

Back to Eden

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Last issue included information on Excitotoxins and showed their link with poor health and obesity. I consider another factor in the breakdown of health and obesity is the addition of Corn Fructose to many refined foods. Included in this issue is an edited article that has been reprinted from an earlier edition about the perils of using refined sugar. Corn fructose has now been added to many of our foods, but equally as bad for you is refined sugar. My aim is to get you to see the link between using these "poisons" and the increasing diseases of our society today.

Soon Jennie and Candice Berghan will be here to present their program which is particularly designed to help those who are interested in knowing how to fight cancer naturally. They have shared with me some of the many stories of people who are being helped. Many people would like to know how to implement natural treatments, but are at a loss where to start. Treating cancer is more than changing your diet and going on juices. It is an entire program, and this is what Jennie and Candice will present. **Back to Eden** have decided to ask them to speak to us here in Albury. Please support this as well as inviting any of your friends or family who may be interested. The information you will learn will become very important to you. You will learn how to do some of the treatments cancer patients receive when they go to Health Retreats. Do book early in as we are planning to have a light vegetarian lunch for you. If, after you have booked find you are unable to come, please let us know you are cancelling.

Don't forget the free offers on p4. Can't bring myself to throw them out before asking if anyone is interested in them.

From Kaye and the Back to Eden team

Fructose... the deadly sweet

We all need to be educated regarding to the food we put in our bodies. Many are unaware that many of the foods we buy have to potential to cause us serious health problems and can even lead to our death. This article considers the additive used to sweeten food which is called either fructose or corn fructose. Is this simply another sweetener that only adds to the taste of foods, or is it dangerous to our health?

What is fructose?

Fructose is a simple sugar (monosaccharide), which the body can use for energy. It is found in fruits and many foods. These foods, when eaten as a whole food have no problem. The nutrients, antioxidants, fibre and other synergistic compounds counter any detrimental effect as the fructose is absorbed slowly into our bodies. But when taken into the body as pure refined fructose that has been added to sweeten foods, and because it does not cause blood sugar rise tremendously (has a low glycemic index), it was once thought that fructose was a good substitute for sucrose (table sugar). However, nutritional experts have changed their minds about this.

So a small amount of fructose, such as the amount found in most vegetables and fruits, is not a bad thing. In fact, there is evidence that a little bit may help your body process glucose properly. However, consuming too much fructose at once seems to overwhelm the body's capacity to process it. The diets of our ancestors contained only very small amounts of fructose. These days, estimates are that about 10% of the modern diet comes from fructose.

What are the major sources of fructose?

Fruits and vegetables have relatively small, "normal" amounts of fructose that most bodies can handle quite well. The problem comes with added sugars in the modern diet, the volume of which has grown rapidly in recent decades. The blame has often been directed to high fructose corn syrup (HFCS), which is made up of 55% fructose and 45% glucose. However, sucrose is half fructose and half glucose. So, HFCS actually doesn't have a whole lot more fructose than "regular" sugar, gram for gram.

High fructose corn syrup has become incredibly inexpensive and abundant, partially due to corn subsidies in the United States. So, really, the problem is more that it has become so cheap that it has crept its way into a great number of the foods we eat every day.

Corn syrup fructose is no different than fructose found in other foods. All fructose works the same in the body, whether it comes from corn syrup, cane sugar, beet sugar, strawberries, onions, or tomatoes. Only the amounts are different. For example, a cup of chopped tomatoes has 2.5 grams of fructose, a can of regular (non-diet) soda supplies 23 grams, and a super-size soft drink has about 62 grams.

Today, almost all packaged foods have sugar added in some form, which almost always includes a lot of fructose. Honey has about the same fructose/glucose ratio as high fructose corn syrup. Fruit juice concentrates, sometimes used as "healthy sweeteners," usually have quite a lot of fructose (never mind that the processing of these concentrates strips away most of their nutritional value). Look at the ingredients on packaged food labels and you will probably see sources of fructose.

Carbohydrate chemistry

In order to appreciate just how damaging fructose is to your body, it is crucial to have a basic understanding of how different types of carbohydrates are metabolized. Glucose is the basic fuel for living organisms, and is the primary energy source for your brain. It is a product of photosynthesis and is found in rice, corn and other grains, and bread and pasta. Once you take in glucose from a meal, 80 percent of it is used by all of the organs of your body - every single cell. The remaining 20 percent goes to your liver to be metabolized and stored.

The 20 percent that reaches the liver is converted into glycogen to be stored in the liver. Glycogen is your body's non-toxic short-term energy storage package, where it can be easily converted to energy when you need it. Your liver has no limit to how much glycogen it can store without detrimental effects. (That is what athletes take advantage of when they "carb-load.") A small amount of pyruvate (for energy) and citrate (as VLDL) is produced. Insulin is produced to process the glucose from the blood stream into the cells. When you consume 120 calories of glucose, less than one calorie contributes to adverse metabolic outcomes.

Ethanol, or ethyl alcohol, (caused when sugar ferments) is the favourite carbohydrate of many. But it is also a carbohydrate that undergoes a very different metabolic process, leaving in its wake a trail of toxins a mile long. Ethanol is an acute central nervous system toxin and must be metabolized almost completely in the liver. But the metabolic process in the liver is quite different from that of glucose. It produces free radicals that damage proteins of the liver, converts to bad cholesterol VLDL, liver inflammation, cirrhosis, fatty liver disease, insulin resistance (which leads to Type 2 diabetes). After a 120-calorie intake of ethanol, a large fraction (about 40 calories) can contribute to disease.

