

Back to Eden

Raw Foods
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Recipe
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Hope Beyond Cancer

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This issue: Autumn 2011 No 46

Information contained in this newsletter is for advice only. If you choose to use any remedies or follow the advice in these newsletters, you do so at your own risk.

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www.kayesrecipesandremedies.com

Over the last few months I have been very busy. A Melbourne based Christian ministry with a film studio Steps to Life, had asked me to run some of my health programs in Melbourne. After consideration they decided to film them and make the DVDs available to the public. At the time of writing this two of the three programs have been completed. The first of these DVD sets are now available to purchase. Please consider buying them, the reason is not that I want to push my own DVDs, but I believe this information needs to be brought to the people. This is where you all come in. My hope is that you buy them and share them with your friends and loved ones who have little or no knowledge in natural healing methods. We all need to know how to help people using simple home remedies.

www.kayesrecipesandremedies.com
After putting it off for a number of years, I now have a website. The name Back to Eden was taken so I had to choose another name. So that is why the above name was chosen. On this website you will be able to see information regarding coming programs. I will have a section on simple home remedies and some recipes. You will even be able to purchase your products online. The web page has a shopping cart. So visit the website listed above. There will be a page for your comments.

Finally, don't forget our coming **Hope Beyond Cancer** weekend. Maybe you missed out coming last year or just want to hear it all again. Plan to attend and invite all your friends who may be interested. The content is similar to last year but some of the talks have been changed. We all should know this information. Be sure to book your place as we will have a simple vegan vegetarian lunch and need to know how many will attend. See the details on the last page. Please copy it and use it as a flyer for your friends.

From Kaye and the Back to Eden team.

Raw Foods.... the way to health

Throughout history different native civilisations have practised healthy eating. But in our fast modern age, many have neglected to see the relationship between what we eat and the health problems we have. A car owner would be aghast if someone filled their petrol tank with kerosene, yet they fail to realise that by placing the wrong fuels their body will cause many health problems.

To achieve optimum health we need to look at maintaining correct acid and alkaline balance. We also need to realise that while we may have an abundance of food in our affluent society, most people are suffering from some form of malnutrition. This is caused by not only insufficient or wrong food, but can be the result of natural energy present in its fresh state being destroyed by cooking or preserving.

Non health

Just before World War 2, Professor Werner Kollath made an important discovery. He found that a diet which did not produce "high level health" was still able to sustain what some consider "normal Health". He took animals and fed them on a diet of purified, processed foods devoid of all minerals except potassium phosphate and zinc and virtually empty of all minerals except a little thiamine. Despite their poorly nourished condition, the animals showed little outward sign of disease, not even vitamin deficiencies.

By the time they reached adulthood they showed the same degeneration similar to those common to the Western world – dental caries, constipation, a large population of harmful bacteria in their

colon and loss of calcium from their bones. Autopsies revealed their vital organs showed damage similar to humans who suffered degenerative diseases. No amount of vitamin supplements were able to reverse these changes. The only thing that did, provided that it was given early enough was an abundance of fresh raw foods containing green leaves, cereals and vegetables. Kollath's findings were later confirmed by researchers working in Stockholm and Munich.

Scientists involved in raw-food research believe that many people are living in a state of health like Kollath's animals. Years of eating devitalised and processed foods have brought on a state of half-health. They believe that by eating raw fresh food and by cutting out the processed, high sugar, high animal protein, and high fat foods, it is possible to improve the health of those suffering degenerative diseases and of those who are in the subtle process of degeneration but whose symptoms are not so obvious.

Despite a system of sophisticated medical knowledge based on drugs, dramatic lifesaving techniques, high technology procedures and operations, the state of health of most people is quite poor. Diseases such as cancer, arthritis, diabetes, cardiovascular troubles, respiratory disorders such as emphysema, and bronchitis as well as depression – all have shown little decline in their incidences over the past years. Indeed most of them, like cancer and mental illnesses are steadily increasing.

Our first step towards better health is that we must take responsibility for our own health. We cannot abuse and neglect our bodies, then expect a doctor to supply us with new parts when we break down. If we continually run our bodies on the wrong fuel, our health will break down and we will have to reap the consequences.

