

# Back to Eden

Sunlight  
Calcification  
Maca  
Recipe  
Coming classes/ DVDs  
Recipe Book / products

PO BOX 850 LAVINGTON 2641

KAYE SEHM 02 6025 5018

This issue: Spring 2011 No 48

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.

**e mail:** [backtoeden@aapt.net.au](mailto:backtoeden@aapt.net.au)

[www.kayesrecipesandremedies.com](http://www.kayesrecipesandremedies.com)

Since the last newsletter I have had a busy schedule, running three different Seminars in Melbourne plus a series in Kilcoy in Queensland. We also had meetings here in Albury with Karen Walters as speaker. So I want to welcome any new readers to this newsletter. If you want to read up on past issues, you can download free back issues from number 20 to the current issue on my website (see above address).

I have had a very interesting time meeting many new people. I am more convinced than ever that the way to health is keeping the Eight Laws of health. These seemingly simple laws will give a much higher quality of health to all who follow them than those who eat according to the standard diet most Australians eat. But I am also passionate about the Natural Remedies that I know are helping so many people. Plus there is the vegan vegetarian diet! I consider myself so blessed that I am able to practice this lifestyle myself and have the privilege to share it with others.

Looking ahead to next year I have a few ideas that hopefully will eventuate. My desire is to share this knowledge with people who are then willing to teach it to others. If any readers are interested in learning how to run the type of programs I currently teach, watch out for my next newsletter.

I am planning to follow a new format in my monthly meetings. I want to have a short segment on a new recipe, then a section on eating with regard to the laws of health followed by a natural remedy. Then this is followed by a delicious vegan vegetarian lunch. This is a great time of getting together with like minded people who love to try different recipes and learn about ways they can improve their health. These meetings are planned for the first Wednesday morning each month. See last page for details for the remainder of this year.

From Kaye and the Back to Eden team..

## Sunlight.... its healing powers

The slogan "slip, slop, slap" has been advocated by health professionals as the way to avoid deadly skin cancer, a disease which is getting more common in sunny Australia. Yet on the other hand we are finding more and more people are deficient in vitamin D, which in turn is leading to other health related problems. What is the answer to this dilemma? Should we avoid the sun, or is it actually healthy? Let us look at some of the benefits of sunlight and then we can make up our minds based on facts.

All life on this planet is dependent on the sun. It provides energy for the plants to photosynthesize the products necessary for growth. Plants store this energy as carbohydrates, proteins and fats to be transferred to humans or animals as their food. Sunlight is composed of many different energy levels. This energy is transmitted in the form of electromagnetic waves. Of the small amount of these waves that reach the earth's surface, only a very small amount can be seen by the human eye. Ultraviolet and infrared waves are invisible to us, yet it is the ultraviolet portion of sunlight that has been proven to be most biologically active. Unfortunately these can be most easily eliminated by window glass, sunglasses and clothing. Window glass permits some wave lengths to pass through and reflects others.

History tells us that the sun has been revered as a life-giving, healing power. In 1877 Downes and Blunt proved that sunlight has the ability to destroy bacteria. Since then sunlight has been successful in treating skin tuberculosis, lowering blood pressure, lowering elevated blood sugar found in diabetics,

and decreasing cholesterol. When antibiotics were discovered the medical world lost its interest in the healing power on sunlight. The current medical concept describes the sun as destructive, capable of aging the skin and causing skin cancer. Undeniably, the sun plays a role in the problem of skin cancer and aging, but is it the ultimate culprit? We shall see that the highly refined western diets that many are eating plays the leading role. In the aging process and in the development of skin cancer it seems that sunlight accelerates the problem.

## Sunlight and fitness

There is conclusive evidence that sunlight on the skin produces a metabolic effect in the body that is similar to physical fitness. Tuberculosis patients were treated to sunbathing. They showed well-developed muscles even though they had not exercised for months. Beneficial effects which are similar to an endurance exercise program can be achieved by a series of sunlight exposures.

Most are aware that after fitness program, the ability of the body to utilize more oxygen and deliver it to the muscles and organs of the body is increased. Energy levels increase and one can endure stress much better. Sunlight seems to have a similar ability to increase the blood's capacity to carry oxygen and deliver it to the tissues. The oxygen content of the blood has been measured after a single exposure to ultraviolet light. The effect lasts for many days. We may conclude from this that both exercise and sunlight increase the oxygen in the tissues.

Sunlight increases the blood supply not to only the muscles just under the skin but also to deep internal organs and muscles. This will develop muscular strength and prevent soreness when a

new activity is undertaken. It has an effect on male hormones. The Greeks had an unusual practice of exercising nude on a warm sandy beach. We now realise that this developed their muscles to their maximum, but it also stimulated the production of the male hormone testosterone. When sunlight strikes any part of the male body it stimulates the production of testosterone. If it strikes the chest or back the male hormone is increased by 120%, yet when it strike the male genital area, the hormone testosterone is increased by 200%.