In nearly every way, fructose is metabolized the same way as ethanol, creating the same toxins in your body. When you consume fructose, one hundred percent of it goes directly to your liver to be metabolized. It overloads the liver. It depletes your liver cells of phosphates, produces uric acid which in turn raises blood pressure, produces high cholesterol (bad type), converts into fat cells (belly fat), causes insulin resistance (which leads to Type 2 diabetes) and

fatty liver disease. **Fructose metabolism is similar to a dose of ethanol (alcohol),** a 120-calorie intake of fructose results in a large fraction (again, about 40 calories) that directly contributes to disease.

The point to take away is: **consuming fructose is consuming fat.** Fructose is not really a carbohydrate - a high fructose diet is a HIGH FAT diet. A high fat diet that creates a vicious cycle of consumption that won't turn itself off.

You can see by comparing the metabolism of fructose with the metabolism of ethanol that they are very similar. In fact, when you compare the metabolism of 150 calories of soda with 150 calories of beer (a 500ml can of each), about 90 calories reach the liver in either case. Fructose causes most of the same toxic effects as ethanol because both come from sugar fermentation.

Two other studies were done using medical students, both looking at biological responses to fructose loading. In the first, the students were given either a large glucose load or a large fructose load. In the students given fructose, almost 30 percent of the calories ended up as fat. In the students given glucose, almost none ended up as fat. In the second study, medical students were given a high fructose diet for 6 days. In just that short time, their insulin resistance and triglycerides doubled!

More problems

We normally have pathways in our brains that regulate when we stop eating. Fructose undermines these normal satiety signals, increasing caloric consumption both directly and indirectly. Fructose does not stimulate a leptin rise, so your satiety signals are diminished. Glucose suppresses the hunger hormone—it makes you want more food, but fructose does not.

Dr. Richard Johnson, is a professor of medicine at the University of Colorado where he runs the kidney other health-related problems has proven how uric acid in your blood can wreak havoc on your blood pressure, insulin production and even kidney function. He didn't start by looking at fructose however. It began when he realized that uric acid is a major component of obesity, high blood pressure and kidney disease.

In fact, he discovered that newly diagnosed adolescents with high blood

pressure had elevated uric acid levels 90 percent of the time. And by lowering uric acid in these obese, hypertensive adolescents, he was able to normalize blood pressure in 87 percent of all cases. It's been known that meats and purine rich foods can raise uric acid, but it turns out that one of the most potent ways to raise uric acid is via fructose!

You probably already know that fructose is a sugar, but remember that it's distinctly different from other sugars as it's metabolized through very specific pathways that differ from those of glucose, which generates uric acid. In fact, fructose typically generates uric acid within minutes of ingestion.

But let's take a step back and look at what uric acid is, and how it's linked to fructose consumption.

What is Uric Acid and How Much is Too Much?

Uric acid is a normal waste product found in your blood. High levels of uric acid are normally associated with gout, but it has been known for a long time that people with high blood pressure, overweight, and people with kidney disease, often have high uric acid levels as well.

Dr. Johnson believes the ideal range for uric acid lies between 3 to 5.5 mg per dl. In the following statement, Dr. Johnson explains just how closely tied uric acid levels are to fructose consumption:

"If you give animals fructose, they develop diabetes, hypertension, obesity, and fatty liver. And in most of these conditions, if we lower uric acid, we can prevent many of these conditions, [although] not completely. So lowering uric acid seems to benefit some of the mechanisms by which fructose causes disease. So a very important point is that if you take two animals and you feed one fructose and feed the other one the exact same number of calories but give it as dextrose or glucose, its only the fructose-fed animal that will develop obesity, insulin resistance, fatty liver, and high triglycerides, signs of inflammation, vascular disease, and high blood pressure."

This bears out in humans as well. Over the last 20 years, we've seen a dramatic increase in fatty liver disease throughout the world, and studies done by Dr. Johnson and a group of researchers at Duke University showed that people who develop fatty liver drink a lot more soft

drinks, and ingest far more fructose than the average person in the community.

For an informed lecture on this on the web, watch *Sugar: The Bitter Truth* by Robert H Lustig MD., Professor of Pediatrics in the Division of Endocrinology at University of California in San Francisco.

How Much Fructose are You Consuming?

It's no secret that we are eating more sugar than at any other time in history. In 1700, the average person ate 2kg of sugar a year. By 1800, it was 9kg. By 1900 it was about 45kg. Today, about 25 percent of all people on the Western diet consume over 95 kg of sugar per year! And it just so happens this statistic corresponds nicely with the statistics showing that one in four Westerners is either pre-diabetic or has type 2 diabetes.

The two main sources of that sugar are high fructose corn syrup (HFCS) and table sugar. As a standard recommendation, it is strongly recommended keeping your total fructose consumption below 25 grams per day.

However, for most people it would actually be wise to limit your fruit fructose to 15 grams or less, as it is virtually guaranteed that you will consume "hidden" sources of fructose from most beverages and just about any processed food you might eat.

Since 55 percent of HFCS is fructose, one can of soft drink alone would nearly exceed your daily allotment. It is easy to see that anyone who is drinking three, and certainly four will easily exceed 100 grams of fructose per day.

Fructose consumption clearly causes insulin resistance, whereas straight glucose does not. Insulin resistance can eventually lead to full blown diabetes. Interestingly, glucose actually accelerates fructose absorption. So when you mix glucose and fructose together, you absorb more fructose than if you consumed fructose alone.

