

Back to Eden

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From Multiple Sclerosis to Health....

By Karen Walters

When I first met Karen and her husband Maurie I immediately enjoyed their company. My husband Peter enjoyed talking with Maurie, but I felt an immediated bond with Karen. Over the many years since I first met her I have spent many delightful hours talking with her. Nearly two years ago we spent almost two weeks together and never ran out of anything to talk about. Her outlook on health is very similar to mine. When I first heard her story of recovery from MS, I knew her story was special. She has found something that many are searching for and I wanted to share this story with my readers. She told me of the time when after she had begun to recover, how she mistakenly ate a small scoop of ice cream. She says that within hours she felt her symptoms return - the slurred speech, the dragging foot, her balance impaired. She tells that it took nearly two weeks for her body to rid itself if the effects of that one small scoop of ice cream. Think of the implication of this and ask yourself, are MS patients told to avoid all dairy. And her experiences with coffee! Read how this affected her. She is an inspitation to me as well as the people she shares her story with.

I am so pleased that she is able to spend a short time with us in August. She will run 2 Sunday programs for us. She will also speak at the Wednesday morning meeting. Read about these meetings on the back page. Plan to attend. She is an excellent speaker and I know you will not be sorry you decided to come to hear her.

Don't forget that the regular monthly meetings dates are listed on the back page. Note the change of dates.

Finally, the third of the 3 DVDs that were filmed earlier this year in Melbourne is almost ready for sale and should be ready in a few weeks. Check these out.

From Kaye and the Back to Eden team

For quite some time I have been asked to put my story in writing. I have attempted to do this in the hope of encouraging others. So this is the story of my journey back to health.

I have endeavoured to tell it how it was, without going into any in-depth medical jargon or scientific detail. Such may have prevented me attempting anything in the first place. I trust I have been able to show we can achieve anything if we desire it enough and keep our eyes on the goal. One major learning curve for me was that if we want things to be different we have to change. We all know change is not always easy, but the more we complain about it the harder it is and the longer it takes to implement. I would like to take the liberty to suggest that once you start on this journey, keep focused on the road ahead and your desired destination. Whatever you do never tell yourself it's impossible or you can't do it. Our attitude has much to do with our state of health and the ability to overcome the obstacles before us. When you come to an obstacle you may have to think out of the square, "is there another way to do this?"

In 1986 at the age of thirty-six, I was diagnosed with Multiple Sclerosis (MS). Apart from loss of balance, fatigue, and being very clumsy I managed to get on with my life. I needed the aid of a walking stick at times when my legs didn't want to do what my brain was telling them to do. However, over the next ten years I started to progressively deteriorate and sadly I was no longer

able to maintain my job as a registered nurse. The walking stick became a permanent fixture in my left hand. My symptoms progressed to include many falls, poor bladder control and difficulty with speech. Still having many falls, even with the stick, my doctor urged me to progress to a walking frame—an offer I declined. Pride came in here. I felt people would think I was disabled if I had a walking frame. It was very obvious that I had a problem with or without the walking frame, but foolishly I struggled on with the stick. How does the saying go "pride goes before the fall," I thank God that I never had a more serious fall. I also now realise how silly I was to put myself at risk. Having a serious fall in the condition I was in would have made me bed-ridden, and I may never have regained my mobility. As I started to decline with the MS, I was diagnosed with Lupus (SLE) which mainly affected my skeletal system. I suffered mostly with very painful, inflamed, swollen joints and muscular pain.

During my career I never saw the patients I nursed with MS, recover from their disease. Sure, after drug therapy many went home again with some of their symptoms under control, but none were healed permanently. Many were readmitted some months later, their condition progressively deteriorating. Doctors do not know how to heal MS, only how to treat the symptoms with a variety of drugs which have multiple side effects.

When I was diagnosed with MS I was given a twenty year prognosis as I did not have a rapidly progressive MS. But I was told that MS was incurable and I would slowly get worse. I have since come to believe that if the cause is unknown what gives anyone the right to say the problem is incurable. We need to determine the root cause that allowed the

disease to manifest itself in the first place. I would like to ask, "How can doctors treat the problem if they don't know the cause?" and, "If they don't know the cause how can they say it is incurable? Well the question can be answered by saying that the doctors are doing what they are taught to do. They are treating the symptoms, not the cause of the symptoms. Therefore, because the cause is unknown we really don't know whether the treatment offered is the correct solution to our health problem or whether the treatment is adding to our health problem. Knowing this made my decision easier. I believed I had nothing to lose and maybe everything to gain.