A group of men were put on a moderate exercise program. After six months they averaged an 8% drop on their blood pressure. Another study put 156 men on a vigorous program of exercise. These man had an average reduction in their blood pressure of 15%. Researchers decided to add sunlight into the equation. Those with normal blood pressure were exposed to sunlight showed a small reduction in blood pressure, but those who had high blood pressure had a marked lowering that lasted five or six days. It would seem that a good exercise program combined with a sunbathing program would go a long way to eliminate hypertension.

A good exercise program lowers the heart rate, but also increases the efficiency of the heart, allowing it to pump more blood at each beat. Once again a group who sunbathed were tested and it was found that the output of blood from the heart was increased by an average of 39%, and the increase continued for five or six days following a single exposure to ultraviolet light exposure.

Exercise will lower the blood sugar in a diabetic so they will require less insulin. Exposure to sunlight causes a lowering of the blood sugar. This is minimal in normal individuals, but it is dramatic in diabetics. Because of this dramatic effect, a diabetic may need to see his doctor to adjust his insulin dose when following a sunbathing program. This is the reason a diabetic must sunbath with caution, gradually increasing the exposure to sunlight and decreasing the dose of insulin.

Stress tolerance is enhanced by exercise. Yet combined with the beneficial effects of sunlight it improves the general health, gives a sense of well being and enables them to sleep at night. When animal have been exposed to sunlight they have been found to have more adrenalin in their adrenal glands.

Other benefits of sunlight are: resting heat rate decreases, respiratory rate decreases, lactic acid build up in the blood is decreased, severe bronchial asthma patients can breathe freely, decreases fatigue, muscular strength increases, decreases cholesterol, and improves duodenal ulcers.

## **Sunlight and heart disease**

Early signs of heart disease is being detected in younger and younger people. Children as young as five years of age have early signs and by the age 16-20, over half the population shows evidence of hardening of the arteries. This disease is a condition in which a high content of cholesterol and fat in the blood stream injures the lining of the blood vessel. The blood vessel attempts to heal itself, but it only compounds the disease in the process. The muscle cells in the wall of the vessel are stimulated to grow and cover the injury. As they do this, cholesterol and fat from the blood infiltrate the new growth. If the fat content of the blood remains high, this process continues until the blood vessels become almost plugged. This process takes place all over the body, but some area are more susceptible to injury than others. Depending on which vital organ is involved, the disease takes on different names: in the heart – a heart attack or coronary; in the brain – a stroke; in the kidneys – hypertension or even loss of the kidneys; in the arteries to the legs – intermittent claudication (pain on walking) or loss of the leg.

In a study done on 30 patients who had hardening of the arteries, their blood cholesterol level was taken before a single sunlight treatment. After two hours the blood cholesterol levels were taken again. The result was a 13% decrease in the blood cholesterol levels. Another fascinating study was done on rabbits that were given a high cholesterol diet. Half the rabbits were given sunlight treatment, the other half were given standard room lighting. The rabbits who were given sunlight did not increase their cholesterol levels and had arteries that were clean with little or no damage to them. The rabbits that had room lighting had great increases in their cholesterol and had severe deposits in their arteries. Russian studies show that while a single sunlight exposure is of benefit, multiple exposures are more efficient at lowering cholesterol.

A primary function of the blood is to carry oxygen through the body. Whenever there is high cholesterol in the blood, this cholesterol is incorporated into the wall of the red blood cell by thickening it. The thick wall makes it very difficult to move oxygen from the red blood cell to the tissues. In other words, cholesterol toughens the red blood cell wall and the oxygen cannot readily pass through it to the lining of the artery. It has been proved that ultraviolet light actually increases the oxygen in the blood and its oxygen-carrying ability. It also increases the use of oxygen in the tissues which in turn produce more energy.

Unknown to most persons, the sun has a dramatic effect on blood pressure. In one study, after one exposure to sunlight, the systolic dropped on average 6mm and the diastolic dropped 8mm. The effect lasted five or six days. The Russians who are using sunlight to lower blood pressure at their health resorts are getting excellent results. There appears to be a sensitivity factor to the effect of the sun. Patients with high blood pressure have a drop in their blood pressure 2.5 times that of patients with low blood pressure.

Sunlight can decrease cholesterol, high blood pressure, blood sugar and angina (chest pain from coronary heart disease), but remember that the darker the skin colour, the harder it is for the sunlight to penetrate.

