

# Back to Eden

Water for Life  
Spiders on Coffee  
The Citrus Family  
Recipe  
Products  
Calendar of coming classes

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This issue: Summer 2012 No 49

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Welcome to our new readers. After a very busy year it has been great to spend some time at home over the Christmas holiday break. I met some lovely people last year - from Queensland, to Victoria and then across to New Zealand. Many people are very interested to learn as much as they can about how to implement Natural Health into their lifestyles..

This year I plan to do something different than last year. The way is opening up to me to run many more classes here in Albury NSW. I plan to run weekly classes. I have a passion to share my health knowledge with lots of people. Check out the last page of this newsletter for details. For those of you who are local, I ask your support to tell your friends about these classes. Even if you are unable to attend, share about them with others.

I, along with my friend Karen Walters, have a desire to start a one or two week course, teaching interested people how they can learn more about natural health and in turn take classes in their area (similar to what I am doing). We believe that sometime this year we would like get this off the ground. This would be both practical and theoretical. If any people are interested in attending such a course, please let me know. and put your names down. We need to know if there is an interest before we spend the time and effort to organize this.

If anyone has an experience of healing with natural remedies, please let me know. I love hearing these stories. You can help others by sharing them.

Meanwhile, educate yourself to stay healthy before you have a health crisis.

From Kaye and the Back to Eden team

## Water..... for life

Water is one the most abundantly supplied elements of nature. There is no other element, with the exception of pure air, that is as important in sustaining life as pure water.

The importance of receiving fresh supplies of water is understood when we realize that our bodies are made of around 75% of water. The blood and brain are composed of 80-85% water. The fluid secretions - saliva, gastric juice, perspiration, urine etc, are more than 90% water, and these fluids need clean pure water to perform their functions. Around 65% of the body's water is found inside the cells and the other 35% is found outside the cells, either as blood plasma or as tissue fluid.

Water is absolutely essential for the vital functions of the body. It acts as a solvent which floats the blood corpuscles, nutrients and the waste elements. Yet other aspects of the relationship of having adequate water intake is discussed in a book by Dr F Batmanghelidj (pronounced Batman-ghe-lij).

### Dr Batmanghelidj

Dr Batmanghelidj was born in Iran. He trained in England under the tutelage of Dr Fleming, the discoverer of penicillin. He was placed in prison during the Iranian revolution of 1979, and the government confiscated all his personal and family assets. But because he was regarded as a useful resident doctor amongst his fellow prisoners, his execution was delayed.

“One late night at the beginning of his incarceration at Evin prison, Dr

Batmanghelidj discovered the medicinal value of water in peptic ulcer disease. In the place of medication he did not possess at the time, he prescribed two glasses of water to an ulcer patient in severe abdominal pain. Within eight minutes the pain disappeared, and according to him a new era in advancement of medical science was born.

“For the next 25 months, he became completely engrossed in clinical research of the medicinal values of water in stress reduction, and treatment of stress related disease conditions of the body in Evin prison, “a most ideal stress laboratory.” His trial came, and he had to answer 32 fictitious indictments carrying the death penalty. As his final defence, he presented the judge with an article on water treatment of peptic ulcers disease. His life was spared so he could continue his research.”

He was later released from prison, escaped from Iran and went to America where he continued his research into the curative effects of water.

Since then, until his death in 2004, he was active in researching and promoting why we develop painful diseases and how water can cure the major body pains. Dr Batmanghelidj's medical discovery reveals that chronic dehydration causes major body pains and produces degenerative diseases that prematurely kill. This article includes some of the points taken from his book **Your Body's Many Cries For Water**.

### Drought management

Most people assume that a dry mouth is the only signal that we are dehydrated, but this signal we can lose. We don't always recognize that we are dehydrated even though the mouth may be very dry. We need water to be able to chew and

swallow food, to break it down and produce ample saliva. We produce around 2 litres of saliva even when we are dehydrated. The human body first reveals that it is dehydrated by its drought management programs. It also works in ways that bring on a crisis to call attention for a need for more water. This can be brought about by pain or inflammation or by having a feeling of tiredness, even though we have not done a good day's work. When we are tired and haven't used our muscles, this is a sign of dehydration. The human body manufactures energy from water. Water, when it goes through the cell membranes, generates hydroelectric energy exactly where that energy is required to perform a function.