It is not my intention to be disparaging to the medical profession. We need good doctors and there are many. I just want you to be aware that when the origin of a disease is unknown then it cannot be said to be incurable only that, as yet, the cure has not been found. There is a difference here; the word incurable takes away any hope we may have of recovery. The words "cure unknown" still leaves us a thread of hope that is all that is needed. If you hold onto that thread as I did and keep your thoughts positive and focused you have the power to change. Never, in those years since my diagnosis, whilst I was still under the care of a neurologist, was it suggested that I make any changes to my life.

I am not advocating that those of you that have a medical problem stop taking any of your prescribed medications changes need to be implemented first. Discarding medications needs to be done under medical supervision. What I am saying, however, is inform yourself about your medical problem and decide what you can do from there. Believe me there will be something you can do. There are many informative books authored by doctors who have done extensive research incorporating changes to lifestyle habits that you may like to incorporate into your life to help your return to health or at the very least give you a better quality of life than you may have now.

Books I have in my library and have found invaluable, are:

Neal D. Barnard, M.D. 2007. *Dr. Neal Barnard's Program for Reversing Diabetes.*

T. Colin Campbell, PhD. 2006. *The China Study.*

Caldwell B. Esselstyn, Jr., M.D. 2007. *Prevent and Reverse Heart Disease.*

Joel Furlman, M.D. 2003. *The Eat to Live Diet.*

John A, McDougall, M.D. 1990. *The McDougall Program.*

Neil Nedley, M.D. 1999. *Proof Positive.*

Neil Nedley, M.D. 2001. *Depression The Way Out.*

Changing our lifestyle encompasses not only the way we live our lives on a physical level but very much on how we deal with life's issues on a psychological level. We must ever remember that the state of our mind affects our body and vice versa. We are told that nine out of ten diseases from which men and women suffer have their foundation in the mind.

Not living a healthy balanced life physically, mentally and spiritually, often leads to ill health in one or more of these areas. I would like to point out that there are other reasons, such as hereditary tendencies, which can cause our health to falter. I come from a family of chronic heart disease. My dear mother died of congestive cardiac failure (CCF) aged 60 years, my eldest brother died of CCF at 56 years and my other brother has had by-pass surgery and has a defibrillator in-situ. I believe that if I continue to keep myself physically, mentally, and spiritually healthy by following a lifestyle that keeps my being in an environmental state that is conducive to good health, there is no reason for me to tread that same path.

Sadly, I had to succumb to another disease before I learnt about changing my lifestyle. Perhaps this was a good thing; if I had remained well I may never have changed, meaning that some goodness can come out of sickness. Who knows what could have been manifesting in my body over the years without me knowing. Many diseases, such as cancer, heart disease, arthritis etc. are quite advanced before we start to notice symptoms. With this in mind it is wiser to change to a healthy lifestyle before we become ill. I guess I was not that wise but am glad I had the courage to change when I did.

Having been through personal stresses in my life and feeling my health was out of control I decided to take responsibility for the treatment of my medical conditions and see what I was able to do to return my life back into some kind of manageable order.

Problems to address

These are the problems I had and some of the consequences of those problems that I needed to address:

Poor balance, coordination and numbness - needing walking aids, struggling to prepare meals.

Speech impairment - hard to communicate, loneliness, became isolated.

Lack of bladder control - I think your imagination will tell you what that was like.

Arthritis and muscle pain - again struggling to prepare meals due to swollen painful joints, coping with the pain.

Depression - marriage of 25 years ended, an unknown future ahead, feeling fearful and not knowing what to do.

Obesity - I can blame all sorts for this, depression, medications, no longer able to exercise, more sedentary life, eating for comfort, the list can go on and on and on.

I started to gain weight for about five years before I decided to do something about my health, and I ballooned up to 117kg and a size 22 in clothes. I have been honest to you about my weight because it is not a healthy situation to be in and it did absolutely nothing to help my other health problems. When we are overweight we tend to wear big baggy clothes because it is difficult to obtain more fitting clothes for bigger people. Some clothes say one size fits all — not true! I could not always get into those clothes. I certainly did not wish to be seen in clothes that clung to every bulge. No matter how big the clothes, we know we are fat and so does everybody else. Being obese compounded my feelings of helplessness, hopelessness, and depression.