## **Sunlight and cancer**

There are several good arguments to support the view that sunlight may be one of the factors that contribute to the development of skin cancer. Usually skin cancer appears on the parts of the body that are exposed to sunlight, such as the hands, head, neck, arms and hands. If the person is sunburnt, free radicals are formed that are responsible for the damage to the skin. The amount of free radicals formed in the skin when it is exposed to sunlight and the tendency for that skin to burn are directly related. In other words, if you can stop the free radicals from being formed, you can significantly reduce sunburning.

When ultraviolet light strikes the skin, cholesterol may be changed into many different products. One of these products, cholesterol alpha-oxide, is known to act as a free radical and can cause cancer. In the past several decades, westerners

have increased their intake of polyunsaturated fats, unsaturated fats, altered fats, refined and hydrogenated fats. As these fats increase in the diet, they also increase in the tissues. It is these fats that are the problem. We need fats in our diet, but they must be the type of fats that the body can use. Another factor we must remember is that free radical damage can be inhibited by certain nutrients in the diet. The vitamins and minerals that protect the body from free radical formation are called antioxidants. Examples are vitamin C and E, a mineral called selenium and carotene which is a precursor to vitamin A that can stop free radical formation. If the person is getting correct nutrition with an abundance of these antioxidants, they will not have the problems associated with their lack.

There is little doubt that a high fat diet contributes to skin cancer, breast and colon cancer. In fact the animals receiving the most fat develop the most cancer. Fat seems to have a specific effect in stimulating cancer formation. Not only does saturated fat stimulate cancer formation, but unsaturated or polyunsaturated fat will do the same. In many cases in scientific literature, the polyunsaturated fats are shown to stimulate cancer formation more quickly than so the saturated fats. The more unsaturated the fat, the greater seems the ability to stimulate cancer formation caused by sunlight or cancer producing drugs. The polyunsaturated fats form the most cancers.

## How polyunsaturated fats cause cancer

Why do polyunsaturated fats produce more cancer than saturated fats. Normal body cells obtain their energy by "burning" sugar or glucose to carbon dioxide and water. Cancer cells, however, always obtain part of their energy by changing the sugar only to lactic acid, a relatively simple step, and not continuing the process on to carbon dioxide and water. Oxygen is required when sugar is burned to carbon dioxide and water, but is not required when the sugar is changed only to lactic acid. Cancer cells stop with the production of lactic acid, for they have been damaged, and are no longer able to burn sugar efficiently, all the way to carbon dioxide and water.

A very small amount of energy is obtained when sugar is metabolized to lactic acid and comparison with the amount

produced when it is burned all the way to carbon dioxide. All cells need this greater energy to maintain normal, internal structure and functions. Cancer cells are thus unable to maintain the normal cell structure and function. Normal cells are able to communicate with each other and are able to stop abnormal cell division and wild growth. Cancer cells have lost this ability. When normal cells have their oxygen removed, they start to grow wild and multiply and become malignant. We can conclude from this, that anything taken into the body that inhibits or stops the supply of oxygen is cancer producing.

A normal polyunsaturated fatty acid molecule is shaped in the form of a horseshoe. The body is able to use these. When fat is removed from any natural food, is refined and deodorized and may be even hydrogenated, it is changed from its horseshoe shape, called the *cis* form to a straight chain-like structure called the *trans* form. The cell tries to use these straight trans molecules to build walls around themselves, but because they are the wrong shape, this causes a problem in the cell structure. Gaping holes may allow substances that cause cancer pass through into the cell, causing real problems.

Trans fats may be identified as partially hydrogenated vegetable oils. They are found in many common foods, from canned soups, crackers, pastries, all baked goods, cakes and frostings, frozen dinners, sauces, frozen vegetables or breakfast cereal. It is essential that we check out ingredient labels before we buy and eat any product and avoid these completely.

## Sunlight inhibits cancer

It becomes clear that sunlight can help to prevent cancer when we understand how it stimulates the immune system, increasing its efficiency. Sunlight increases the amount of oxygen in the tissues. This is very important in stimulating the immune system especially in the production of antibodies. Cancer cells do not like oxygen and when exposed to high concentration, they slow their growth and division, finally stopping altogether. In the indirect way, sunlight may be able to stimulate the immune system and increase the oxygen in tissues.

Nutrition and sunlight are intimately related. By striking the skin, sunlight can produce certain hormones and nutrients

such as vitamin D. Unless one has a proper diet sunlight has an ill effect on the skin. **This must be emphasized: sunlight is dangerous for those who are on the standard high-fat western diet or who do not get an abundance of vegetables, whole grains and fresh fruits. Those who are on this diet should stay out of the sun and protect themselves from it, but at the same time they will suffer the consequences of both the high-fat diet and the deficiency of sunlight.**

## Importance of vitamin D

History tells us that during the industrial revolution thousands migrated to the cities. Years later a deficiency disease was noted among those who were living in these cities, they developed "rickets", a disease caused by lack of vitamin D.