This is an important piece of information for people who want to make a better effort at controlling their weight. With an epidemic of obesity going on in this country – two out of three people are overweight, and one out of three is obese – it has become clear that fructose is the single most important factor in this epidemic.

A Second Uric Acid Trigger

In his studies, Dr. Johnson found one more common substance that also elevates uric acid levels, namely beer! It turns out that the yeast and all that's used to make beer work together to make beer another powerful uric acid trigger.

The classic "beer belly syndrome," is also quite similar to metabolic syndrome, and includes abdominal obesity, high triglycerides, high blood pressure, and even insulin resistance.

While this concept is still new, pilot studies support Dr. Johnson's findings, so beer consumption is also something to definitely consider when you're watching your weight and trying to improve your health.

Advertising lies

The food and beverage industry doesn't want you to realize how truly pervasive HFCS is in your diet — not just from soft drinks and juices, but also in salad dressings and condiments and virtually every processed food. The introduction of HFCS into the Western diet in 1975 has been a multi-billion dollar boon for the corn industry. An remember that HFCS is made with genetically modified corn which comes with another new set of risks.

Now the corn industry has come up with another product it's using in beverages called "crystalline fructose." This is produced by allowing the fructose to crystallize from a fructose-enriched corn syrup, resulting in a product that is 99.5 percent pure fructose - a fructose level twice as high as regular HFCS! Clearly, all the health problems associated with HFCS could become even more pronounced with this product.

Making matters worse, crystalline fructose may also contain arsenic, lead, chloride and heavy metals — a list of toxic agents you should clearly avoid. In fact, more than one study has detected unsafe mercury levels in HFCS. If you have children, all of these contaminants can impact your child's development and long-term health.

Craving sugar?

Ideally, I recommend that you avoid as much sugar as possible. This is espe-

cially important if you are overweight or have diabetes, high cholesterol, or high blood pressure. Yes it takes time to break a sugar addiction, but it can be done. Use raw honey in moderation or you may use the herb Stevia. Avoid ALL artificial sweeteners, which can damage your health even more quickly than HFCS. Avoid agave syrup since it is a highly processed sap that is almost all fructose. Your blood sugar will spike just as it would if you were consuming regular sugar or HFCS. Agave has gained meteoric popularity due to a great marketing campaign, but any health benefits present in the original agave plant are processed away. Be sure to eat your sugar with fiber ... as in a piece of fruit.

Wait 20 minutes before second portions at meals, giving your brain a chance to receive satiety signals. And exercise regularly. Exercise is important for many reasons. Avoid so-called energy drinks and sports drinks because they are loaded with sugar, sodium and chemical additives. Rehydrating with pure, fresh water is a better choice.

Reducing sugar in your diet can be tough for some people. After all, sugar is just as addictive as cocaine! Try following a very low fructose diet for two weeks, which has the effect of "rebooting" your system. Sugar activates its own pathways, and the more sugar you eat, the more sensitive you become to it, and the more your body starts absorbing. By cutting out sugar for a period of time, you can reduce the hyperactive metabolic system that has developed, and start over. You will develop a taste that does not crave for sweets.

A Word of Warning About Infant Formula

And finally, be extremely careful about the infant formula you are feeding your baby. Nearly all infant formulas have as much or more high fructose corn syrup than a can of soft drink — in addition to many other things that are extremely detrimental to your baby's health and development. You have learned that, metabolically, there is very little difference between ethanol and sugar so by giving your infant formula, you might as well be giving him a bottle of beer or soda! And studies have shown that the earlier you expose kids to sweets, the more they crave them later.

It is important for pregnant women to keep their blood sugars well managed not only for their own health, but also for the long-term health of their children.

Researchers have found that children born to mothers with gestational diabetes (high blood sugar during pregnancy) had an 82 percent chance of becoming obese between the ages of 5 and 7 through a phenomenon called "metabolic imprinting." Even mothers with elevated blood sugar, short of gestational diabetes, had children with a significantly increased risk for obesity.

It should be very clear how careful we need to be when preparing food for our tables. Fructose as well as refined table sugar will cause many health problems.

Fortunately, your body has an amazing ability to heal itself when given the basic nutrition it needs, and your liver has an incredible ability to regenerate. If you start making changes today, your health will begin to improve, returning you to the state of vitality that nature intended.

www.Mercola March 13, 2010

www.mercola Jan 20, 2010

How Sugar is Refined

In the 1500s manufacturers decided to refine sugar so it could be more transported overseas, especially back to Europe. But over the years the refining process has become more and more dependent on chemicals.

Table sugar comes from two primary sources: sugar cane (60%) and sugar beets (40%). Sugar cane grows in tropical and sub-tropical areas, while sugar beets are white bulbs that are grown in temperate climates. The plants contain juices from which sugar crystals, syrups and molasses are made.

After sugar cane is cut in the cane fields, it is taken to the mill where machines wash, cut, shred and press the juice out of the cane stalks. This liquid is heated to boiling point and treated with chemical solvents to remove impurities. It is then heated again in large tanks to evaporate the water content. This leaves thick syrup that is placed in a centrifugal machine to form the sugar crystals.

These crystals are then transported to a sugar refinery where they are heated to boiling again, treated with bleach and other chemicals and filtered through bone char, which is a powder made from cow or pig bones. After filtering, the syrup is then centrifuged again to produce a refined white sugar.