During the course of my journey, I read a large number of health and lifestyle books. Many of these books, as mentioned before, were authored by doctors. Some of the information I chose not to incorporate into my programme; other information I continued to research. Finally, I settled on a programme of principles: taken, and expanded upon from the book *The Ministry of Healing* by E.G. White. This book was originally written well over 100 years ago and the principles contained in it have now been scientifically proven. It saddens me to think that all this information was known all those years ago and it is only beginning to be recognised now. So many people need not have suffered.

My journey to health started in late 1998. The more I learnt the surer I became that I could recover. I knew I would have to change the way I lived my life in all areas. I also knew that I would need to be persistent and willing to sacrifice some things that were not in my best interest, even though I enjoyed them.

I must tell you that I have a wonderful husband, Maurie, whom I met in 1997 and married in 1998. Yes! This man married me in the mess I was in - I am so blessed. He has totally supported, guided, encouraged and joined me in everything we have implemented to regain my health.

I knew that the immune system was the defence system of the body, and I felt that if I could build up my immune system my body would heal itself. I know that MS and Lupus are classed as autoimmune diseases, where we are told that the immune system starts to attack our own body. So I thought long about what to do. An unhealthy lifestyle and the stressors we ignore, rather than deal with, have over time, much to do with the manifestation of disease. When we change our lifestyle for the better, learn strategies to manage our stressors, and make a decision to let go of all the negative emotions that we have hoarded over the years, we provide an opportunity for our immune system to heal and to do the work for which it was created.

Implementing Changes

My first step was to remove as many chemicals from my life as possible. For me this meant stopping all medications. This I did under medical supervision. I emptied all the food out of my pantry that contained additives, preservatives or unknowns and gave them to my next-door neighbour. I apologised to her later when I realised, with horror, what I had done—given food for her family to eat that I thought was harmful to the body. I also gradually removed cleaning and personal care products from our house that contained harmful chemicals and replaced them with healthier products. The decision to remove chemicals, drugs and other harmful ingredients from our life meant refined, ready-made, take-away foods, and caffeinated foods and drinks had to be removed from our diet. The coffee was a real struggle for me. Like many nurses coffee was a basic food group as often there was not enough time for anything else. Caffeine is well known to stimulate the central nervous

system, first causing alertness and then depression, disrupts the sleep pattern, causes irritability, nervousness, anxiety, and also alters levels of some neurotransmitters. This is not a good choice for someone with a neurological disorder. Not only this, but caffeine also affects the following body systems: circulatory, digestive, reproductive, endocrine, and others. I think enough has been said to stimulate your curiosity for you to research for yourself. I tried hard to find something good about coffee but failed miserably. Hence I no longer drink coffee and feel much better for making this choice.

Researching what animals were being fed such as hormones, antibiotics and ground up dead animals - turning herbivores into cannibals did not sit comfortably with us so meat was excluded from our diet. The largest and strongest mammal in the world, the elephant, is a pure vegetarian. This was the start of our decision to become pure vegetarians or vegan.

A pure vegetarian or vegan is a person who does not eat any animal products, meat, poultry, fish, eggs, or dairy products including foods derived from dairy products such as yoghurt, ice cream, soft and hard cheeses. In his book *Eat to Live*, Dr. Joel Fuhrman states, "In April 2000 a Harvard study reported that having 2.5 servings of dairy products each day boosted prostate cancer risk by more than 30 per cent." Dairy has also been linked to promoting other cancers. All foods that promote rapid growth such as dairy foods promote cancer. As you can see it was a challenge well worth the effort.

Changing our lifestyle is a process and unfortunately it does not transpire overnight. Most of us have many bad habits that we must be willing to give up in order to achieve our goal, which in my case was regaining my health. Just as it takes time to develop bad habits it takes time to change them into good habits.

It took three years for me to be free from any walking aids; have control of my bladder and no more difficulty with my speech. It took me 48 years of poor choices for my health to deteriorate so I consider the three years an easy price to pay for the results I have achieved. Although when I 'get on my soapbox' about health, some may not see my speech improvement as a blessing. Have

I cured my health problems? I believe so, as long as I continue to follow the healthy lifestyle. Over the years since my diagnosis my health progressively declined until I changed my lifestyle. Since that change my health has progressively improved. This tells me that our lifestyle definitely has an impact on our health for better or for worse depending on our direction. The quality of life that I thought had gone forever is now better than I had ever imagined. The bonus has been that I am no longer overweight and I never had to count a calorie.

