect of aloe: It makes vitamin C, vitamin E and other antioxidants work better! It actually potentiates antioxidants, probably due to its effect on enhancing blood quality and allowing the blood to more effectively transport oxygen and nutrients to the body's cells. In fact, aloe vera makes everything nutritious work better due to its blood-enhancing effects.

Aloe vera actually contains advanced biochemical technology that the drug companies can only help to understand someday. This technology was placed there by God and it's 100% compatible with the human body.

## Mouth

For a simple, effective cure for gum disease, just sprinkle some aloe vera powder on your toothbrush before brushing. The aloe vera powder actually heals gums and eliminates gum disease. Merely drinking the aloe also helps heal your gums and dental-related disorders: Just swish the liquid around your mouth a few times before each swallow. You'll be bathing your gums in healing aloe gel, and they'll begin to heal rapidly. Even severe cases of gum disease can be completely cured in a matter of weeks using aloe vera gel. (By the way, most people with gum disease are also chronically deficient in vitamin D, so if you boost your vitamin D intake while treating your gums with aloe vera gel, your results will be greatly accelerated!)

## Burns, wounds

When used externally, aloe is the best wound dressing ever discovered, far exceeding the capability of even the most advanced emergency room wound dressings. It works by simultaneously sealing the wound while attracting an

increased flow of blood to the wound, accelerating wound healing. Aloe has been known to heal third-degree burn victims with no scarring and to restore burned skin that would have normally died.

Aloe vera gel is extremely effective in wound care. Large chunks of aloe vera gel can literally be packed inside wounds such as gunshot wounds or tissue tears. Placed directly on or in the wound, it kills bacteria, prevents infection and actually nourishes the traumatized tissues while sealing the wound against outside infection. Nothing beats aloe for emergency trauma medicine.

In the 1930s researchers found that aloe vera helped to heal radiation wounds caused by gamma rays, x-rays and ultraviolet rays. It was later used to aid victims of Hiroshima and Nagasaki when other medications failed, reducing pain and increasing tissue growth. In 1959 the FDA stated "upon review the FDA admits that aloe vera does actually regenerate skin tissue."

For those cancer treatment victims who have been maimed by radiotherapy treatments applying aloe vera topically to the radiation area will rapidly accelerate the healing response. Consuming aloe vera internally will also help heal radiation burns.

Many people have experienced the benefits of applying aloe to their sunburn. Not only will it relieve the pain it will in most cases eliminate all blistering and scarring.

## Benefits to blood

There are special polymers found in aloe vera gel have the ability to potentiate the oxygen carrying capacity of blood. Aloe vera gel has the ability to turn sludgy, oxygen-depleted blood into smooth-flowing oxygen-rich blood! It's being used experimentally right now by the U.S. military to save the lives of soldiers who have lost enormous amounts of blood from battlefield injuries. The original research was done on rats by unethical researchers who kill rats for a living. They bled out the rats, removing up to 3.15mL of blood per 100g of rat body weight (which is a huge amount of blood when you consider the small size of the rats), then tried to resuscitate them by

injecting a polymer made from aloe vera. The study showed phenomenal improvements in the resuscitation, blood pressure and survival in the group receiving the aloe vera polymer.

What it means is that the aloe vera made the remaining blood work better. And this was done in rats who, believe it or not, have far healthier diets than many in the western world. It is also a secret to strong athletic performance. If you frequently eat raw aloe vera gel, it will make your blood carry more oxygen to enhance the function of your tissues and organs. The effect is so powerful that it is amazing that some professional athletes have not utilized the benefits of aloe vera gel. They'll cycle farther, swim faster and recover more quickly from any physical exercise. Aloe vera gel turns normal blood into super-oxygenated blood. But you have to eat a lot of it. Blend up an entire leaf (a piece of gel about the size of your forearm) in a smoothie and drink that. You can't expect huge benefits from taking tiny nibbles of aloe vera. You have to make it part of your diet. Eat it like food.