What this is saying is that a dry mouth is not the only sign of dehydration. Scientific medicine treats certain symptoms with medication, but could it be our body has defence mechanisms that cry out for water? If we rely on having a dry mouth as the signal for water intake, this will lead to one's body being run on a deficit balance. For most people, the body is always under-hydrated. It is in fact, chronically dehydrated.

In early life in the uterus, the child will learn from its mother's chemical control system how to balance its water regulation. The water intake and the diet of the mother determine the optimum development of the child. As an example, the alcoholic mother will produce a mentally retarded child. This is because the mother is both dehydrated by the alcohol, and her protein, mineral and vitamin balance become abnormal. This is the direct and indirect effect of alcohol. The mother is undoubtedly zinc and vitamin B6 deficient as well. These two elements are vital for the healthy development of the brain of her child.

The following are accurate indicators of local or general thirst. Feeling tired, flushed, irritable, anxious, dejected, depressed, feeling inadequate, a "heavy head", having cravings for manufactured beverages such as coffee, tea, soft drinks and alcoholic drinks, as well as having agoraphobia – a fear and dread of public places.

## Histamine

We need to consider histamine – a neurotransmitter. Our body manufactures histamine and secretes histamine when it is dehydrated. Histamine is a drought

manager of the body. It regulates water intake and rations water intake throughout the body when there is dehydration. Normally water goes into the cells by diffusion. It flows through the cell membranes gradually and gets into the cells. When there is dehydration, there isn't enough water to flow in. This causes the blood to concentrate and draw water out of the cell. This mechanism will kick in the drought management of the body into action. Histamine regulates this drought management program. The major drought management programs are asthma and allergies. Asthma is a state of dehydration in the body when the body shuts down the lung system so that the water does not leave the body with every breath that we exhale. When air leaves the body it carries with it a lot of moisture. This is clearly seen in the wintertime when we breathe out in the cold air or by breathing on a mirror. The body cannot afford this amount of loss when it is dehydrated. Where there is excess water, histamine is inactive.

Water is the regulator of homeostasis. In other words, water balances and regulates every function of the body. When there is dehydration, something has to take over from water to regulate the functions. Histamine is what does this, it substitutes for some of the functions of water. For example, when water is not manufacturing hydroelectric energy for neurotransmission, histamine become active and releases energy from other sources such as the bondage of calcium that is in our cells. For each molecule of calcium that is connected to another molecule of calcium, one unit of energy is stored there. The bones and the calcium deposits in the body are energy storage areas. Histamine has the code to release this energy, so that the exchange between the cells inside and outside can take place.

An example of this is that sodium-potassium relation. Potassium should be in the cell, sodium outside the cell. When there isn't enough energy to keep this in correct balance, histamine becomes active and releases energy to help restore the balance. Histamine is a major activator in the physiology of the body that tries to make it work normally. It can cause pain, produce asthma and allergies. These are processes of the drought management program of the body. Instead of giving it antihistamine, what the body is really asking for is water.

## Newly recognized dehydration signals

**Heartburn or hiatus hernia:** Heartburn is a primary signal or crisis call for water in this part of the body. If water is not available, the regulator of the water flow system and its subordinate chemicals will increase flow to the area. This process will produce pain, telling the conscious mind that this area is dehydrated. There is a mechanism that makes a defence barrier against stomach acid more effective when water enters the stomach.

**Arthritis:** Water normally flows into the joint cavity through bone marrow from the base of the cartilage that is joined to the end of a bone in the joint. Cartilage is a watery substance. Water lubricates cartilage and gives the joint its gliding capacity. When there is dehydration, the bone marrow takes priority for water because they are constantly manufacturing red blood cells and new cells etc. If there isn't enough water to diffuse through the bones to reach the cartilage at the tip of the bone, so the cartilage become dehydrated. The nerve-regulated shunting mechanisms and the increased and swelling of the joint capsule produce the pain.