Molasses, a by-product of sugar refining is a sweet liquid obtained from the second extraction, and black strap molasses is the liquid left after the third extraction. Light and dark brown sugars are simply refined table sugar to which is added 12-13% molasses. Confectioner's sugar is pulverised white sugar.

The completely refined white sugar product is now over 99.9% sucrose and for all practical purposes contains no nutritional elements such as vitamins, minerals, proteins or fibres. This is why they are called empty calories and junk food.

Health Tips

Got some green-tasting superfood drink that you just can't quite stomach? Add citrus juice along with the water. The tangy flavors of lemon, lime, grapefruit or orange juices will take the edge off the "green" flavors of the superfood, greatly improving the taste. Vitamin C also increases the uptake of iron.

Want real health insurance? Start drinking raw, organic vegetable juice each day and spend at least 30 minutes a day exercising and getting some fresh air. No government program can give you better health protection than nutrition, exercise and the great outdoors. Sunlight alone will do more to help you prevent cancer than the National Cancer Institute has ever done. Health insurance starts with you, the individual, in the lifestyle decisions you make every day with your diet, exercise and exposure to toxic chemicals in consumer products.

Don't believe the advertising about sports drinks. Yes, your body needs electrolytes, but it sure doesn't need all

the liquid sugars, chemical sweeteners and artificial colors added to many sports drink products. Instead, try boosting your mineral intake by eating more sea salt, drinking herbal teas or just eating more organic produce.

You already know how good sunlight is for your health, but did you know that the sun's rays are also healing in a visual sense? The absorption of the sun's reflected light rays on your retina is, all by itself, a powerful form of medicine. That's why it's good to spend some time each day outside without wearing sunglasses. Sunglasses block and distort the natural light your body needs to experience full health.

You probably already know that chlorophyll is a natural cleaner and deodorizer for the human body, but did you know the best sources for getting some? You can get high-density chlorophyll from microalgae like spirulina, chlorella and blue-green algae, and from barley leaf powder. In the food world, one of the best sources is juiced parsley. Toss some into your juicer each morning and you'll add a burst of green cleaning power to your fresh, living juice!

Free Offer

Some time ago I was given some booklets entitled **Handbook of Natural Remedies**. I would like to offer these free to anyone who wants them. With them I also would like to offer free a set of 3 DVDs on the Final Events of Bible Prophecy. (Include 4x60 cent stamps to help with postage)

Some of you may know that my husband is a lay preacher who has recorded hundreds of sermons over the years. We would like to offer these free to people who are interested in listening to these on audio cassette. We want them to go to people who would like to hear them instead of throwing them out.

Please contact Kaye for any of these give aways. Postage would be appreciated.
Call now while stocks last!

Refined Sugar

...the sweetest poison

In 1957, Dr William Coda Martin tried to answer the question: When is a food a food, and when is it poison? His working definition of "poison" was "Medically: any substance applied to the body, ingested or developed within the body, which causes or may cause disease." Physically: any substance which inhibits the activity of a catalyst which is a minor substance, chemical or enzyme that activates reaction.

Dr Martin classified sugar as a poison because it has been depleted of its life forces, vitamins and minerals. "The body cannot utilise this refined starch and carbohydrate unless the depleted proteins, vitamins and minerals are present. Nature supplies these in each plant in quantities sufficient to metabolize the carbohydrate in that particular plant. Incomplete carbohydrate metabolism results in the formation of "toxic metabolite" such as pyruvic acid and abnormal sugars. Pyruvic acid accumulates in the brain and nervous system and the abnormal sugars in the red blood cells. These toxic metabolites interfere with the respiration of the cells. They do not get sufficient oxygen to survive and function normally. In time, some of these cells die. This interferes with the function of a part of the body and is the beginning of degenerative disease. With over 50 per cent of our diet composed today of these refined carbohydrates (refined sugar, white flour, polished rice, macaroni, and most breakfast cereals), it is easy to see why this generation is developing more and more degenerative disease.

Refined sugar is lethal when ingested by humans because it provides empty or naked calories. It lacks the natural minerals that are present in the sugar or beet cane. Sugar also drains or leaches the body of its precious vitamins and minerals through the demand its digestion, detoxification and elimination make on the body.

Our bodies are delicately balanced and compensate when we have a heavy intake of sugar. Minerals such as sodium (from salt), potassium and magnesium (from vegetables), and calcium (which is stored in our bones) are mobilised to

return the acid-alkaline balance to a more normal state. Sugar taken every day produces a continuous over-acid condition which requires minerals that are stored in the body to rectify the imbalance. Finally in order to protect the blood, calcium is drawn from the bones and teeth and the whole body is weakened.

Affects every organ

Excess sugar affects every organ of the body. Since the liver's capacity is limited, daily intakes of refined sugar (above the required amounts of natural sugar) soon make the liver expand and swell like a balloon. When the liver is full to its maximum capacity, the excess glycogen is returned to the blood in the form of fatty acids. These are taken to every part of the body and are stored in the most inactive areas; the belly, the buttocks, the breasts and thighs.

When these places are filled, the fatty acids are stored in the active organs such as the heart and kidneys. These are filled with fat cells and the whole body is affected by the reduced ability and abnormal blood pressure is created. The parasympathetic nervous system is affected; the organs governed by it become paralysed. The circulatory and lymphatic systems are invaded and the shape of the red corpuscle changes. An overabundance of white cells occurs, and the creation of tissues becomes slower. Our body's tolerance and immunising power becomes more limited, so we cannot respond properly to extreme attacks, whether they are cold, heat, mosquitoes or microbes.