Now that our habits have changed we find our new lifestyle gives us enjoyment, contentment and peace of mind. Not only do we feel better in all aspects—physically, mentally and spiritually, but also we find our life and diet becoming simpler. The simplicity of our diet is due to the fact we have finally learnt to 'eat to live' instead of 'living to eat'. We allow our programme to be flexible enough to change as we gain new knowledge, but strict enough to keep us focused and on track.

The principles we have incorporated into our lives over the past few years have become our lifestyle. What seemed daunting to me in the beginning is now everyday life. An example of our day would consist of having a large refreshing glass of water first thing in the morning then moving ourselves with some warm-up and stretching exercises and an early walk in the fresh air and sunshine. Once home we are ready for a healthy hearty breakfast of grains and fruit. Then it's on with the routine chores before working in the office until lunchtime. Lunch is another healthy meal with lots of vegetables, legumes and grain. We drink approximately two litres of water per day between meals. The afternoon is back to work until about 5pm. Then, if we have the third meal of the day, it is something light such as soup and toast, or fruit. We tend to relax in the evening and usually go to bed between 8pm and 8.30pm. I have learnt that my body likes routine and the late nights I used to work doing shifts as a nurse were not healthy. I like to get a good rest at night and sleep for about seven hours. I love getting up early, usually between 3am-4am, and studying in my office in the peace and solitude of the early hours, awaiting the start of daylight when the birds wake with their dawn chorus and the world comes to life for another day.

I am happy to share the health principles I have learnt with those who have found it difficult to know where to commence their own journey to health. They may seem daunting to some but in order to regain my life I had to be firm with myself. I was determined to see some improvement in my health and most of the time willing to do what had to be done. I have to admit I did indulge in feeling sorry for myself occasionally but these "pity parties" did not last long once I began to see and feel the results of my efforts.

However, I must emphasise that the changes were not done all at once. Further changes were gradually added as my physical ability improved and as my energy levels allowed. If you are trying to regain your health, you need to be consistent in your efforts. Do not make it a chore or you will become despondent and give up.

Be aware that family and friends can be a blessing or a burden once you have made your decision to change. I recommend you explain your decision to them so they understand what you are doing and why. Tell them you need their encouragement and support. Ask them if they would like to help you with your research. Even better ask them to join you in your decision; they, too, have everything to gain and nothing to lose. Whatever you do, never take your focus off your goal.

The Spiritual Aspect

This last point I wish to share with you has been the catalyst of my life. I met Maurie doing a small business bookkeeping course, I was the student he was the teacher. One day in his office I noticed the book *Ministry of Healing* on his bookshelf and asked if I could borrow it. He graciously consented on condition I read the whole book. This I did and was so convicted that I would recover if I followed the directions given. Maurie and I discussed the book contents many times over the following weeks and got to know each other. There was one obstacle stopping our friendship going further and that was he was a Christian, I was not. We had many discussions on Christian topics and various beliefs which aroused my curiosity leading to more and more questions being asked. Finally, I told Maurie that I wanted to know Jesus like he knows Jesus. This was the start of Bible studies for me to learn more of Jesus. I found in Jesus someone who loved me just as I am without judging me; someone I could take all my troubles to, someone who wanted to strengthen me as I walked this journey- He became and is my thread of hope. All I had to do was take my troubles to Him and He would guide me as to what I needed to do through His written word, the Bible. I found that as I did what He asked of me I began to heal in all areas of my life.

Sometimes incidents happen to us in our life that we have no control over but we are made to believe it was our fault. These hurts that we carry through life have a negative effect on our thinking and the way we perceive people. They are sometimes described as eating away at us, often leaving us angry, bitter and resentful. I had some of these hurts which were draining my life force and filling me with disease. Over time, in my walk with Jesus, I was able to be forgiving and release these past hurts that I had clung to, leaving me a wonderful sense of freedom from guilt and shame. Letting go has changed my whole attitude to life.