**Angina:** This occurs when the heart is also suffering as a result of dehydration. When we eat solid foods and we don't drink enough water, solid food is broken down with whatever water can be borrowed from elsewhere in the body. This helps liquefy the food, pushes it through the portal system which is a blood flow between the intestinal tract and the liver. The water takes this concentrated blood to the liver. The liver needs more water to function so it can metabolize the food. Now this concentrated blood goes to the right side of the heart, and from there it is pumped to the lungs. The lungs will also extract some water from this concentrated blood. Water has to evaporate. There is no control over this, unless the bronchioles are obstructed. Then this highly concentrated blood flows from the lungs into the left side of the heart and is pumped through the circulation. The first attack of this concentrated, acidic blood would be on the tender and soft membranes of the arteries of the heart themselves. That is how these arteries and cells are damaged. Eventually part of the process of recovery of damaged cells is to cover them with a greasy material, so they not only lose their water, but they get

protection. Cholesterol is the substance that the body uses as an internal bandaging system.

**Cholesterol:** This is why we have cholesterol attacks in the major arteries going to the brain and going down to the body. Cholesterol deposits on the arteries is a secondary phenomenon to dehydration of the body. We assume cholesterol is the culprit and even take cholesterol lowering drugs. Interestingly, we take cholesterol readings from the veins, and if cholesterol was the primary culprit, it should form a thick layer of deposit in all the veins of the body. But cholesterol deposits are not in the venal system, so cholesterol is not the problem. It is the secondary material that the body uses in order to cover damaged tissue. Cholesterol is a sign that the cells of the body are getting dehydrated. They have developed a defence against the osmotic force of the blood that keeps drawing water out of their cell membranes. Cholesterol is like a natural “clay”. When poured in the gaps of the cell membrane, it stops the passage of water through the cell wall.

**High Blood Pressure:** There are two oceans of water in the body, one is inside each cell, the other outside each cell. The water we drink goes into the ocean inside the cells. The salt we take regulates the volume of the ocean outside the cells. When we don't drink enough water, part of the ocean of water inside the cells becomes depleted. Because we need water to manufacture urine and the liver to function, the body has to get some water for these functions, so it operates a reverse osmosis program. So it gradually absorbs salts, expanding the volume of water outside the cells, and from that filters water through tiny perforations in the membrane that is created for this crisis. When the body is deficient in water, 66% of the water shortage is reflected in the cell volume, 26% is lost from the fluid volume that exists around the cells, and 8% is lost from the blood volume. Hypertension is a marker of the 8% loss, but the damage is done because of the loss from the 66% cell volume. Water is the best medication for high blood pressure because it gets into the cells directly and is the best diuretic available. Water can get rid of excess sodium at the same time it flows into the cells directly.

**Back pain:** This is due to an insufficient amount of water. Most of the pain

experienced in the back is from strain, injury or over work of the back muscles. Cells need ample amounts of water to flush out acid particles created by work or stress. When we become dehydrated, the cells are unable to rid themselves of these acid components. As a result, the cells produce kinins, which are hormones that remain dormant unless your water level drops too low or your salt level goes too high. The pain produced by kinins is a signal to get water into your system. Also the disks in the lower back that separate the spinal vertebrae shift either toward the back or toward the front. The ability of these discs to act as shock absorbers and shift one way or the other in response to stress is completely dependent upon adequate amounts of water. As discs are compressed with movement, they extrude water. When that pressure is relieved or the discs shift forward or backward, a vacuum is created inside the disc space and water rapidly flows in, rehydrating and cushioning the vertebrae. Without this powerful water surge, discs flatten and slip out of alignment, causing acute and chronic pain. It is reported that 80% of people who suffer from back pain will recover if they increase their water intake.

**Colitis:** Because the body tries to conserve water when dehydrated, the passage of food through the digestive tract is slowed down. The large intestine tries to extract all the water out of the excrement it can. This will cause constipation. The process can cause a spasm which we call colitis.

**Asthma:** As stated earlier, asthma is a sign of dehydration when excess histamine is produced to promote water intake and ration the available water. Asthmatics have an increase in their histamine content of their lungs. Bronchioles are constricted which mean less water evaporation during the act of breathing. So when a person is about to have an asthma attack, they should drink two or three glasses of water and then place a tiny pinch of salt on the tongue. Let it dissolve. This salt on the tongue will register in the brain that salt has entered into the body. The brain will shut off the mechanism of constriction of the bronchioles, because salt is available and salt is the best antihistamine there is. Salt can be used as a sleeping medication. When a person cannot sleep at night, they can drink one or two glasses of water and put a tiny grain of salt on the tongue. Let it dissolve and this can help produce sleep.