Eating habits

After decades of living, the conditions of our bodies will depend on how we have lived. To obey God's laws of health will result in better health. When nutrition improves, so does health. Even small changes such as cutting out processed foods, fats, sugars, alcohol and tobacco can improve our health relatively quickly and can change how we look and feel.

It is common for many to think that their diets are "well-balanced". Yet a three year study carried out between 1971 and 1974 on 28,000 people in America showed that this is not so. It showed that half of the women are calcium deficient; iron deficiency is widespread among people of every race, income group and cultural background; and that more than 60% of those examined had at least one symptom of malnutrition. Now nearly 40 years later, consider what the result would be like today. With the take-aways, snack foods, depleted soils etc, it doesn't take an educated person to realise that the general health of man is very poor.

Perfectly created

Between 50,000 and 100,000 different chemicals are used to run our bodies. They interact with one another perfectly. The quality of nutrients we take in ascertain how our bodies are built and maintained each day of our life. These essential nutrients work together to make our body function. If any of these substances are missing, first the cells are deprived, the immune system breaks down and illness follows. If we are to overcome disease, we must look at giving our cells the correct nutrition.

Biochemical studies show the reason why raw food is so potent for health. First it offers greater resistance to illness and aging, but it also offers a greater energy and vitality. A high level of health can only come from a finely tuned self-regulating system. When our vitality is lowered and our biochemical balance is disturbed, messages from the systems of the body to the conscious mind become garbled.

Primitive diets

From 1920-1940 American dentist Weston A Price travelled the world looking at the development of bones and teeth and the general health of isolated native cultures. In 1945 he carefully documented his

findings in a fascinating book called Nutrition and Physical Degeneration. His main conclusion was that processed foods are a danger to our health. Human health is related to the foods we consume and a high level of health is impossible on a diet rich in uncooked foods. These "primitive cultures" were largely free of mental and physical diseases. Their diet consisted of simple, fresh and largely uncooked foods that were usually gathered and used immediately.

American physician Francis Pottenger was carrying out experiments on the adrenal glands of cats. He noticed that those cats when fed on raw scraps of meat were much healthier. Over 10 years he followed the progress of the cats spanning several generations. The cats that were fed a diet of pasteurised milk, cooked meats and cod liver oil developed a high incidence of allergies, sickness and skeletal deformities. Each successive generation produced smaller and weaker kittens. Another group of cats were fed on the same diet but this time the milk was unpasteurised and the meat raw. These animals were healthy, their skeletal structure was good and their behaviour normal. Pottenger then began to study the effect of nutrition on human health. He cured many patients in his clinic on a diet of all raw foods and juices.

The prisoner of war diet

During World War 2, if you would have been a prisoner of war in Japan you would have been fed on a diet of brown rice, vegetables and a little fruit, a diet containing around 729-826 calories a day per 70kg of body weight. Today a daily intake of 2150 calories is recommended.

In 1950 Dr Manasore Kuratsune, head of the Medical department of the University of Kyushu in Japan decided to validate previous studies, comparing the effects of cooked foods and raw foods. He and his wife followed a raw version of the prisoner of war diet for three different periods, 120 days in winter, 32 days in summer, and 82 days in spring. During this time Mrs Kuratsune was breastfeeding a baby, and she and her husband continued doing their normal work. She found that breastfeeding was less a strain than before the experiment. Both continued in good health. Then they both switched to eating a cooked version of the same diet and both had to abandon the experiment because they suffered with the same diseases that devastated the inmates of the Japanese

camps – odema, vitamin deficiencies, and collapse. The same diet that maintained a nursing mother did drastic damage when cooked.

Vitamins

Vitamins, discovered in 1934, are organic substances which the body requires in very small amounts to carry out thousands of building-up and breaking-down operations. Some vitamins like vitamin D are manufactured by the body itself, but others must be taken in with our food. Vitamin C and the B group are water soluble, which makes them very vulnerable. They are heat sensitive, and are leached out of foods when soaked, blanched or boiled. Boiling cabbage destroys 75% of its vitamin C, cooking fresh peas for five minutes wipes out 20-40% of thiamine (one of the B vitamins), and 30-40% of their vitamin C. Other B vitamins are at risk such as folate, riboflavin, and inositol. Often the little that remains are thrown away with the cooking water.