Enhancing the quality of the blood will have a significant impact on reducing heart attacks and strokes. Eating aloe vera is like adding an all-natural non-stick additive to your blood flow. It stops blood cells from clumping together, which is part of what causes a stroke.

Dark-field microscopy is a technique for viewing live human blood vessels. As with any truly useful technology for preventing disease without drugs and surgery, it's been censored and oppressed by the medical establishment, but what's interesting about dark-field microscopy is that it shows the form and structure of your blood cells. You can actually see how your blood cells are shaped and whether they clump together. Most people's blood cells clump together because they live on a disease-inducing diet of fried foods, homogenized dairy fats, saturated animal fats, hydrogenated oils and other deadly foods. These massive clumps of blood cells slow bloodflow and can ultimately get lodged in the capillaries of the circulatory system, blocking off nutrients and oxygen to tissues and brain cells. Aloe vera, on the other hand, causes sticky blood to become "unsticky blood," making it flow like it should -- one blood cell at a time -- so that oxygen and nutrients can reach

every last organ and cell in your body.

The fact that aloe vera can reverse "sludge blood" while allowing the blood to carry more oxygen means that it will quite obviously reduce heart attacks and strokes. In fact, it will also reduce high blood pressure because part of the reason blood pressure is so high in some people is because their blood has turned into a thick, viscous liquid that flows like molasses. Basic physics tells you that a thicker liquid will take more pressure to pump through any system. By reducing the viscosity and making the blood flow in a more frictionless manner, blood pressure is automatically lowered.

There are many other benefits that come from eating aloe vera gel, too, such as increased blood flow to the brain, which might mean a reduction in Alzheimer's progression, improved learning, enhanced memory and better cognitive function.

## Summary of aloe benefits

- Halts the growth of cancer tumors.
- Lowers high cholesterol.
- Repairs "sludge blood" and reverses "sticky blood".
- Boosts the oxygenation of your blood.
- Eases inflammation and soothes arthritis pain.
- Protects the body from oxidative stress.
- Prevents kidney stones.
- Alkalizes the body, helping to balance overly acidic dietary habits.
- Cures ulcers, IBS, Crohn's disease and other digestive disorders.
- Reduces high blood pressure naturally, by treating the cause, not just the symptoms.
- Nourishes the body with minerals, vitamins, enzymes and glyconutrients.
- Accelerates healing from physical burns and radiation burns.
- Replaces dozens of first aid products, makes bandages and antibacterial sprays obsolete.
- Halts colon cancer, heals the intestines and lubricates the digestive tract.
- Ends constipation.
- Stabilizes blood sugar and reduces triglycerides in diabetics.
- Prevents and treats candida infections.
- Protects the kidneys from disease.
- Functions as nature's own "sports drink" for electrolyte balance, making common sports drinks obsolete.
- Boosts cardiovascular performance and physical endurance.

- Speeds recovery from injury or physical exertion.
- Hydrates the skin, accelerates skin repair.
- Extends life span by 10% in experimental animals.

Because insect pests do not bother aloe vera, some people make an organic spray to use as a natural garden insect repellent. This spray is made by blending the leaves and water, with a little oil or natural soap added to adhere to the leaves. Another way is to half fill a bucket with chopped aloe leaves and top the bucket with water. Leave standing until the leaves rot down in a week or two. This very smelly brew is then strained. Dilute 2 mls brew to 1 litre of water and use as a foliar spray or slosh over plants.

### Aloe vera smoothie recipe

- 1 large fresh, raw aloe vera leaf gel (or low-temperature dried aloe vera gel powder if you don't have fresh plants)
- 2 cups fresh berries (strawberries, raspberries, blueberries or a combination)
- 1 litre almond or soy milk
- 1/2 teaspoon stevia or 2 tspns your favourite sweetener
- (Optional) 1 cup cooked quinoa (adds protein and fibre to the drink)
- 1-2 cups of water (see below)

Instructions: Add all the ingredients except the water and aloe vera gel. Blend until it's a smooth liquid. Add aloe vera and additional water as your last step, then blend for no more than 10 seconds. Resulting thickness should be like a milkshake. Drink and enjoy!