## Salt

Salt is a vital element to the human body. The first most important element to the body is oxygen, then comes water and after this, is salt. Salt regulates and maintains the volume of the ocean outside of the cells. These two oceans must be in balance. For every ten glasses of water, on an average, we need to take at least half a teaspoon of salt as seasoning throughout the day. If we drink water and don't take salt, we will wash some of the minerals out of the body. Salt deficiency produces its own set of problems which is another subject. But asthma is a problem of both water and also very importantly, salt deficiency in the body.

**Chronic fatigue and depression:** These are the results of water deficiency in the body. Water is a direct source of energy for all living tissues – the energy of hydrolysis. When there is not enough water for the brain cells for their optimum requirements of energy, their efficiency is affected. Continued stress and dehydration will lead to a loss of vitamin B6 and zinc from the reserves of the body. This in turn will cause a lower level of some brain chemicals. The missing functions of these brain chemicals will show up as mental disorders, such as depression with suicidal tendencies, schizophrenia, bipolar, etc. These are metabolic and will respond to correction of the imbalance caused by prolonged dehydration.

**Diabetes:** This is the end result of brain water deficiency, to the point that the brain's neurotransmitter systems, particularly the serotonergic system are affected. It has been shown that in the diabetic brain, serotonin production is decreased. The brain increases the glucose threshold so that it can maintain its own volume and its own energy requirements. The brain needs glucose for its energy value and its metabolic conversion to water. It is believed that water provides more of the brain's energy needs from the manufacture of hydroelectric energy than the energy provided by sugar. Diabetes should be treated with an increase in daily water intake, a salt intake of unrefined Celtic sea salt, a balanced vegetable protein diet and exercise.

**Digestion:** Requires plentiful supplies of water. The stomach relies on mucus lining the walls to shield it from the effects of the stomach's hydrochloric

acid. A bicarbonate solution is produced from the cells in the lining which neutralises any acid attempting to break through the mucus. Water is needed to maintain this effective defence system. Too little water, and the mucus barrier is ineffectual, the acid will penetrate and lead to pain. Ideally, water should be consumed half an hour before a meal, in time to anticipate the production of digestive acid from glands in the stomach wall.

**Ulcers:** Often located at the valve between the stomach and duodenum. They are said to be caused by curved bacteria known as helicobacters. Many people have helicobacters in their small intestine, yet not all of them suffer ulcers. Histamine-producing nerves are located at this site, which monitor the amount of acidic food (chyme) that passes from the stomach into the intestine. Histamine has growth-hormone effects on these microorganisms, resulting in small intestine bacterial overgrowths. An adequate regime of water intake will allow all the functions relating to digestion to normalise. Prolonged water intake should be considered before more drastic drug treatments are entered into.

**Spasms and cramps:** Strokes are caused by arterial spasms and eventually their permanent closure within the brain tissue. All muscles need water and salt. It doesn't matter where in the body the muscle is located. When they are salt deficient, acid builds up and this causes cramps.

**Ear problems:** The inner ear affects our balance. Dehydration affects the consistency of the lymph fluid in the semicircular canal system. This causes dizziness and vertigo that some people register when they move their heads quickly.

**Deafness.** Dehydration alters the consistency of the lymph in the canal system which alters the range of vibrations that reach the hairlike nerve endings in the inner ear. This causes a type of nerve deafness.

**The eye:** It is important to maintain the correct fluid balance in the eye. Dehydration can alter the physiological balance inside the eye and be responsible for some types of visual loss. It can cause glaucoma. In an attempt to maintain the pressure inside the eye during dehydration, the drainage canal contracts and the pressure in the eyeball rises, sometimes causing pain.

**Cataracts:** An insufficient flow of water

through the lens chambers stops the toxic waste from being washed away from the lens tissue. Excess toxic waste brings about a change in the consistency and inner structure of the lens, this is what is called a cataract.

**Vitreous detachment:** Dehydration causes the vitreous humor in the back of the eye to harden and separate from the nerve layer of the eye. Uveitis, a condition where the vascular bed under the nerve layer, forces water into the eyeball and inflames the vitreous humor.