Affects brain function

Excessive sugar has another bad effect on the functioning of the brain. The key to orderly brain functioning is glutamic acid, a compound in many vegetables. The B vitamins play a major role in dividing glutamic acid into antagonistic-complementary compounds which produce a "proceed" or "control" response in the brain. Bacteria which live in our intestines manufacture B vitamins.

When refined sugar is taken daily, these bacteria wither and die, and our stock of B vitamins get very low. Too much sugar makes one sleepy, and our ability to remember and calculate is lost.

Sugar kills

In 1793 a vessel carrying a cargo of sugar and rum was shipwrecked. The five surviving sailors were rescued after nine days. They were in a wasted condition due to starvation. They had subsisted on eating sugar and drinking rum. Many people can testify that it is possible to survive comfortably for longer than nine days without food. In 1816 a French physiologist F. Magendie decided to conduct a series of experiments with animals. He fed dogs a diet of sugar or olive oil and water. All the dogs died. The conclusion of this is that as a steady diet, sugar is worse than nothing. Plain water will keep you alive for quite some time, but sugar and water will kill you.

Sir Frederick Banting, the co discoverer of insulin, noticed in Panama that, among sugar plantation owners who ate large amounts of refined sugar that diabetes was common. Among native cane-cutters who only got to chew the raw cane, he saw no diabetes.

In 1808 a prize of twenty five guineas was offered by the British government to anyone who could come up with an experiment that proved that unrefined sugar was good for feeding and fattening oxen, cows, hogs and sheep. The attempt to feed livestock with sugar was a disaster and since then farmers realise that there is no value in feeding animals sugar.

In the 1930's, a research dentist from Cleveland, Ohio, Dr Weston A Price, travelled all over the world. His conclusion was that people who lived in so-called backward primitive conditions had excellent teeth and wonderful general health. They ate natural, unrefined food from their own locale. As soon as refined, sugared foods were imported, physical degeneration was noticed within a single generation.

Misleading labelling

The use of the word "carbohydrate" to describe sugar is deliberately misleading. Since the improved labelling of nutritional properties was required in packages and cans, refined carbohydrates like

sugar are lumped together with those carbohydrates which may or may not be refined. The several types of carbohydrates are added together for an overall carbohydrate total. Thus the effect of the label is to hide the sugar content from the unwary buyer. Chemists add to the confusion by using the word “sugar” to describe the entire group of substances that are similar but not identical.

Glucose is a sugar found usually with other sugars, in fruits and vegetables. It is a key material in the metabolism of all plants and animals. Many of our principal foods are converted to glucose in our bodies. Glucose is always present in our bloodstream, and is often called “blood-sugar”.

It is easy for the sugar pushers to tell us how important sugar is as an essential component of the human body, how it is oxidised to produce energy, how it is metabolised to produce warmth, and so on. However one is led to believe that the manufacturers are talking about the sucrose which is made in their refineries. When the word “sugar” can mean the glucose in your blood as well as the sucrose in your Coca-Cola, it’s great for the sugar pushers but its misleading for everyone else.

People have been tricked into thinking of their bodies the way they think of their cheque accounts. If they suspect that they have low blood sugar, they are programmed to snack on candies and sodas in order to raise their blood sugar levels. Actually this is the worst thing to do. The level of *glucose* in their blood is low because they are addicted to *sucrose*. People who kick the sucrose addiction and stay off sucrose find that the glucose levels in their blood returns to normal and stays there.

Change of diet needed

Any diet undertaken for the single purpose of losing weight is dangerous, by definition. Obesity is talked about and treated as a disease in our day, but obesity is not a disease. It is a symptom, a sign, a warning that your body is out of order. Dieting to lose weight is as silly and as dangerous as taking aspirin to relieve a headache before you know the reason for the headache. Getting rid of a symptom is like turning off an alarm. It leaves the basic cause untouched. Many over-weight people are undernourished.

Eliminating sugar and white flour and

substituting whole grains, vegetables and natural fruits in season, is the core of any sensible regimen. Changing the *quality* of your carbohydrates can change the quality of your health and life. If you eat natural food of good quality, quantity tends to take care of itself. Nobody is going to eat half a dozen sugar beets or a whole cane of sugar cane. Even if they do, it will be less dangerous than a few ounces of sugar.

Digestion of sugar

Sugar of all kinds - natural sugars, such as those in honey and fruit (fructose), as well as the refined white stuff (sucrose) – tend to arrest the secretion of gastric juices and have an inhibiting effect on the stomach’s natural ability to move. Sugars are not digested in the mouth like cereals, or in the stomach like protein. When taken alone they pass quickly through the stomach into the small intestine. When sugars are eaten with other foods such as a meat sandwich, they are held in the stomach for a while. The sugar in the bread and Coke sit there with the hamburger and the bread waiting to be digested. While the stomach is working on the meat and the refined starch in the bread, the addition of the sugar practically guarantees rapid fermentation under the conditions of warmth and moisture existing in the stomach.

One spoon of sugar in your coffee after a sandwich is enough to turn your stomach into a fermenter. One soft drink with a hamburger is enough to turn your stomach into a still. Sugar on cereal – whether you buy it already sugared in a box or add it yourself – almost guarantees acid fermentation. One man who ate a salad sandwich with a can of soft drink (and drank no alcohol) was registered with a low alcohol reading when stopped by the police and breath tested.