Vital vitamins are lost in the preserving or canning process. An American expert in trace minerals found that frozen vegetables were lacking by as much as 47% in these as well as the important B vitamins. In canning up to 77% of vitamin losses occurred. Wheat and other grains lose between half and almost all of their vitamin B6 and between a third and three-quarters of their pantothenic acid when they are processed or refined. A large proportion of trace elements in grain is also lost during processing.

Proteins

When proteins are heated some of their amino acids become so denatured, their molecular structure is changed and this makes them useless. The digestive enzymes in the gut simply cannot process them. Some amino acids are destroyed completely. By grilling or frying the meat, the amino acids cystine and lysine are lost. Glutamine, which can help arthritis sufferers may also be destroyed by heat. Damaging proteins by cooking makes it necessary to eat more protein to get the body's needs. This is risky in light of the links between high protein consumption, early aging and developing of many degenerative diseases.

Enzymes which breakdown and rebuild the body are proteins and are destroyed by heat. Milk contains a group of enzymes called phosphatases which

specialise in breaking down phosphorus containing compounds. They are destroyed when milk is pasteurised. The result is that most of the calcium in milk becomes insoluble, making it constipating.

Heating fats

When fats are heated to a high temperature the molecular structure changes. Heat changes these altered fats from valuable *cis* fatty acids, which the body needs, to *trans* fatty acids which the body cannot use. These altered fats are non assimilable, poisonous and are even carcinogenic. This is why it is better not to fry food or reheat or reuse cooking oil. When oils are heated, they contain numerous compounds that have the ability to structurally damage the cell membrane, cell nuclei and proteins.

Leucocytosis and cooked foods

In 1930 research was done at the institute of Clinical Chemistry in Lausanne, Switzerland, showing the effect of raw and cooked foods on the body. When cooked food is eaten, the body recognises this foods as harmful invaders and does its best to destroy them. White blood cells increase in number and they rush to the scene of the invasion. Since this digestive leucocytosis was always observed after eating it was thought that this was a stress response to something harmful. During this experiment they discovered that if food was eaten in its raw state, there was no reaction in the blood. But when food was heated beyond a certain temperature, this always caused a rise in the number of white blood cells.

The implications of digestive leucocytosis is that every time white blood cells rush to the digestive tract to deal with the cooked food, it leaves the rest of your body under-defended. When this occurs three times a day, day after day, it puts a considerable strain on the immune system. Raw foods leave the white blood cells free to defend the body when needed. This is why it is best to eat your salad before eating any cooked food.

Disease and raw food

Innumerable demonstrations have been given to reveal the healing powers of uncooked foods linked with hydrotherapy, exercise, sunshine and air (including all of God's health laws). Illnesses such as heart disease, cancer,

hypertension, kidney and blood diseases, alcoholism and arthritis, along with many other ailments, can be successfully treated by eating raw food. Increased electrical energy increases metabolic functions, congestion and swellings in tissue decrease, cell respiration increases, the body's resistance to disease improves and all healing processes speed up.

Diabetes

Diabetes can be improved by eating raw foods. The great Albert Schweitzer was a severe diabetic taking huge doses of insulin. He was helped by raw food pioneer Max Gerson who took him off his high protein diet and placed him on a regime of raw vegetables and lots of fresh raw vegetables and lots of vegetables and fruit juices. Ten days later Gerson reduced his patient's insulin by half. A month later Schweitzer needed no insulin at all. His diabetes never returned and he remained healthy and active until he died at the age of 92.

More recently John Douglass, head of the Health Improvements Service Kaiser-Permanente Medical Centre in Los Angeles showed that some of his patients have stopped insulin altogether, while others have reduced it to a minimum. In one case, a juvenile diabetic was weaned off insulin and eventually off oral anti-diabetic drugs as well by a 90-100% raw diet.