**Multiple sclerosis:** This is an inflammatory condition that is produced by extreme dehydration of the body that has extended to the nerve tissue. This disrupts proper nerve function. This can affect the eyes as well as the nerves of the spinal column.

## How much water?

Just how much water is needed every day? The organs of the body of a normal sized adult need at least 8-10 glasses of water to function properly. Each day the kidneys excrete 5½ glasses of water through the urine, 2 glasses through the breath, 2 glasses through perspiration and ½ glass via the bowel. At least this amount needs to be replaced to preserve the fluidity of the blood.

## How to increase water intake

Use common sense when starting to increase your water intake. If your kidneys are working properly, increase gradually until you are drinking a minimum of 8-10 glasses daily. This will depend on your size - more if you are large or overweight. Remember that your body prefers slightly warm to cool water. Very cold water shuts down digestion and diminishes the thirst signal. It also uses energy to heat it to body temperature before the body can use it. The best time to drink water is between meals.

Drink 2 glasses on arising. Never drink for half an hour before or for an hour and a half after all meals. During the morning drink another 3-4 glasses, during the afternoon another 2-3 glasses, and then in the evening another 1 glass.

Never answer the body's thirst signals with tea, coffee, soft drink, Red Bull etc. Remember it can take up to six months to re-hydrate your body, so make a habit of drinking lots of pure unfluoridated, chlorine free clean water. Your body will love it!

*Your Body's Many Cries For Water*

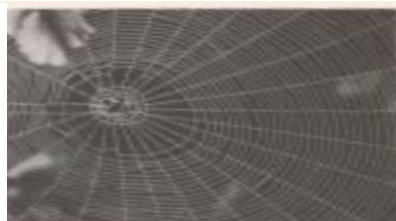
*F Batmanghelidj MD*

*Water: Rx for a Healthier Life F Batmanghelidj MD*

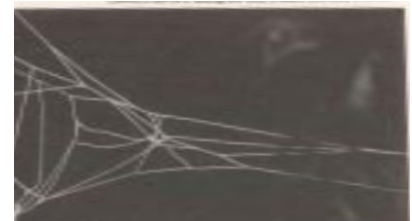
*God's Healing Way Mary Ann McNeilus MD*

## Spiders on Coffee

An intriguing study was done by Dr Mervyn G Hardinge at the School of Public Health, Loma Linda University. Dr Harding studied the webs of different spiders. He very carefully injected an incredibly small dose of caffeine into the bodies of spiders. Each spider was given the equivalent dose of two cups of coffee in an adult human. The webs the spiders spun were studied. They were completely distorted, and only returned to normal after 96 hours. Coffee will trick the entire nervous system!



Spiders normal web



24 hours after coffee injection



48 hours after coffee injection



72 hours after coffee injection

Photos Courtesy of Dr Mervyn Hardinge and School of Natural Health

# The Citrus Family

Consuming the fruit of the citrus family is very beneficial to our health. Many eat oranges and lemons, but hopefully some of you will learn to like grapefruit when you read how healthy they are for you. Many people want to give them away because they don't eat them. I'm also sure they can be used in poulticing and in natural remedies. Has anyone got any stories of using them this way?

The members of the citrus family have some incredible capabilities. They all have definite anti-cancer properties. It has been reported that because of the year round availability of citrus fruits, this is a probable reason for the drop in stomach cancer. A Dutch study found that the vitamin C in them counteract powerful carcinogens called Nitrosamines. A Swedish study ranked citrus along with carrots as the food most favoured by people with the lowest rates of pancreatic cancer. American researchers found that citrus fruits have the power to lower blood cholesterol. Many people are suffering from the results of a high animal protein diet which produce an acid condition in their bodies. A very successful way to neutralize acid conditions is to introduce alkaline mineral elements which are found in citrus fruits for they all are alkaline reacting.