As sunlight strikes the skin it initiates a delicate multiphased process. Cholesterol in the skin is changed into pre-vitamin D. Pre-vitamin D stays in the skin where sunlight continues acting upon it, turning it into two other products that are important for forming hormones or other products needed by the body. Pre-vitamin D is changed into vitamin D by the normal heat of the body. It takes 24 hours for the body to change half of the pre-vitamin D to form into vitamin D. Since vitamin D can be toxic in large doses, its slow release by the body prevents a large build-up of vitamin D. This vitamin D is absorbed into the blood, is then carried to the liver and to the kidneys. It is necessary for the absorption of calcium, develops calcium-binding proteins in the intestines, is essential for the production of two enzymes, regulates amino acids levels in the blood and citric acid levels in tissues and bones.

The metabolically active form of vitamin D has all the characteristics of a hormone. Hormones can be described as chemical agents which are synthesized by definite parts of the body and carried by the blood to another part of the body where they produce specific changes in certain tissues and organs.

In one study in England it was found that the vitamin D obtained from the sunlight was far superior to that taken from oral ingestion. A group of English veterans who lived indoors during the English winter were all on the same diet which included dairy products and vitamin D.

They were tested to see how much calcium they were absorbing. Half were given ultraviolet light, the other half were given normal lighting. Those who received the ultraviolet light increased their vitamin D by 15%. The other group decreased theirs by 25%. This shows that sunlight is more important than dietary vitamin D and is necessary for proper calcium absorption.

## Infectious diseases

It was in 1877 that Downes and Blunt accidentally found that light could kill bacteria. They observed that tubes of brown sugar water placed on a window sill that were placed in the shade experienced bacterial growth while those in the sunlight remained clear. In 1903 Niels Finsen won the Nobel Prize by treating tuberculosis with sunlight therapy. From the 1930's there continued to be progressive development in the use of ultraviolet light and sunbathing was the most effective treatment for a number of infectious diseases. In 1938, penicillin was discovered and the era of antibiotics began. The advent of antibiotics stopped the interest in sun therapy. Fortunately a few investigators have kept the trickle of information flowing on the beneficial effect that the sun may have on our health.

People were still being treated for various diseases and infections such as blood poisoning, childbirth infections and peritonitis. It was reported that eight cases of viral pneumonia were gone in 24-76 hours following a single treatment. The cough disappeared in 3-7 days. The temperature that accompanied mumps was gone in 24-48 hours and the swelling disappeared in 4-5 days. In 1944 it was demonstrated that ultraviolet light could destroy the flu virus. Fungal diseases were treated very effectively and were completely cured after a month of treatment. Infections in toenails seem to go in remission after sunlight therapy. Sunlight increases the number of white blood cells and strengthens the entire immune system.

Air borne bacteria and viruses within 2 metres can be killed in 10 minutes of exposure to ultraviolet lights. Microorganisms found in water are purified by using ultraviolet lights. Scientists have concluded that the sun's rays are an important factor in the natural purification of water because of their effectiveness in killing E. Coli. By testing water

samples from a marine sewage disposal, investigators demonstrated that sunlight could kill E. Coli to depths of 3.5 metres in sea water.

## More benefits

Sunlight has the ability to electrically charge some of the air molecules, usually at a ratio of 4.5 negative ions to positive ions. Most heaters and air conditioners remove the negative ions and add positive ions. Positively charged air depresses the adrenal glands and their ability to secrete hormones that protect the body against stress. Thus living and working indoors can leave us vulnerable to stress unless the outdoor, negatively charged air is allowed to come in through an open window. It is very important to sleep in a room that has an open window.

In this modern era we are bombarded with heavy metals, pesticides and various other chemicals. It is important that we eliminate these as fast as possible. Sunlight has the ability to speed up the metabolism, decontaminate and eliminate toxic agents. The amount of sunlight one receives appears to be very important in this regard. Too much sunlight, which causes burning, may be as ineffective as no sunlight at all. Experiments were done with rabbits that were given toxic chemicals such as lead, mercury, cobalt, manganese, fluoride, benzene, carbon tetrachloride, pesticides and dusts. Half of the rabbits were given sunlight treatment, the other half had none. The animals that were given the sunlight treatment eliminated some of the toxic chemicals ten to twenty as fast as did the animals not receiving any treatments. The ultraviolet light seemed to increase the enzymes that metabolized toxic chemicals and helped to remove them. In other experiments, Russian miners who had breathed in coal dust were successfully given sunlight treatment to remove the coal dust. Incredibly sunlight accelerates the body's ability to dispose of heavy toxic metals and to move the necessary trace minerals found in the body to the most advantageous position for use.