The efficiency of raw diets in diabetes is thought to be related to fibre. The high fibre of all raw food passes through the digestive tract in 18-24 hours. (The average cooked diet transit time is 80-100 hours). There is less time for waste products being in the colon and thereby reduces any decomposition and poisonous wastes being absorbed into the blood stream.

Cancer

A report from the United States Academy of Sciences bases a survey done on 10,000 research papers. It recommends a diet of fresh fruit and vegetables for cancer patients. Particularly mentioned are Vitamins A C and E, and leafy greens.

It is a belief of those who treat cancer biologically rather by drugs and radiation, that cancer is not caused by something that "just happens" to a person, but is the result of a slow poisoning, especially by the liver, by metabolic wastes and environmental pollutants. This is often the result of

unbalanced diets, eating too many proteins and fats as well as refined foods. This places the sodium-potassium, acid-alkaline balance in a direction that fosters cancer.

The sodium-potassium balance and good oxygenation is very important in the prevention and treatment of cancer. Sodium and potassium work together to maintain osmotic pressure between the fluids in the cells and those outside the cells. Sodium and potassium are nutritional antagonists. Where there is an excess of one the balance is disturbed and health suffers. Those on the typical western diet always err on the side of too much sodium. Excess salt, together with antibiotics and other drugs causes sodium to be drawn into the cells and sodium to move out.

The cells are unable to absorb or excrete efficiently, toxic wastes build up inside and outside the cells. The symptoms of this clogging up and slowing down are fatigue, depleted immune system and disease. Raw foods, with their high potassium content, appear to be able to reverse this process.

Experts agree that the start of chronic illnesses begin with a potassium deficiency. Potassium is a nerve conductor, it acts as a catalyst for many body enzymes, is essential for proper muscle contraction (including the heart muscle and muscles of digestion) and it converts glucose into glycogen in the liver. Too little potassium causes cardiac abnormalities, can result in high blood pressure and is associated with chronic fatigue.

Oxygenation

Raw foods increase cell oxygenation. In a short time a diet of all raw or nearly raw will do several things. It will eliminate wastes and toxins. It will restore the sodium-potassium balance and acid-alkaline balance. It supplies all the nutrients needed for optimal cell function. It increases the efficiency for the cells to take oxygen that is needed for the release of energy. With all these desirable functions it is hardly surprising that raw foods, along with keeping God's health laws, are the only way to fight disease.

Start now! Try increasing until you are eating at least 75% raw. But remember to replace your proteins wisely. Learn how you can feed yourself and your family in a healthy, tasteful way.

Raw Energy Leslie and Susannah Kenton

Chia

.....the Inca superfood

Chia seed is an ancient superfood that is currently experiencing popularity. It is a member of the sage family (Salvia Hispanica). The little black and white seeds were once a staple of the Incan, Mayan and Aztec cultures, along with the Native Americans. "Chia" is actually the Mayan word for strength. The seeds were used by these ancient cultures as mega-energy food, especially for their running messengers, who would carry a small pouch of it with them. Chia has been called 'Indian Running Food' and gives an incredibly sustaining surge of energy.

This superfood nutritional content is very similar to flax, but without the estrogen and phytoestrogen element. In Mexico they say that one tablespoon of chia seeds can sustain a person for 24 hours. Chia also tastes great, and is ready to eat really quickly - besides which it has an off-the-scale nutritional profile.

Why eat Chia?

Chia seeds are said to have:

- 2 times the protein of any other seed or grain,
- 5 times the calcium of milk, plus boron which is a trace mineral that helps transfer calcium into your bones,
- 2 times the amount of potassium as bananas,
- 3 times the reported antioxidant strength of blueberries
- 3 times more iron than spinach
- copious amounts of omega 3 and omega 6, which are essential fatty acids...

They are a complete source of protein, providing all the essential amino acids in an easily digestible form. They are also a fabulous source of soluble fibre. Like flax, chia is highly 'hydrophilic' - the seeds absorb water and create a mucilaginous gel. They can hold 9-12 times their weight in water and they absorb it very rapidly - in under 10 minutes. Chia seeds can easily be stored dry for 4-5 years without deterioration in flavour, odour or nutritional value. You can substitute chia in any recipe that calls for flax.