I have spoken to many people about health and have found that most people are willing and wanting to do something for themselves but have no idea where to start. I have not been able to tell you all that I did on my journey in this brief discourse but I trust I have mentioned enough to give you hope and encouragement. Thank you for taking the time to read my story.

I am happy for you to contact me if you have any questions or would like more information. My phone contact is 07 41244770, my email address is karenandmaurie@live.com.au

Karen and Maurie live at Hervey Bay in Qld, where she is actively involved in teaching and helping people. She has also written a book detailing her recovery from MS.

Excess Mucus

Excess mucus is a problem that ails many people, especially in the winter months. The common cold, asthma, bronchitis, sinus congestion, all involve excess mucus that constrict the airways. There are natural ways to prevent or even eliminate the problem through natural therapies, but we shall briefly look at how we can help this problem by using specific foods.

Mucus is a thick fluid secreted by various cells that line body organs. The thick fluid is made up of water, salt, mucin and other small cells. Mucus is important because it keeps the body from drying out. Normal mucus is clear. The problem occurs when thicker, excess mucus does not allow the sinuses to drain properly. In addition, when mucus turns another color other than clear, an infection is

present. When irritants such as mold, smoke or pet dander are inhaled, they become trapped in the mucus.

Especially helpful are all citrus fruits, especially grapefruit as it reduces salt in the body and speeds elimination of this thick mucus and swelling, as it is also a natural anti-inflammatory. Fresh lemons squeezed into hot water and drunk will loosen phlegm. Fresh watermelon juice is effective at reducing toxins and symptoms. Pineapple contains bromelain, an enzyme that breaks down protein.

Vegetables have the power to make the mucus move along and dissolve. Some vegetables with powerful elimination properties are asparagus, onions, cauliflower, celery and garlic. Fresh green vegetables are better immunity boosters, as they contain chlorophyll.

Heat dissolves mucus. Warm pureed

soups of vegetables are a delicious and soothing way to remove mucus from the body. Turn up the heat with spices like garlic and ginger. Drink lots of water and herbal teas.

The main food group to avoid making excess mucus is dairy. Removing milk during this time can slow down mucus production. Cheese and yogurt should be avoided as well. It is best to avoid all grains for a time as they are also mucus forming. Avoid all refined sugars and refined salt, and all refined flour products. Chocolate, with its high concentration of refined sugars, should be avoided as well. Avoid starchy foods for a while (bananas are very mucus forming). Yeast products should not be a part of the diet during a cold. Instead, focus on lightly steamed fresh vegetables and fresh fruit. Canned vegetables and fruit are cooked during processing, losing much of the nutritive value, so fresh is better.

Pomegranates....

a super food

As a child growing up on a farm in the country, I can remember heading off with my brother on our quest to look for pomegranates. We knew where the tree was located, so we took off on our bicycles, loaded down with bags and baskets to bring the fruit home. We were told not to get the juice on our clothes as it stained, but we loved the thrill of getting these fruits and bringing them home, but little did we know that these fruits are loaded with health benefits.

Every pomegranate is composed of hundreds of small seeds, each surrounded by a sac of sweet-tart redish coloured juice contained by a thin skin. The seeds are compacted around the core in a layer resembling honeycomb. The layers of seeds are separated by paper-thin white membranes which are bitter to the tongue. The inner membranes and rind are not generally eaten due to high tannic acid content.

Many people eat the fresh fruit by chewing on the seeds to release the juice from the sacs and then swallow seeds and all. The seeds are considered good roughage to help cleanse the body. In India, the seeds are dried and ground into a powder to be used in meat dishes. Others will chew the juice from the seeds and then spit out the seeds. The option to eat or discard the seeds is yours.

Health benefits of pomegranate juice are known to include anti-inflammatory effects and high levels of anti-oxidants which protect healthy cells from damage by destructive groups of atoms called free radicals. It also contains polyphenols and isoflavones, which are believed to play a role in cancer cell death. They are rich in vitamin C, fibre and potassium.

Cancer Prevention

Cancer prevention tops the list of pomegranates' benefits. The antioxidants

and other compounds in pomegranates inhibit the initial formation of cancer cells, activate the enzymes that identify and fix damaged DNA, induce apoptosis, or programmed cell death in damaged cells, and impair multiplication of cancerous cells. So this juice is able to kill off deadly cancer cells.