Sunlight affects the hormonal balance of the body in two ways; by stimulating glandular production when light passes through the eye into the brain, and by producing hormones directly in the skin. When light enters the eye it stimulates nerves at the back of the eye to send impulses to the spinal cord. From there

the impulse is sent back to the brain to a tiny organ called the pineal gland. This gland produces melatonin which also affects other glands. In some western countries it has been noted that the pineal gland becomes calcified in some people. This means the production of melatonin is decreased which in turn stimulates the production of estrogen which causes an increased amount of breast cancer. Some believe that the reason for the calcification of the pineal gland is the low light the human eye receives while indoors which stops the stimulation of the pineal gland. Another possible cause is the habit of some people to wear sun glasses. Interestingly many women who have underactive thyroids would not realise that sunlight stimulates the thyroid gland to increase hormone production.

The use of sunlight for treating arthritis dates back many centuries. Also rheumatism, wounds, sores and ulcers, adult jaundice, gout, psoriasis, acne, baldness and peptic ulcers have all responded to sunlight treatment.

## How to sunbathe

One's sensitivity is the first factor to consider. Sometimes drugs, cosmetics and even soaps can sensitize a person that they burn readily. In the winter it is easier to avoid sunburn. During the summer months it is best to avoid the hot rays during the heat of the day. Sunbathe in the sun when it is a little cooler. Sweating will cool the body, remove toxins and absorb some of the sun's burning rays. For those who are very sensitive to the sun's rays, start by exposing each area to the sun for two minutes. Some may be able to handle a longer exposure, but remember to start gradually. Work up to 30 minutes in the summer and up to 60 minutes in the winter (when there is sun).

Allow the sunlight to strike as much skin as possible. If you find a secluded place you may be able to sunbake semi-nude or even nude. Use no sun screen or lotion. Clean skin is the best. Always remember to sunbake wisely so you do not burn. Remember that you must be on a healthy diet eating lots of fresh fruits and vegetables and eating no unhealthy fats. It is not about getting a suntan, but about allowing the healing rays of the sun to heal and strengthen your body.

*Sunlight by Zane Kime MD MS*

# Calcification and Acidification

A vegetarian diet rich in wholegrains, fresh fruits and vegetables, nuts and seeds is the best way to prevent hardening of the arteries and having an acidic body. We also need to keep the Eight Laws of health including getting lots of fresh air, exercise and sunshine.

**C**alcification or hardening of the arteries causes the arterial walls to lose their elasticity. It is a sign of aging which appears as a result of the disturbance in the metabolism and an unhealthy diet, primarily one containing too much protein.

During calcification, calcium is withdrawn from the bones and deposited in vessels and tissues. This process causes the bones to become porous and fragile. The tissues, blood vessels and scar tissue accumulate deposits.

Calcification is a common problem today, occurring in various parts of the body, in many people. It has longed been observed on autopsy. It is indicated elsewhere in the body with the appearance of calculus on the teeth. It is confirmed in living subjects by CT scans. It increases with age in coronary arteries of both healthy and symptomatic people. It is influenced by Vitamin C intake, and by many other diet and lifestyle variations. It is responsible for a multitude of disorders such as kidney stones, atherosclerosis, calcified gall stones, dental calculus, spurs, dysfunction of the heart valves, hardening of the pineal gland and other endocrine glands, ovarian disease, calcification of the joints, inflammatory disorders, fibrocystic problems and many more.

Calcification is preceded by or accompanied by five sub-clinical effects. These are:

1. Acidemia
2. Free calcium excess
3. Chronic inflammation
4. Connective tissue degeneration
5. Oxidative stress

All of these defects are a result of lifestyle violations. When God's laws of health are violated, the pH of the body fluids generally tend toward acid. The scale that is used for measuring the pH, or hydrogen ion concentration is from 0 to 14, with 7 being the neutral point. Below 7 is acidic; above 7 is alkaline. The optimal pH of the body's fluids, such as the blood and urine, is 7.4, slightly alkaline. Outside of this range the body's activity is no longer optimal and the metabolism is out of balance. The pH of the body is largely influenced by metabolic byproducts and our diet. Thus, pH is directly affected by the various categories of food that we eat and the

internal mechanisms involved in their processing. Some foods that are acid in their composition can become alkalizing following metabolism by the body, such as lemons. Accordingly, it is to become more aware of the impact that various foods and our eating habits have on the internal environment of the body.