### Aloe tonic

As a general tonic, aloe vera can be taken regularly for stamina and well being. Cut one or two large leaves from the base of a plant, and allow to stand half an hour for the yellow sap just under the skin to drain. Take care not to get this sap on clothes, as it can stain. To make an infusion from the leaves, cut them into 2cm chunks and place the pieces into half litre size glass jars with lids (or other containers), filling the jars about one third. Top up the containers with cold water and put them in the refrigerator. Leave to steep eight hours or overnight. Pour off one half to one glass of the aloe infusion and drink first thing in the morning and also the same amount before each meal and at bedtime if desired. After

draining the infusion from a jar, refill the jar with water. This is where it is beneficial to have several jars prepared, so that the jar just refilled goes to the back of the shelf in the refrigerator, and the jars are continually rotated. This allows enough time for each jar to steep before being used. The infusion can be drunk whenever you feel thirsty.

After 10-12 days, the used aloe can be emptied into the compost, and a new batch started with fresh leaves. If the jars are not used for a number of days the liquid may ferment. Discard and start a fresh batch. Each time the jars are refilled, the infusion will get milder and weaker, but it will still benefit the body. The flavour is mildly bitter during the first days, but then the infusion will taste like crystal clear spring water. In fact, many people use this method of infusion to purify drinking water, particularly in countries where water is untreated. Some people use this procedure to remove the chlorine taste from treated water by placing a peeled chunk of aloe (with the yellow sap washed off) into a large jug of water in the refrigerator. As liquid is taken out to drink, the jug is topped up again. After several weeks of use, a new chunk of aloe can be started in a clean jug of water. Aloe vera may be prepared as 100% juice, stabilised with vitamin C. Pick large leaves, cut the skin off, rinse the yellow sap off with water and place the clear gel in a blender. For 3 cups of

gel, add 1 teasp. of vitamin C powder and blend at low speed. Place in a covered container in the refrigerator. Take 2-5 tblspns daily, mixed with water or added to fruit juice, which helps to disguise the gooey texture and makes it easier to swallow. The pure juice, taken regularly, is recommended as the most effective way to reap the medicinal benefits of aloe.

### Contraindications

Aloe vera should not be consumed orally during periods of profuse menstruation or during periods of heavy bleeding between menstruation (due to the ability of Aloe vera Latex to increase Blood Circulation to the Uterus). Do not use during pregnancy as it stimulates the uterus. Do not use if you have inflammation of the kidneys or liver, chronic cardio-vascular disorders, if you have any kind of internal bleeding or prostatitis. When nursing an infant, it may have an over-laxative effect on the infant.

Remember, the common garden aloe most Australians have may not be the most powerful. Make sure you get the use the correct aloe species to gain maximum benefits.

*Aloe Your Miracle Doctor by Yulia Berry*  
*How Can I Use Herbs In My Daily Life? By Isabell Shipard*  
*Miracle Food Cures from the Bible by Reese Dubin*  
[www.NewsTarget.com](http://www.NewsTarget.com)

**Back to Eden** will be conducting regular classes on the first Wednesday morning of each month until the end of the year.

If you would like to attend, please phone Kaye (0260 255018) and reserve a place.

**WED AUG 6 at 10am -12noon** :The next class will be demonstrating simple Hydrotherapy (water) treatments that can help relieve pain and heal disease.

**WED SEP 1 at 10am -12 noon**: This will be on the health laws of the Bible. We will learn that we do have a owner's manual for our body. What is the best fuel? What is the best way to take care of it?

**WED OCT 1 at 10am - 12 noon**: This will show how to identify and use simple garden herbs, and how they can be used effectively to treat illness and common ailments as well as preventing them. Herbs covered: dandelion, hawthorn, calendula, confrey, garlic, kelp, St john's wort, nettle, marshmallow, cayenne, red clover and more.