Pomegranate juice and the fresh fruit have positive effects on numerous types of cancers especially prostate, breast, lung, skin and colon cancers. Studies in Israel show that pomegranate juice destroys breast cancer cells while leaving healthy cells alone and may also prevent breast cancer cells from forming. Other studies show it inhibits the development of lung cancer. It has been shown to slow down the growth of prostate cancer in mice. But in a study with 50 men who have had treatment for prostate cancer, one glass of pomegranate juice per day has been shown to keep PSA levels stable, reducing the need for further treatment such as chemotherapy or hormone therapy.

Allan Pantuck M.D. is slowing prostate cancer by blocking estrogen. And he's doing it with a simple, all-natural remedy. Dr. Pantuck is the director of cancer research at UCLA. He's specialized in the subject for over 10 years. The U.S. Army honored his investigations into slowing prostate cancer progression. He's been awarded several times by the National Institutes of Health for his prostate research. And he's written over 150 peer-reviewed journals on the subject. Now he's sharing his findings from a major study that uses a simple, totally safe ingredient to inhibit estrogen production and slow prostate cancer.

Dr. Pantuck took studied 50 men for five years. Before enrolling in the study, every man had been treated for prostate cancer. Treatments included surgery or radiation. In all cases, the treatment had failed. Their cancer was back. And it was

The pomegranate has been called a super-food mainly because of its antioxidant properties. Much research has been done to reveal this old-fashioned fruit has some of the most amazing health benefits. Even the seeds have health giving properties. Read about the humble pomegranate.

growing fast. Each man's PSA levels were rising quickly.

For men with no history of prostate cancer, PSA levels may not always be an accurate indicator of cancer. But when a patient has been diagnosed with cancer, and treated for it, PSA levels are an accurate way to see if the cancer is in remission. When those levels rise quickly they are a sure sign that the cancer has returned and is progressing quickly. This was the case for every man in the study.

Dr. Pantuck gave each man 250 mls of pomegranate juice each day - and no other treatment. Within weeks the juice was stabilizing their PSA levels and slowing their PSA doubling times. Doubling time is critical in prostate cancer. Patients with short doubling times are much more likely to die from prostate cancer, says Dr. Pantuck. In the case of the test group, the average doubling time was about 15 months.

But adding this simple fruit juice made a big difference. The researchers recorded a four-fold increase in doubling times. Instead of taking 15 months to double... it increased to 54 months for 82 percent of the men on the study.

"That's a big increase," says Dr. Pantuck. "In older men we can give them pomegranate juice and they may outlive their risk of dying from cancer. We're hoping we may be able to prevent the need for other therapies which bring with them harmful side effects."

There were further big improvements. The researchers' results also showed a 12 percent decrease in cancer cell growth and 17 percent increase in cancer cell death. "There are many substances in the juice that may be prompting this response," says Dr. Pantuck. "We don't know if it's one magic bullet. Or the combination of everything else we know is in this juice."

Cardiovascular Health

Pomegranates improve cardiovascular health. They reduce serum LDL levels, or bad cholesterol, in healthy and in diabetic patients. A study published in 2008 in the "Journal of Agriculture and Food Chemistry" confirmed the findings of previous studies that whole pomegranate fruit and pomegranate juice demonstrate the ability to prevent and reverse atherosclerosis, or the build-up of plaque on artery walls. This means a decrease in blood pressure and increased blood flow to the heart and therefore there is much less chance of having a heart attack!

Inflammation

Long-term inflammation can cause multiple chronic diseases like rheumatic arthritis, asthma and cardiovascular disease. Pomegranates possess chemicals that reduce inflammation, preventing and relieving symptoms of some of these diseases.

Diabetes and weight loss

The researchers from the University of Edinburgh believe pomegranate juice may lower the amount of fatty acid in the blood, known as nonesterified fatty acid or NEFA. Previous studies in humans and animals have shown that high NEFA levels are linked to a greater storage of fat around the abdomen, as well as an increased risk of heart disease and type II diabetes. In the experiment, 24 men and women were given a 500ml bottle of pomegranate juice to drink every day for four weeks. The researchers found that nearly half of all volunteers had much lower NEFA levels by the end of the trial. Scientists believe that the super-food has the power to reduce the fat stored round the stomach - the 'spare tyre' in men, or 'muffin top' in women. After just one month, volunteers who consumed a bottle of pomegranate juice every day were found to be less likely to develop fatty cells around their abdomen.