An acidic pH can occur from an acid forming diet, emotional stress and toxic overload as well as immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals stored in other parts of the body. If the diet does not contain enough minerals to compensate, a build up of acids in the cells will occur.

The reason acidosis is more common in our society is mostly due to the typical standard diet, which is far too high in acid producing animal products like meat, eggs and dairy, and far too low in alkaline producing foods like fresh vegetables. Additionally, we eat acid producing processed foods like white flour and sugar and drink acid producing beverages like coffee, soft drinks and cola. We use too many drugs, which are acid forming; and we use artificial chemical sweeteners like NutraSweet, Equal, or Aspartame, which are all poison and extremely acid forming. One of the best things we can do to correct an overly acid body is to clean up the diet and lifestyle.

An acidic balance will: decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease its ability to repair damaged cells, decrease its ability to detoxify heavy metals, make tumour cells thrive, and make it more susceptible to fatigue and illness.

A blood pH of 6.9, which is only slightly acidic, can induce coma and death. The body's effort to maintain an arterial blood pH of 7.4 overrides just about every other function. Let us consider the common practice of many people who drink coca-cola to show how the body compensates.

## Coca-cola upsets the pH balance

A glass of cola has a pH of approximately 2.6. It would take approximately 10 litres

of pH 10 alkaline water to neutralize one glass of pH 2.6 cola. When a glass is added to 45 litres of water with a pH of 7.4 (remember the blood is 7.4), the cola will acidify the entire solution resulting in a pH of 4.6. When a person drinks a glass of cola, the arterial blood starts to acidify, dropping to 7.39, 7.38, 7.37, 7.36, and so on. By the time it reaches 7.35 the oxygen level in the blood has reduced by 65%. This condition is known as acidemia. In an effort to prevent death, the body will draw phosphates from the bones to alkalize the blood. This will correct the pH fairly quickly, but calcium will be freed from the bones and will need to be eliminated from the system. After drinking a glass of coke, calcium can be measured in the urine, along with sodium, magnesium and other important minerals. If the calcium is not excreted quickly, it will be deposited on the bones, in organs, muscle tissue and many other places. Wherever calcification occurs, other toxins are soon deposited into the surrounding tissue. Eventually excessive blood will be sent in to cleanse the diseased tissue, resulting in chronic inflammation.

An acidic system means oxidation which means decay. Excess acidity causes numerous disturbances such as: weakening of the skin, hair, nails, teeth, bones, deterioration of the digestive tract, leaky gut syndrome, candida, allergies, excitability of the nervous system, sciatica, tendency to depressive illness, anxiety, panic disorders, muscular spasms and cramps, enhances susceptibility to infections, (bacterial, viral, etc.), chronic fatigue, blockage of certain minerals which become unavailable and increased risk of cancerous cells proliferating.

To maintain health, the diet should consist of 60% alkaline forming foods and 40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods. Generally, alkaline forming foods include: most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, and seeds and nuts. Generally, acid forming foods include: meat, fish, poultry, eggs, grains, and legumes.

# Maca

## ...the Inca Superfood

**M**aca is a root vegetable or tuber from a perennial that grows in the harshest, most difficult farmlands in the world - the extreme high plains of Peru. Native Peruvians have used Maca as a medicine since before the Incas. It is a relative of the potato and Mexican yam and is cultivated in an environment of amazingly intense sunlight and fierce winds. It grows at elevations higher than any crop in the world and it manages this existence in regions that are little more than barren rock with sub-freezing temperatures each night.

Perhaps it is the challenging native environment where it is grown that gives Maca its strength. It still is an important crop to the Andean Indians.

One of the chief attributes of Maca, according to the Peruvian Indians who grow it, is its reported ability to enhance fertility. When the Spanish conquistadors first began to raise sheep in the higher regions, they were reproducing poorly. When the sheep were fed Maca the results were so amazing that Maca then started to become valuable. The reported fertility enhancement of Maca may be due to its high content of iodine, zinc, amino acids and Vitamin C.

Maca is a nutritionally dense super food of the Incas and has the highest minerals, vitamins, enzymes and all of the essential amino acids of any food crop grown there. It is especially rich in B vitamins which are the energy vitamin. It is a delicacy, with a sweet and mild flavour with a butter-scotch like aroma. Its potato like tubers can be dried and stored for years with no appreciable loss of nutritional value. The roots are usually yellow or purple and resemble its relative the radish. The fresh roots are baked or roasted in ashes. The dried roots are usually boiled in milk or water to create a savoury porridge. Maca boiled in water tastes sweeter than cocoa.