The taste of chia is very mild and pleasant. That means you can easily combine

it with other foods without changing the taste dramatically. People add chia to their sauces, bread batters, puddings, smoothies and more. The flavour is retained, plus masses more nutrition is added.

Chia has been called a dieter's dream food because when added to foods, it bulks them up, displacing calories and fat without diluting the flavour. Thus, someone can eat a typical serving, yet only consume about half the calories they might have eaten, because the food has been bulked up with chia.

The benefits of eating Chia

- Provides energy
- Boosts strength
- Bolsters endurance
- Levels blood sugar
- Induces weight loss
- Aids intestinal regularity

Chia slows the impact of sugars on the system, if eaten together. Chia gel creates a physical barrier between carbohydrates and the digestive enzymes that break them down, which slows the conversion of carbohydrates into sugar. That means the energy from the food is released steadily, resulting in more endurance. This is clearly of great benefit to diabetics in particular. It also means that it can be combined with super-sweet tastes like apple juice and will not spike blood sugar.

Due to the exceptional water-absorption quality of chia, it can help you prolong hydration and retain electrolytes, especially during exertion.

Whole, water-soaked chia seeds are easily digested and absorbed. Their tiny seeds break down quickly. They feel light in the body, yet energising. Their nutrients can be quickly assimilated into the body.

Chia seeds bulk up, then work like an incredible digestive broom, sweeping through your intestinal tract, helping to dislodge and eliminate old accumulated waste in the intestines. Many people find their stools also become more regular once they eat chia.

Chia is a complete protein with all 10 essential amino acids. It is loaded in antioxidants, contains vitamins, minerals and has lots of omega 3, 6 and 9. Read about the advantages of adding this great food to your diet. See the recipe on page 7. Purchase it from Health Food shops or some supermarkets

Chia is a very reasonably priced, concentrated food. One kg costs less than \$20. One third of a cup is 65gms which makes over two cups of gel. This costs a little over \$1. Depending on how much gel you use, those two cups of gel will likely last, on average, about four days. That is about 25cents a day.

Chia can be used in so many kinds of recipes - savoury, sweet - it works with anything. You might want to try them in salad dressings, biscuit mixtures, smoothies, crackers, ice creams, juices and so on.

Chia seed protein contains no gluten. This makes it ideal for anyone with a gluten sensitivity or simply wanting to find a replacement for gluten-containing grains like wheat, barley, rye and oats.

Conditions helped

Chia is reported to be beneficial for a vast range of issues, for example:

- weight loss/balance
- thyroid conditions
- hypo-glycaemia
- diabetes
- irritable bowel syndrome
- celiac disease
- acid reflux
- lowering cholesterol

In the traditional cultures that consumed chia, like the Aztecs, chia was also regarded as a medicine. It was used in myriad ways - from cleaning the eyes to helping heal wounds, topically, to relieving joint pain, as poultices, and so on. It was considered extremely valuable for healing.

One woman uses chia therapeutically to manage her acid reflux. Because of the highly absorbent properties of chia, she can swallow a Tbsp of dry seeds with just a little water and they go into her stomach and absorb the excess acid. She makes sure to drink a glass of water a few minutes later, as the seeds are so hydrophilic that if they do not find enough to absorb in the stomach, they will draw from the tissues instead. By

allowing the seeds to first absorb the acid, then drinking some more water, the woman able to very simply, effectively and cheaply handle her condition.

Chia aids rapid development of tissue, due to its incredible nutrient profile and easy assimilation. It can be very beneficial for those healing from injuries, people like bodybuilders who are always re-forming tissues and women who are pregnant or breastfeeding.

They can be added dry and ground with your linseeds or other seeds, but the most common way to eat chia is to first soak the seeds. The nutrients then are easily absorbed. They can very rapidly absorb a large amount of liquid - between 9-12 times their volume, in under 10 minutes.