**WED NOV 5 at 10am - 12 noon**: Sourdough breadmaking demonstration. This will be subject to numbers and the date may be changed to the second Wednesday in this month only.

Other classes will be scheduled next year. Contact Kaye for details.

## Healthy living "can add 14 years"

Taking exercise, not drinking much alcohol, eating enough fruit and vegetables and not smoking can add up to 14 years to your life, a study has concluded. Research involving 20,000 people over a decade found that those who failed on all criteria were four times more likely to have died than those who succeeded. The findings held true regardless of how overweight or poor they were. The research was carried out by the University of Cambridge and the Medical Research Council in the English county of Norfolk between 1993 and 2006. "We know that, individually, measures such as not smoking and exercising can have an impact upon longevity, but this is the first time we have looked at all them together" said Professor Kay-Tee Khaw, who led the research. "It means that a large proportion of the population really could feel health benefits through moderate health changes."

<http://news.bbc.co.uk/2/hi/health/7174665.stm>

## Not enough sun

People should sit outside in the middle of the day to help stave off potentially deadly medical conditions, and Australian researcher says. Current recommendations about when people should be exposed to the sun were wrong and did not allow people to get enough vitamin D, according to David Turnbull, a research fellow at the University of Southern Queensland's Centre for Rural and Remote Area Health. Vitamin D, manufactured in the skin when UV rays fall on the skin, has been found to help prevent various cancers, multiple sclerosis, diabetes, arthritis and inflammatory bowel disease. "People are constantly saying 'don't expose yourself to the sun too much' and 'don't go outside between 8am and 5pm.'"

Dr Turnbull said. "My research says the best time is in the middle of the day, **provided you sit in the shade**... In the middle of the day you get more radiation for vitamin D because the sun is directly overhead and has less atmosphere to pass through... By sitting in the shade, harmful UVA rays that are linked to skin cancer, DNA damage and immune suppression could be filtered out... In the US, between 50,000 and 60,000 people die each year

because of issues relating to not getting enough sun exposure." Last month, researchers from King's College, London, released a report linking vitamin D with slowly aging women. The British study found that more sunshine could also cut the risk of age-related illnesses such as heart disease.

*NEWS.com.au.13 December 2007*

## Dead and dying trees

Many trees have died or are in the process of dying in large areas across the United States and in Alaska. What is triggering such a broad decline and die-off response to entire suites of plant and tree communities?

Whether in forestlands, in public parks, along rivers and streams, in watered areas, golf courses or on private property, our trees are showing signs of major health problems or dying in record numbers. In some areas the majority of trees have died and left entire watersheds in jeopardy.

*Rosalind Peterson, NewsWithViews.com*

## Bird migration

Many of the birds that migrate to Britain and Europe from Africa every spring, from the willow warbler to the cuckoo, are undergoing alarming declines, new research shows. The falls in numbers are so sharp and widespread that ornithologists are waking up to a major new environmental problem – the possibility that the whole system of bird migration between Africa and Europe is running into trouble. Figures in an unpublished survey produced by the Royal Society for the Protection of Birds paints a startling picture of plunging populations. Of the 36 British-African migrant species for which there is long-term population data (going back to 1967), 21 have declined significantly.

This pattern is being repeated across Europe as a whole, from Spain to Finland, with 27 out of 37 European-African migratory species for which there is reliable long-term population data – 72 per cent of the total – undergoing declines. No one knows the reasons for these disappearances, which may be many and complex, although theories being discussed include habitat degradation in Africa and climate change.

*Michael McCarthy April 21, 2008*

## Other quotes

"Incidence of lung and colorectal cancer is lower in vegetarians than non-vegetarians."

*Cancer Incidence Among Californian Seventh-day Adventists, 1976-1982. American Journal of Clinical Nutrition, 1994; 59 (supplement): 1136S-1142S*

"Using a macrobiotic diet emphasizing whole grains, vegetables, and legumes while avoiding dairy products and most meats, nine men with prostate cancer had an average survival of 228 months, compared to 72 months for a matched group of men using no special diet."