Womens Health

It's possible that women's fertility can also be included in the list of health benefits of pomegranate juice. Fertility specialists typically recommend specific supplements to couples who are experiencing difficulty conceiving. The most highly recommended supplements are zinc, selenium, folic acid, Vitamin C,

Vitamin A, and Vitamin E. Guess where you can find each and every one of these vitamins and minerals? The pomegranate contains all of these, so doesn't it make sense that drinking pomegranate juice could positively affect fertility? Not only do studies indicate that the amount of folic acid in the juice is beneficial for pregnant women, there are also indicators that pomegranate juice as one of the natural remedies for hot flushes may lessen the severity of hot flushes. This antioxidant-rich juice is also showing promise in the area of natural cancer treatment in breast cancer prevention. As mentioned above, pomegranates contain polyphenols. These polyphenols block the synthesis of estrogen, which means the growth of breast cancer cells is greatly inhibited.

Menopausal women can also benefit from further health benefits of pomegranate juice. Did you know that with the onset of menopause, that women are more susceptible to developing heart disease and cancer? For years, physicians have prescribed medications in hopes of helping women with the symptoms of menopause, while also preventing these (sometimes) fatal diseases. However, it's becoming more evident that these menopause medications could cause more harm than good. Research has shown that when women drink pomegranate juice for menopause treatments and bone loss daily, the symptoms of menopause lessen and the risk of developing heart disease and cancer actually decrease.

Other Health Benefits

*Pomegranates are showing promising results in other fields, too. New animal studies report that compounds in pomegranates may help to control blood glucose levels in diabetics.

*Pomegranates may also improve skin health and oral health in addition to possessing antimicrobial, anti bacterial, antiviral and anti-diarrheal properties.

*Mothers who drink the juice protect the brain of their newborn babies from damage. This is great news for mothers of premature babies.

*The juice prevents cartilage deterioration caused by osteoarthritis.

*Great for men's health as not only protects against prostate cancer but fights off erectile dysfunction. It has an ability to improve blood supply and has been dubbed as a "Natural Viagra".

*It may prevent and slow Alzheimer's Disease because of less Amyloid plaque build up in the brain. Mental tasks become easier.

*May help to slow down the aging process and beneficial in maintaining the elasticity and health of your skin.

*Pomegranate peel extract applied topically accelerates the healing of wounds and diminish wrinkles.

*They may help to prevent tooth decay by suppressing the detrimental bacteria that cause plaque and tooth decay.

*Pomegranate may inhibit the replication of Influenza Viruses.

*Pomegranate may inhibit the growth of Staphylococcus aureus and may inhibit the production of endotoxins by Staphylococcus aureus.

*Pomegranates fight diarrhea, bronchitis, sore throat and nausea.

Pomegranates can be purchased in season and eaten, but a very easy addition to your diet is pomegranate juice. Be aware that most pomegranate juice is flash pasteurized and it's usually found in a clear container. Both these factors result in some of the nutrients getting lost along the way. So who knows how much of the pomegranate juice health benefits you're getting by the time you drink it. But the amount of benefits you'll be getting definitely outweighs the drawbacks so try adding pomegranate juice to your diet.

Pomegranate juice is available in many supermarkets so be sure to read the label to make sure you're getting a quality product. Make sure it's 100% pure juice, or 100% pure juice from concentrate at the very least. Also make sure that no sugars are added. Another thing to look for is there should be a little bit of this thick, cloudy sediment at the bottom of the container. You will see this when you shake it up.

It has been stated that one glass of pomegranate juice a day can help your health in many different ways. The fruit has long been used in folk medicine in the Middle East and India. Healers have used the bark, leaves, skin and rind as well as the edible fruit to cure a multitude of ills. A boiled infusion of the rinds is said to soothe a sore throat and a scalp massage paste made from the leaves is thought to reverse baldness.'

www.naturalhealthdossier.com

www.amazing-pomegranate-health-benefits.com

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.