When starches and complex sugars (like those in honey and fruits) are digested, they are broken down into simple sugars called “monosaccharides”, which are usable substances – nutrients. When starches and refined sugars are taken together and undergo fermentation, they are broken down into carbon dioxide, acetic acid, alcohol and water. With the exception of the water, all these are unusable substances – poisons.

When proteins are digested, they are broken down into amino acids, which are usable nutrients. When protein are taken

with sugar, they putrefy. They are broken down into a variety of ptomaines and leucomaines, which are non-usable substances – poisons. This can be a major source of uncomfortable intestinal gas.

Enzymic digestion of foods prepares them for use by our body. Bacterial decomposition makes them unfit for use by our body. The first process gives us nutrients; the second gives us poisons. To derive sustenance from foods eaten, they must be digested. They must not rot. The body gets rid of poisons through the urine and the pores, but the amount of poisons in the urine is taken as an index to what’s going on in the intestine. The body does establish a tolerance for these poisons, but there is discomfort and accumulation of gas, bad breath, and foul and unpleasant odours.

Sugar and mental health

In the 1940’s, Dr John Tintera rediscovered the vital importance of the endocrine system, especially the adrenal glands, in “pathological mentation” or “brain boggling”. He tested 200 patients who all had a lack of adrenal hormones. He found that the chief complaints were similar to those found in persons whose systems were unable to handle sugar; fatigue, nervousness, depression, apprehension, craving for sweets, inability to handle alcohol, inability to concentrate, allergies and low blood pressure.

Tintera published several epochal medical papers. Over and over, he emphasised that improvement, alleviation, palliation or cure was “dependent on the restoration of normal function of the total organism”. His first prescribed treatment was diet. Over and over, he said “the importance of diet cannot be over-emphasised”.

How much sugar do we eat?

In 1822 the average, every man, woman and child in the United States was eating approximately 2 teaspoons of sugar per day. In 1980 the average was 30 teaspoons and today the average is 42 teaspoons per day. (It takes 30cm of sugar cane to make 5-7 teaspoons of refined sugar). Most of the sugar we eat is hidden in foods. Most of the processed or canned foods contain sugar. Consider the following chart of hidden sugars that are in many common foods.

Food	Sugar content in teaspoons
1 can soft drink	8-12
40 ml Ribena	6
100g boiled lollies	24
113g licorice allsorts	22
150g flavoured yoghurt	3.5
15g jam	2.5
200g milk chocolate	26
440g baked beans	11
1 cream biscuit	1.5
1 cup Nutrigrain	2.5
1 cup Special K	1
1 scoop icecream	2

Sugar weakens immune system. Researcher performed a series of studies that examined how sugar consumption weakens the ability of white blood cells to destroy bacteria. The studies showed that the capacity for white blood cells to destroy is weakened as sugar consumption rises. If a person consumes no sugar over 12 hours, each white blood cell (WBC) could destroy an average of 14 bacteria. Increase the sugar consumption to 6 teaspoons, each WBC destroys 10 bacteria. When 12 teaspoons of sugar was taken only 5.5 bacteria were destroyed. 18 teaspoons of sugar reduced the WBC to destroy 2 bacteria. When 24 teaspoons of sugar were consumed, the WBCs were so compromised that they could only destroy 1 bacteria. When you consider how many people consume sugar during the day, you can see why their immune systems are compromised because their white cells are not functioning effectively.

Many problems with sugar

The following is a list of some of the problems with eating refined sugar. There is no nutrition in white sugar. Some of the many problems it causes are:

- Gastro-intestinal disorders, restricts action of enzymes
- Irritates mucus lining in digestive tract
- Fermentation in stomach
- Skin and nerve problems
- Clogs circulation and thickens blood (back problems, tooth decay)
- Excess causes liver to swell and increases fat on the liver
- In order to oxidise sugar the body robs vitamins and minerals from other nutrients
- Vitamin B deficiency, interferes with proper digestion of nutrients
- Depression and mental problems
- Inability to concentrate
- Develops cravings for alcohol
- Makes appetite centre go haywire
- Decreases WBC to kill bacteria – destroys immune system

- Causes candida, destroys good bacteria in intestines
- Coronary heart disease, diabetes
- Drains adrenal glands, causes hormonal imbalance
- Constipation, hemorrhoids and varicose veins
- Throat infections, sinus problems, colds
- Low energy, leads to hypoglycaemia and diabetes
- Arthritis, obesity, dental caries
- Allergies
- Migraine headaches
- Causes acid condition in body- draws minerals to compensate
- Causes kidney damage
- Is linked to many cancers
- Weakens eyesight
- Contributes to weight gain and obesity
- Is addictive and is intoxicating, similar to alcohol
- Is linked with inappropriate behaviour in children

Some years ago an experiment was done in the Californian Penal System with 7000 prisoners. They took the prisoners off all sugary and refined foods for a period of six months. The results were amazing. There was a 100% drop in the suicides, and 83% reduction of aggressive behaviour.

Another study published in the American Journal of Psychiatry shows that children who experience malnutrition exhibit behavioural disorders as they grow older. Children who have essential nutrients missing from their diet demonstrate a 41% increase in aggression at age eight. At age 17 they demonstrated a 51% increase in violent and antisocial behaviours. Malnourished children were not getting vital minerals like zinc and iron and the B vitamins they needed to develop a healthy nervous system, and a healthy nervous system is prerequisite for mental and emotional health and stability.