*Journal of the American College of Nutrition, 1993; 12:209-26*

"Cow's milk has become a point of controversy among doctors and nutritionists. There was a time when it was considered very desirable, but research has forced us to rethink this recommendation... dairy products contribute to a surprising number of health problems."

*Benjamin Spock, MD, Dr Spock's Baby and Child Care, 7th Edition*

"Pancreatic cancer occurs much more frequently in countries where fat consumption and/or animal product consumption is high."

*American Journal of Epidemiology, 1990; 132:423-431*

"Average I.Q. of U.S. children: 97  
Average I.Q. of vegetarian children: 116"

*Journal of the American Dietetic Association, 1980; 76: 142-47*

"A high-fat, animal-based diet is the single most significant cause of death from heart disease."

*Nutrition in the '90s: Current Controversies and Analysis, ed, Frank Kotsonis and Maureen A Mackey (New York: Marcel Dekker, Inc, 1994)*

"Nine studies of childhood brain tumors and maternal diet during pregnancy have focussed on foods. An association between frequent consumption of cured meat by pregnant women and increased risk is a consistent finding in most of the studies."

*International Journal of Cancer Suppl. 1998; 11:23-5*

"High protein diets impair mental functioning"

*International Journal of Obesity, Related Metabolic Disorders, 1995; 19:811*

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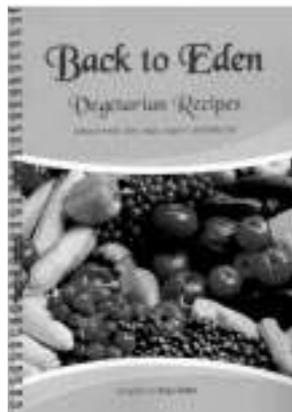
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# Recipes

## WHIPPED TOPPING (for icing or desserts)

1 cup water  
2 tspns agar agar powder (slightly heaped)  
½ cup raw cashew nuts  
¼ - 1/3 cup honey  
½ tsp sea salt  
1 tspn vanilla  
½ tspn guar gum (optional, but especially nice in icing)  
1 can coconut milk (or 2 cups soy milk)

Stir together the agar and water, bring to boil and simmer for 1 -2 minutes. Place remaining ingredients in blender and blend thoroughly until very, very smooth. Add agar mixture and add enough extra water to make a total mixture of 3½ - 4 cups. (3½ c for icing, 4 c for whipped topping). Pour into container, or leave entire mix in the blender, place in the fridge and allow to chill for several hours. (Since this recipe needs blending twice, you can leave the blended mixture in the blender to save the work of washing the blender twice). Place the chilled mixture back in the blender (if your blender is lightweight, use only half the mix at a time). Blend until it is the consistency of a thick cream. Try not to add more liquid when blending. The mixture will eventually be turned by the blades and become quite creamy if you carefully push it towards the blades with a spatula. This topping can be frozen and used without re-blending.

### VARIATION 1: follow above method

3 to 3½ cups liquid (half pineapple juice, half coconut cream)  
2 tspns agar agar powder  
1/3 cup honey  
½ tsp sea salt  
1 tspn vanilla  
½ tspn guar gum  
½ cup raw cashews

### VARIATION 2: follow above method

4 cups pineapple juice or grape juice  
3 tspns agar agar powder  
1/3 cup honey  
½ tsp sea salt  
1 tspn vanilla  
½ tspn guar gum  
½ cup coconut milk powder  
½ - 1 cup raw cashews  
2 tspns lemon juice

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a series of 4 Health meetings  
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**Thurs 18 at 7-9pm.....How to have a Healthy Liver....an absolute must for good health**  
**Fri 19 at 7-9pm..... Overcoming Diabetes, Obesity and Heart Disease....& osteoporosis and depression**

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