### Nutritional Storehouse

Maca is a nutritional storehouse. It is especially rich in iodine, 10.2% amino acids, 59% complex carbohydrates 8.5%

fibre, 2.2% lipids, and essential minerals such as calcium, magnesium, phosphorus, potassium, iodine, manganese, copper, silica, sodium, zinc and iron. It contains vitamins B-1, B-2, B12, C and E, and is a source of glycoside steroids. Weight lifters and body builders are turning to Maca as a natural and safe **alternative to anabolic steroids**.

The amino acids found in Maca are aspartic acid, glutamic acid, serine, histidine, glycine, threonine, alanine, arginine, tyrosine, phenylalanine, valine, methionine, isoleucine, leucine, lysine, ho-proline, proline and sarcosine. Fatty acids include linoleic, palmitic, and oleic.

Maca is an "adaptogen" meaning it helps to **restore balance or homeostasis to the body**. Rather than addressing a specific symptom, adaptogens are used to improve adaptability of the whole system. Other adaptogen herbs are Ginseng and Astragalus. Maca has been used to **increase energy** and promote improvement in both **stamina and endurance**. It contains no stimulants and is an ideal supplement for anyone who needs a lift. It is especially beneficial to those who suffer from **chronic fatigue syndrome**. Many people who use Maca also report **increased mental clarity**.

The Peruvian Indians believe it to be an **aphrodisiac**. In North America it is marketed as Nature's Viagra.

In USA, Europe, and Peru it has been used for:

**Hormonal imbalances** in both men and women

**HRT alternative** (relieves vaginal dryness, skin crawl and depression)

**Menopause** (endocrine system balancer and a great soy-substitute)

**PMS** (monthly hormonal regulation)

**Anemia** (bio-available iron)

**Osteoporosis** (bone-building through bio-available minerals ie calcium, silica, phosphorus)

**Thyroid deficiency** (primarily because of its iodine content)

**Erectile dysfunction and male impotence** for men.

**Fertility** (increases fertility)

This is one of the nicest tasting herbs. It is organic and is able to help a diverse range of conditions. See page 7 if you want to order this.

### How much do we take?

Start with a quarter of a level teaspoon in the morning for three days, working to one level teaspoon one or twice a day until a feeling of wellbeing has been restored. If you're taking it daily, it's best to take a day off each week (it is best to take one day off each week when taking all herbs).

Maca has a pleasant taste so you can take it as a food, sprinkling the powder on any food you like. Or you may choose to take in water or juice and drink it down. You can even bake with it, substituting it for flour.

Maca is a food staple in Peru and there are no known effects of toxicity. However, occasionally some people experience adverse effects when they start taking maca, and these symptoms may actually be detoxification symptoms.

This is because when a body more accustomed to consuming processed and cooked foods starts taking in such a nutritionally dense supplement, the body will absorb the superior nutrients it needs and "throw off" the old junk it doesn't need for elimination. If this happens, you might feel bad, but it generally lasts just a few days. You may also want to consider doing colon and liver cleansing before or while taking maca to quickly remove some of the waste your body is trying to eliminate. Doing so will help with many adverse symptoms.

I am interested in learning about different Home Remedies that any reader has tried and which have proved successful. I would like to pass them on to others, so if you have a story to tell, email me or phone me the details.

This also includes simple water treatments, herbal therapies, or any healing using the Eight Laws of Health or the simple methods which God has given us.

Contact details for Kaye are on page 1.

## 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** 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

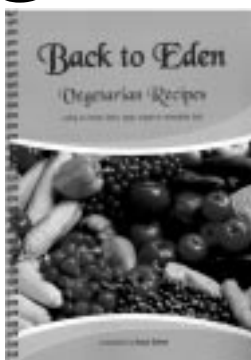
**Activated Charcoal Powder** 2000g.....\$80  
**Activated Charcoal Powder** 1000g.....\$45  
**Activated Charcoal Powder** 500g.....\$30  
**Activated Charcoal Powder** 150g.....\$14  
**AgriLush Charcoal for the garden** 4.5 litres.....\$65  
Charcoal can be taken internally or used in a poultice.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

### MIXED BEAN SALAD

1x400g can mixed beans, rinse & drain  
1x400g can corn kernels, rinse & drain  
1 red capsicum, diced  
1 red onion, sliced thinly  
½ black olives, sliced  
1 cup diced celery  
1 c cooked green beans  
1 lemon, juiced

Mix ingredients in a bowl. Refrigerate until ready to serve. Use freshly cooked beans and corn if you wish.

### TAPIOCA FRUIT CEREAL

½ cup tapioca  
1 cup water  
1 cup coconut cream  
½ cup pitted dates, finely chopped  
¼ cup almonds, finely chopped  
1 or 2 apples, grate just before using  
1 banana, peeled & roughly chopped

Soak tapioca overnight in water and coconut cream. Cook gently for 10-15 minutes, stirring so it will not burn. Stir in other ingredients before serving.