The Basic Gel

To make a basic chia gel, simply add 1/3 cup of seeds (65g) to 2 cups of water. Stir the mixture well, to avoid clumping, then leave it in your fridge, in a sealed jar. This will yield around 500ml of chia gel. You can begin to eat the gel almost immediately if you like. Just 10 minutes is enough time for the gel to be formed. More of the nutrients will be easily accessible after a few hours however, so many people like to make up a batch like this and leave it in the fridge. It will stay good for about three weeks. Then you can just reach into the fridge and take out some of the ready-made gel whenever you need it. You might add it to smoothies, mix it with salad dressings, puddings or granola, or simply take it by the spoonful.

As mentioned above, chia will absorb anything - it doesn't have to soak in water. We like soaking it in things like apple or grape juice for example. That way, the intense sweetness of the juice is also offset by the chia and it tastes great. You can also blend soft fruits - for example bananas and persimmons, then stir the chia into that mixture. Again, the longer the seeds are left to soak, the more their nutrients will be readily available to you, yet you could easily eat a meal like this 10 minutes or less after preparing it.

You can also sprinkle the dry seeds onto salads or add them to granola mixes. You may also want to experiment with grinding them first in a coffee grinder, to make a 'chia flour' you can then add to smoothies, soups and so on.

Calcium Bentonite Clay

In Back to Eden Spring issue No 40 I had an article on Living Clay. I shared with you the benefits of using Calcium Bentonite clay or Green Swelling Clay. Clay has been used for thousands of years in conjunction with the healing of the body. The ionic charge of this clay is 100% negative so that any bacteria, virus, fungi, disease, toxic chemical etc (which are all positively charged) are all adsorbed and absorbed by these negative charged ions of clay. Calcium Bentonite clay functions by drawing these positively charged molecules and holds them like a magnet, both internally and externally until we wash them from our skin or pass them through our bodies.

When taken internally this premier clay has the ability to detox your body as well as heal many ailments (see newsletter No. 40). It can also be used externally as a poultice to draw toxins.

People have not found this easy to source so I now have introduced this wonderful clay into my products for sale.

Calcium Bentonite Clay..... 500g.....\$18
Calcium Bentonite Clay..... 1kg\$30

Call Kaye on 0260255018
or order online
www.kayesrecipesandremedies.com

Learn to use this great product and experience the benefits for yourself

Back to Eden

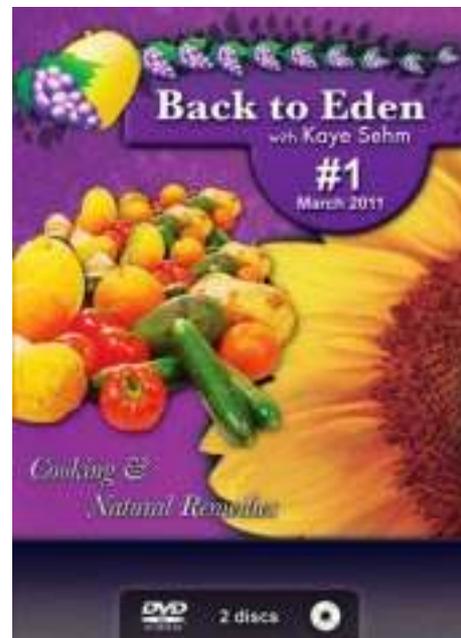
with Kaye Sehm

Cooking and Natural Remedies

DVD Series 1

2 Sessions of Cooking Demonstrations
2 Sessions of Natural Remedies

These DVDs cover different recipes and remedies that Kaye has presented at many of her classes over the years. These will become a valuable resource for you as you share with your family and friends a better way to eat and different ways of treating physical problems with simple, inexpensive but effective home remedies.



This 2 disc set presents simple recipes and remedies to promote health and well being. With these delicious recipes you are sure to cook up an appetising yet healthy meal in no time. Be prepared to discover some simple yet effective methods you could use in the treatment of health related issues.

Special introductory price \$25 posted in Australia

For months of April and May

Call Kaye on 0260255018 or order online

www.kayesrecipesandremedies.com

Amazing Hydrotherapy Stories

Water treatment have always interested me. I believe that of all the healing modalities that I know about, hydrotherapy is the most powerful. Water therapy produces cures that are not possible with herbs and natural remedies. Yes, both these do work, but herbs and natural remedies cannot cure if the blood cannot circulate. It is of the utmost importance that the blood can flow freely - this is what produces cures. Cold water stimulates and hot water relaxes. Together they are like an universal pump that makes the blood flow. Over the years I have seen how water heals, but I am going to share with you some experiences that will amaze you..