Comfrey Leaf NEW PRODUCT 100g.....\$9
To use in poulticing or in oils and ointments. A great healing herb. Has lots of 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

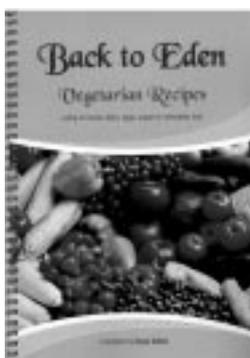
Activated Charcoal Powder 2000g.....\$80
Activated Charcoal Powder 1000g.....\$45
Activated Charcoal Powder 500g.....\$30
Activated Charcoal Powder 150g.....\$14
AgriLush Charcoal for the garden 4.5 litres.....\$65
Charcoal can be taken internally or used in a poultice. Sold in tubs.

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 -
A 5 disc set was recorded at Albury in August 2010 \$25
A 3 disc set recorded in Albury May 2011 \$15

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

Recipe

POLENTA CHEESE

1 cup water
½ cup polenta (or cornmeal)
½ cup raw cashews or dry roasted peanuts
¼ red capsicum or 1 teaspoon of sweet paprika
1 teaspoon celtic sea salt
1 teaspoon onion powder
¼ teaspoon garlic powder
1 teaspoon lemon juice
1-2 tablespoons yeast flakes (optional)

Place all ingredients into a blender and blend for at least one minute until completely smooth.

Pour into a small lightly oiled loaf pan or dish and bake covered at 190 degrees for 45 minutes. Cool and slice for sandwiches or crackers. It can even be grated over a salad.

Make sure the mixture is about 4 cm deep in the pan as this will give the appearance of a block of cheese, as well as having a nice cheesy taste.

Back to Eden

with **Kaye Sehm**

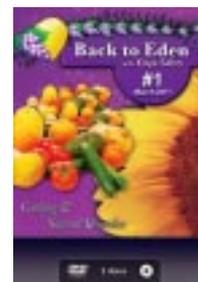
& assisted by **Peter Sehm**
on DVD series 2 and 3

3 different DVDs

Series 1 recipes & poultices

Series 2 recipes & poultices

Series 3 recipes & hydrotherapy (to be released very soon)



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.

These DVDs are for sale at \$25 for each 2 disc set. They have been filmed at Steps to Life Studio.

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

Back to Eden is planning some meetings in Albury.

Invite your friends

Health meetings

with Karen Walters

Karen has a background as a registered nurse, a Herbalist as well as doing some counselling studies. She regularly speaks at Health meetings in Queensland. She is an excellent speaker who will captivate you as she speaks about her journey from Multiple Sclerosis to health. As you read in her story featured in this newsletter, she had put on lots of excess weight during her illness. She struggled with this for some years and it has taken her some time to get the last of this excess weight off, and she is going to share her method with you. She realises that many people find it almost impossible to reduce their weight, especially as they get older, and she knows what they go through. But she is an example of the program she promotes. Even if you are not overweight, her information will be interesting to you.

She will speak on 2 consecutive Sundays. The first of these will be on how to lose weight. She will show what to eat, when to eat and what else we must do, and the second will be on another of her favourite topics, how we think affects our body and health. You will be inspired and enthused by her information and personality.

Sunday 21st August - How to Lose Weight

- 9.30am Is Food Seducing You? - Food addictions and how to understand them
- 11.00am Portion Distortion - What, when and how did it happen?
- 1.45pm Moving or Grooving - Same results different path
- 3.00pm Weight Loss Made Easy - No weighing food or counting calories

Sunday 28th August - The Mind Body Connection

- 9.30am Mind Body Connection - Is it real and does it matter
- 11.00am Emotional Hunger - Physical or mental?
- 1.45pm What's Eating You? - The power of the mind and emotions
- 3.00pm How to Overcome the Hurts - Moving on with life

PLUS:

Karen will speak at a special meeting on Wednesday 24th August from 10-12 noon to be held at my home at 496 Hague Street. She will answer questions and you can be assured she will be very interesting and will not run out of things to talk about.

My regular meeting will be held on

Wed August 3rd The Vegetarian Advantage plus a small section on ointments and oils.

Wed 24th August with Karen Walters

Wed October 5th more on the Vegetarian Advantage
Please book by the Monday prior to these meetings as you will be served a tasty vegetarian lunch.

Bookings for Sunday programs:

Phone: Kaye 02600255018 or
Beat 0260253584

Where: Lavington Public School
Hague Street, Lavington

When: 21st and 18th August

Time: 9.30am to approx 4.00pm

Cost: \$12 per day

A lovely vegetarian lunch will be provided, prepared by the Back to Eden ladies.