There is absolute proof that eating sugar is harmful to our health. We need to make a change and avoid sugar completely. Is sugar a food or poison? Make a decision today and don't buy sweets. Gradually adjust your taste buds to enjoy natural tasting sweets such as dates, raisins, apples etc. Be aware of the sugar content of the foods you eat. Read labels! Break the dessert thinking. Satisfy that desire by ending your meal with a good tooth brushing. Remember to drink lots of water in between meals.

*Sugar Blues by William Dufty
Proof Positive by Dr Neil Nedley
www.mercola.com Dangers of Sugar*

Summary of points to remember when tempted to eat refined sugar

It lacks natural minerals which are present in the sugar cane.

To metabolise refined sugar, the body uses its reserve of precious vitamins and minerals. For digestion, detoxification and elimination of sugar, these minerals which were previously stored in the body are used.

Our bodies must be balanced - minerals such as sodium, potassium, magnesium and calcium are used by the body to attempt to return the body to its correct acid-alkaline balance. The continual use of sugar daily causes the body to become acid. Calcium is drawn from bones to protect the balance in the body. This weakens the bones and teeth as well as other organs.

It affects every organ. It is initially stored in the liver as glucose. The liver's capacity is limited and the daily intake of sugar causes the liver to expand like a balloon. When the liver reaches its maximum capacity the excess is returned to the blood as fatty acids. These are taken to every part of the body and store on the thighs, hips, stomach etc. When these are filled to capacity the organs are affected. Tissues degenerate and turn into fat.

The brain becomes inactive. Pyruvic acid accumulates in the brain which interferes with the normal respiration of cells. The cells do not get sufficient oxygen to survive normally.

The circulatory and lymph systems are invaded. The quality of red blood cells are affected. There is an overabundance of white blood cells.

Cane sugar acts on the tissues like a chemical substance such as acid or caustic. Raw flesh placed in a strong solution of sugar becomes shrunken in appearance because of the sugar it absorbs. Candy injures the mucus membranes of the stomach.

Sugar is a double molecule. To separate these molecules twice the number of water molecules are needed. These double molecules irritate any tissue they contact. They are only separated in the small intestine. They are strong irritants on the membranes of the mouth, stomach, duodenum and small intestine. This irritation often causes serious trouble.

Experiences of Jennifer and Candice Berghan

authors of **Hope Beyond Cancer**
and special presenters at our coming 2 day seminar

The following stories have been sent from Jennifer Berghan. She and her daughter Candice have put together a program to help cancer patients use as many natural therapies as they can to help in the treatment of cancer. The following are some experiences.

Case 1- is a lady with breast cancer, having had it already once before and having treated it with chemo and radium. She didn't want to go down that road again. So she searched out someone to help her and came across my details from a friend. She contacted me and we started her on the program. At this stage she was very unwell and didn't think she could do it, but a dear friend helped her for a few weeks and she improved remarkably. They did a fever bath everyday for the first week then 3 times per week after that, as well as the rest of the program and I believe this is what really helped her dire situation improve. She is still continuing the program and by God's grace I believe she will beat this dreaded curse.

Case 2- This lady from Taiwan, had a brain tumor about 4cm which was located at the base of her skull and on top of her spinal cord. She has strictly adhered to the program for 8 months. She has improved so much that she is now treating other cancer patients with the Hope beyond cancer program. One of these patients is actually her mother in the Philippines. She has traveled to the Philippines from Taiwan to teach friends how to do the program and in turn help many others that are suffering. She told me that she believes that she had to go through her own fight to be able to help others. This is what Jesus tried to teach us to do. To help our fellow man! She is so happy now that she needn't die, she had already had surgery to remove 90% of the tumor 3 months before we met her when she started the program. The tumor had re-grown even larger than before. She was in terrible constant pain when we met her, within

2 weeks her severe neuralgia had gone and the headaches had eased considerably, after 3 weeks she knew that the tumor was shrinking, at 6 weeks she had an MRI and the result was the tumor had stopped growing and had started to soften, it is now gone!

Case 3- This is a man in his late fifties that heard about me through his chiropractor's wife who told him of our program and gave him our number. He rang me the same day and told me his story. He had come down with esophageal cancer at the top of his stomach opening. This had grown into many small tumors that had obstructed his swallowing. He could not even swallow water. So he went down the chemo and radium way as that was all he could do. It has now been 2 months since he finished the course. He told me that the doctor said that the tumors have shrunk but have not been eradicated yet and he has been left with a large ulcer in the same area. We have started him on the program and he has had marked relief in just 2 weeks, He is very positive that this will get rid of the cancer completely. He believes that God has guided him to this program.

Case 4- Is a lady who had multiple benign breast lumps; she has already had 2 lumpectomies and didn't want to have further surgeries. She started on the program and in 3 months all the lumps have gone. She was so thankful for the program, she is telling all her friends of her new found health.

Case 5- This lady lives in America and has cancer in her spinal column and in her lungs and she has been doing the program for about 6 months now and has had marked improvement.

Case 6- this lady has a brain tumor and has been following the program now for a few months with some exceptional results so far.

Case 7- this is a lady who has pancre-

atic cancer; she has just started the program and is full of hope for the future. She also has another relative with cancer and they have started the program as well. Having come into the local health food store (which carries our books) they found the books and were very excited. The manager is a Christian and is so happy that there is a book and DVD to help the many cancer suffers out there, especially coming from a Christian perspective. She has sold 6 books already.