This is a letter from Beat who wants to share her experience with you

"Some weeks ago I had a very amazing experience. I had been in a lot of pain. I had two bone fractures in the lower part of my spine and the discs were compressed. The pain I experienced was most severe. I couldn't sit or lie or move without this excruciating pain radiating down the front and back of my legs. I was on painkillers from the doctor, but nothing seemed to help.

"Then my friend Kaye offered to come to my home and do some hydrotherapy treatments on me. I had known about these treatments, but had never had them done on me. I really didn't know what to expect, but thought that anything was worth a try if I could get some relief.

"Kaye arrived at my home with her towels and prepared to work on me. I have my own massage table but I needed to be helped to get onto it. Then Kaye started the treatment. She changed the hot packs and alternated with cold. After a while I started to notice how the pain was being relieved. After about 40 minutes just working on my back, I got up off the

table with most of my pain gone. I couldn't believe it. Kaye stressed to me that this would bring relief, but I would need more treatments. She told me that the pain may come back after quite a few hours. It did but it was nowhere as severe. She came back next day and with the help of some other of my friends they gave me treatments twice a day for four days, then once a day for another 6 days. Each time the relief lasted longer. In subsequent treatments Kaye started working down my legs with the hot and cold applications. When she finished on my back she worked on the backs of my legs and then had me roll over to work on the front. She also worked on my hips.

"I got so much relief from these. I began to look forward to my next treatment. What a blessing this was to me. I had no idea that there was so much power in these treatments. I am truly thankful and have told so many people how my pain was taken away. An ever thankful Beat."

Margaret's experience

Last month I had an interesting experience. As Margaret called to visit me at my home I noticed that she was very uncomfortable. She told me that she was suffering with Bursitis in the hip. Her hip was so tender and painful and she had been unable to sleep properly for months. She couldn't sit without pain. Even walking was causing her extreme discomfort. In desperation she went to the doctor who referred her to a specialist. He injected cortisone into her hip, but this had little effect and hardly made any difference.

As Margaret sat on my couch, I asked her if she had time, I would do a hydrotherapy treatment on her before she left my home. She agreed and I set about getting my towels and packs ready. I had another friend Bernice visiting with me at the time who wanted to watch the

treatment and learn how to do it for herself. At first I had to make sure I touched Margaret's painful hip very carefully. As the treatment progressed, she seemed more relaxed. Then after about 40 minutes of using hot and cold packs on her entire hip area from her waist down to her knee area, I asked her to get up. She got up and was amazed. As she pressed down her leg feeling for the pain, she stated that she felt it was about 96% improved. There was still a small area down near her knee that was a little tender, right on the edge of the area that we were concentrating on, but the rest of her hip was pain free. She was ecstatic. She told us that she had suffered for eight months with the pain and it had not been getting better. I told her that only one treatment is often not enough, she may need more. Margaret left my home a very happy woman.

Monthly meetings at Kaye's home

Don't miss our interesting meetings, normally on the first Wednesday of each month.

The next meetings will be

Wed May 4.... Learn simple water treatments for migraine, congestion, pain etc. eg treatment done on Beat and Margaret

Wed June 8th....Kefir and Sprouts note new date

Wed July 6.... no meeting as I will be away

Please book and come and have lunch with me after the meetings.

I would like to give you notice of special meetings. **Karen Walters** will have meetings on two consecutive Sundays August 21 and Aug 28, and a mid week meeting on August 24. Read more about this in next newsletter. Karen has recovered from Multiple Sclerosis

I have found a great **Stoneline** wok/fryingpan that has a non-stick stone surface. Check out my web site for a special price to readers of Back to Eden. I love using my pan and highly recommend it. Phone me if you want details.

Products for Sale

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

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

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

Barley Leaf Powder 200g.....\$12
Loose powder, organic 450g.....\$27
1kg.....\$55

A powerful way to get needed nutrients including beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll. Has 3 year shelf life.

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

Comfrey Root Powder 200g.....\$14
Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.