## Back to Eden

with **Kaye Sehm**

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

### 3 different DVDs

Series 1 recipes & poultices part 1

Series 2 recipes & poultices part 2

Series 3 recipes & hydrotherapy



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.kayesrecipesandremedies.com](http://www.kayesrecipesandremedies.com)

# Blood Cleansing Herbs

See page 7 if you want to order this

This combination of herbs works on the bowels, liver and cleanses the blood. It is best used on a regular basis. Make it a long term part of your health plan as over the years it will cleanse and rebuild.

**Burdock:** A bitter herb that reduces inflammation and controls bacterial infection. It is used for skin diseases and inflammatory diseases due to chronic toxicity eg eczema, psoriasis, gout.

**Buckthorn:** A bitter, cooling purgative herb that cleanses toxins from the tissues and has diuretic effects. It is used internally for constipation, skin diseases, intestinal parasites and gallstones.

**Licorice Root:** A sweet, soothing herb that is anti-inflammatory and expectorant, controls coughing, has hormonal effects. It detoxifies and protects the liver. Used for adrenal exhaustion, asthma, bronchitis, coughs, peptic ulcers, arthritis and allergic complaints.

**Chaparral:** A strong-scented herb, aids adrenals, digestion, kidneys, liver, immune system, arthritis, is an anti-oxidant and is used to treat various forms of cancer.

**Red Clover:** A sweet, cooling herb that relaxes spasms, and has diuretic and expectorant effects. It is used for skin complaints, cancers of the breast, ovaries and lymphatic system, chronic degenerative diseases, gout, whooping cough and dry cough. It cleanses the blood stream.

**Cascara Sagrada:** A bitter astringent herb that has a tonic effect on the liver and digestive system and acts as a laxative. It is used for chronic constipation, colitis, digestive complaints, haemorrhoids, liver problems and jaundice.

**Dandelion:** A bitter herb that acts primarily as a tonic especially for the liver. It is used for menstrual problems and anaemia.

**Cat's Claw:** A great herb that is viral, fungal and targets the immune, intestinal and cardiovascular system.

This is a very effective blend of herbs that will work with one another. The tea needs to be simmered and can be stored in glass bottles in the fridge for up to two weeks. Then take each morning (take one day off each week) by pouring into a glass. Add hot water to make it lukewarm so you can drink it down. The taste is not the best, but after drinking it for a while, you do get quite used to it.

## More on Coke...

In many states of the USA the highway patrol carries two gallons of coke in the trunk to remove blood from the highway after a car accident.

You can put a T-bone steak in a bowl of coke and it will be gone in two days.

To clean a toilet: Pour a can of Coca-Cola into the toilet bowl. Let it sit for one hour, then flush clean. The citric acid in Coke removes the stains from vitreous china.

To remove rust spots from chrome car bumpers, rub the bumper with a crumpled-up piece of aluminum foil dipped in Coca-Cola.

To clean corrosion from car battery terminals, pour a can of Coca-Cola over the terminals to bubble away the corrosion.

To loosen a rusted bolt, apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.

To remove grease from clothes, empty a can of coke into a load of greasy clothes, add detergent, and run through regular cycle. The Coca-Cola will help loosen grease stains.

It will also clean snow, ice and road haze from your windscreen.

The active ingredient in Coke is phosphoric acid. Its pH is 2.6 It will dissolve a nail in 4 days. Phosphoric acid also leaches calcium from bones, and is a major contributor to the rising increase in osteoporosis.

To carry Coca-Cola syrup (the concentrate) the commercial truck transporting it must display the hazardous material signs reserved for highly corrosive materials.

The distributors of coke have been using it to clean engines of their trucks for about 20 years!

## Regular monthly Meetings for 2011

Monthly Health meetings are held at Kaye's home  
496 Hague Street  
Lavington NSW

These meetings are normally held the first Wednesday morning of each month. Join our group of like-minded folk who love to share together and learn more ways we can improve our health.

Next meeting: **6th October 10am-12.30pm**  
**2nd November 10am-12.30**

These meetings will cover a short segment on vegetarian cooking, a segment of how to gain optimum health by following the Eight Laws of Health, and a segment of Simple Home Remedies.

These will be followed by a vegan vegetarian lunch.

Please book by the Monday night prior to each meeting.

**Phone: Kaye on 0260255018 cost \$12**

Special classes will be held next year dealing with gluten free cooking as well as sourdough breadmaking. More details will be given in next newsletter.

When sick with a headache, increase your water intake. Over the space of an hour, drink one glass of water every 10 minutes (6 glasses)