Case 8- Is a Chinese lady with breast cancer from Taiwan. She had a really large protruding tumor and when she started the program she found that after just 1 week the tumor started the breakdown, it did get a little messy but all along she was praising God that it was disintegrating. That was 7 months ago and the cancer has nearly disappeared.

These are just some of the numerous cases around the globe that are using this program. To date there has been over 200 books gone out between Taiwan, America, Japan, Philippines and Australia and Kiribas. We have had many e-mails from some of these people and they have all said that this is a real blessing to them to have something so easy to understand and follow. we are also in the process of printing a special cancer cook book to go with the Hope Beyond Cancer book and DVD, but this will still be many months away.

Each week more and more people are contacting us for help, there is a real need for a simple healthy alternative to the cut, burn and poison method of attacking this terrible illness. There is a real life style change needed if you want help and be protected from this consuming disease. This is why we wrote the Hope beyond Cancer, killing cancer naturally book.

Our aim is to be able to help as many people as we can, but this means a life style change that should continue even after the cancer has gone. We have found that the people that do not stick to the program strictly do not progress as well as others that follow it to the letter.

Products for Sale

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

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

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

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

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

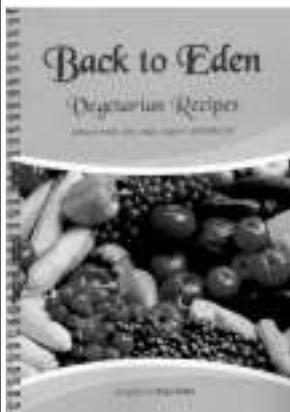
Comfrey Root Powder 200g.....\$13
Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.

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Mailed to anywhere in Australia. Recipes included

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Recipes

SPLIT PEA SOUP

2 c green split peas, rinsed
8 c water
1 stalk celery, chopped
1 c diced potatoes
1 large carrot, chopped
1 chopped onion
¼ t marjoram
Celtic sea salt to taste
1 clove garlic, crushed
½ t sweet basil

Combine vegetables and bay leaf, simmer about one hour. Add seasonings and simmer 20 minutes longer.

PUMPKIN AND SWEET POTATO SOUP

4 c pumpkin
2 c sweet potato
2 onions
2 cloves garlic
6 c water (approx)
Celtic sea salt to taste
1 - 1½ c coconut cream or soy milk

Cook ingredients, except coconut cream, until soft. Blend until smooth, adding coconut cream last. Garnish with chopped parsley. If you choose, you can add less coconut cream.

CAROB MOUSSE

1 litre soymilk
8 T cornflower
8 T light carob powder
2 T Caro or Ecco
2-4 T maple syrup
1 can coconut cream

Blend together, then cook until thick. Place in a bowl. Sprinkle with coconut or finely chopped walnuts. Chill and serve. If using dark carob powder, be very careful, slowly adding less powder until desired colour is reached. Dark carob tends to have a very strong taste.

A special two day series of meetings planned specifically for those who are interested in treating cancer. These are informative, practical and educational, designed to give hope to those with cancer.

Hope Beyond Cancer

- designed for ordinary people
- inexpensive
- easy to follow

**with Jennifer and Candice Berghan
authors of Hope Beyond Cancer**

Jennifer worked as a nurse for 30 years. She was very disillusioned with the direction nursing was taking and believed many of the drugs used did more harm than good. Having grown up as one of four children to missionary parents in the regions of Papua New Guinea and the Solomon Islands, she experienced firsthand her parents using what they could to help the sick. Since 2002 she has been a full time missionary taking our health message to many third world countries and helping people learn about natural therapies and how they can use local herbs to improve their health. In 2004 she gained her herbalist diploma and has been helping many people in the natural treatment of disease. At the same time she came in contact with a lady who was dying from pancreatic cancer. This lady begged her to help her as she was very sick. In just 2 weeks she started improving and it only took 12 months till this lady was cleared of all cancer. This started her on a road to help cancer victims overcome the dreaded disease. She will share personal experiences of some of the people she has helped and the improvements they have made.

Candice, Jennifer's daughter, has worked for 8 years as a massage therapist, gaining much of her experience in natural health when she worked as a therapist in a Health Retreat. Here she had lots of practical experience, using poultices, herbs and hydrotherapy on many of the guests. She has also lectured on nutrition, including the foods to use and the foods to avoid when suffering from cancer. She has travelled throughout Australia as well as overseas, teaching and sharing of her knowledge in natural health in many public and private meetings.

Candice and Jennifer have put together these meetings to help cancer patients and their friends who would like to find out what can be done to help recover from cancer. They have also written a book, detailing the program that incorporates many of the treatments that are given to patients at a Natural Health Retreats. Accompanying their book they have produced a DVD that will show you how to do these treatments in your own home. This information will become invaluable to you.

Saturday 31st July

9.30am.....The Overview
11am.....The Program
2.00pm.....The Breeze Through the Trees
3.15pm.....The Balancing Act

Sunday 1st August

9.30am.....Liquid Rest
11am.....Waterwise
2.00pm.....Herbal Practicalities
3.15pm.....Questions and Answers

Where: Lavington Public School Hall
Hague Street
Lavington
When: Saturday 31st July, Sunday 1st August
Cost: entry by donation (suggested donation \$25 for weekend)

Bookings Essential: Phone Kaye 0260255018 or Beat 0260253584

A light luncheon is included for those who book before Wed 28th July

Herb sales and Recipe Book Sales
will be available on Sunday only