Cayenne Pepper 200g\$8
Can be taken internally to stimulate circulation, stop bleeding and used as a poultice on the skin to stimulate healing. Heat rating: 60,000 Scoville Heat Units

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

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

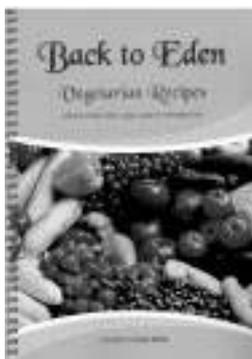
Activated Charcoal Powder 2000g.....\$80
Activated Charcoal Powder 1000g.....\$45
Activated Charcoal Powder 500g.....\$30
Activated Charcoal Powder 150g.....\$14
AgriLush Charcoal for the garden 4.5 litres.....\$65
Charcoal can be taken internally or used in a poultice. Sold in tubs.

Calcium Bentonite Clay 500g.....\$18
1kg.....\$30
Use internally and externally to detox, heal and draw toxins from your body

Hope Beyond Cancer DVD set with Jennifer & Candice Berghan (5 discs) \$25
This program was recorded at Albury in August 2010

Order by phoning Kaye on 02 6025 5018. Products are packaged in bags (except charcoal).
Calculate postage: up to 500g costs \$6 postage; up to 3kg costs \$10 postage

Back to Eden Vegetarian Recipe Book



\$25

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

TO OBTAIN YOUR COPY:

Pick up: at 496 Hague Street Lavington.

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

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

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

Recipes

CHIA PUDDING

½ cup chia seeds
½ cup dessicated coconut
½ cup raw cashews
2 cups water
2 tablespoons light carob powder
½ cup chopped dates
½ teaspoon vanilla extract
½ teaspoon lemon juice
pinch sea salt

Place all ingredients except the chia seeds and coconut into the blender and blend until very smooth. Pour mixture into a well combined bowl of chia seeds and coconut and mix thoroughly. The chia seeds will take on a gelatinous texture/appearance as the seeds soak up to 10 times their weight in water. Leave for 5 minutes then stir again. Serve in small dishes and place in the refrigerator for about 30 minutes to set. The chia seeds in this recipe can help balance blood sugar and curb the appetite which is great for cravings as well as weight loss. After you master this, try substituting different juices instead of the water to change the flavour, try adding fruits or chopped dried fruit.

SMOOTHIE

1-4 sticks celery
2 cups silver beet or green
1-2 apple or banana or pear
2 cups water
1 tablespoon chia seeds
a few nuts

Blend these up thoroughly in a blender. Add more or less pure water. Experiment to create your own recipes. There are countless recipes you can create. Try adding 2-4 large handfuls of dark leafy green vegetables. Vary the ingredients used each day to get a variety of nutrients.

For Sale Champion Juicer Grain Mill Attachment

Fits all models - this attachment has never been used.

Costs over \$160 new, will sell for \$100 ono (postage included)

Phone Bernice for more details on 0260563919 or Kaye 0260255018

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

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

Hope Beyond Cancer

Saturday 14th May

9.30am.....Program for Health
11am.....Take a Load off Your Mind
2.00pm.....The Silent Killers
3.15pm.....What's on Your Plate

Sunday 15th May

9.30am.....More than H2O
11am.....Herbs 101
2.00pm.....Hope Beyond Cancer Stories
3.15pm.....Questions and Answers

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 9 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.

Carla will assist Jennifer and Candice in these programs. She is a Naturopath, a Remedial Physiotherapist and Fitness Instructor and has worked in the Health field for over 10 years. She loves to help people return to full health. Carla often assists Jennifer and Candice when she is able and we are pleased that her experience will be added to theirs to make a very complete and informative program.

Candice and Jennifer first 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.

Where: Lavington Public School Hall
Hague Street
Lavington
When: **Saturday 14th May, Sunday 15th May**
Cost: entry by donation (suggested donation \$25 for weekend)

**Books, herbs,
DVDs etc will be
for sale on
Sunday only**

Bookings Essential: Phone Kaye 0260255018 or Beat 0260253584

A light luncheon is included for those who book before Wed 11th May