## Grapefruit

Grapefruit is an acid fruit which is highly alkaline in reaction. It can even be used externally on wounds as it is a natural antiseptic. It is an amazing medicine for the heart. It contains a compound that lowers cholesterol and helps to reverse atherosclerosis. It is proved that grapefruit pectin is fully as powerful as the drug cholestyramine in reducing blood cholesterol. The pectin resides in the cell walls, so to get the cholesterol lowering effect, one must eat the chewy part of the grapefruit and not just drink the juice. Grapefruit juice is not as high in pectin and does not depress blood cholesterol. Grapefruit rind contains vitamin P, an important vitamin for health gums and teeth. To extract this vitamin, simmer the rind in water for about 20 minutes, strain and drink the water. Grapefruit is rich in potassium and calcium and is excellent in aiding the digestion of protein.

A result of consuming devitalized white flour and sugar products is inorganic calcium deposits in the cartilage and joints. This manifests in arthritis and arthritic pain. Grapefruit contains organic salicylic acid which will help dissolve these calcium deposits in the body. It

stops hardening of the arteries and liver. It helps prevent stone formation. A Japanese experiment grapefruit extract was injected under the skin of mice. It stopped their tumour growth and caused a partial or complete remission of the malignancy, counteracting the cellular changes that lead to cancer. Use grapefruit in cases of obesity, sluggish liver, gallstones, fevers, pneumonia, poor digestion, poor complexion and as a drug poison eliminator.

Although grapefruit has a sub-acid taste, its juice actually has an alkaline reaction after digestion. This has a profound effect in the treatment of acidity in the digestive system that causes a host of other health problems.

Grapefruit has an exceptionally large sub-skin area called the albedo. It contains the pith. This part of the fruit, though essentially tasteless and dry, has amazing health benefits, and when eating grapefruit, you should try and preserve as much of the albedo as possible. Don't just always drink the juice. Here are some of the main benefits of grapefruit:

- \* Pectin in this fruit has been found to be effective in reducing the accumulation of arterial deposits, and the vitamin C helps to strengthen and maintain the elasticity of arteries.
- \* The bioflavonoids found in grapefruit were discovered to even halt cancer cells from spreading in breast cancer patients, by ridding the body of excess estrogen.
- \* A common cold is usually your body telling you that you are overworked. A regular drink of grapefruit during a stressful period gives your immune system the boost needed to prevent it coming on.
- \* A certain compound found in grapefruit helps reduce the excessive production of cholesterol from the liver.
- \* A diabetic can safely eat a grapefruit. In fact, more consumption of this fruit will help reduce the starches and sweets in the system. If you have a tendency towards diabetes, consume more grapefruit juice to prevent it.
- \* This juice helps to promote digestion by increasing the flow of gastric juices. \*

- \* Eat the fruit with its pith for extra fibre that aids bowel movements.
- \* At the end of a long and tiring day, drink a glass of grapefruit juice with lemon juice in equal parts with a little honey, to dispel all fatigue and tiredness.
- \* Besides drinking plenty of fluids, also drink grapefruit juice to reduce fever.
- \* A drink of grapefruit juice before bedtime, helps to promote sleep and alleviates insomnia.
- \* The bioflavonoids and vitamin C help to reduce water retention and swelling of the legs during pregnancy.
- \* Drinking a freshly-squeezed grapefruit juice helps relieve sore throats and soothes coughs.
- \* The anti-cancer agents in grapefruit (especially in the albedo) are particularly protective against these cancers in the digestive system.
- \* This fruit has a fat-burning enzyme and can help to absorb and reduce the starch and sugar in the body. It is widely consumed by people who are trying to lose weight.

Grapefruit is not a popular fruit as it can take some time to acquire a taste for it, but I can assure you that after a time you can learn to enjoy the humble grapefruit. You may be even fortunate enough to find someone who has a grapefruit tree and they can give you some of this incredible fruit.

## Orange

Nutrients in oranges are plentiful and diverse. The fruit is low in calories, contains no saturated fats or cholesterol, but is rich in dietary fibre, pectin, which is very effective in persons with excess body weight. Pectin, by its action as bulk laxative, helps to protect the mucous membrane of the colon by decreasing its exposure time to toxic substances as well as by binding to cancer causing chemicals in the colon. Pectin has also been shown to reduce blood cholesterol levels by decreasing its re-absorption in the colon by binding to bile acids in the colon. It is an excellent source of vitamin C which is a powerful natural antioxidant. Orange fruit contains a variety of phytochemicals which act as antioxidants,

free radical scavengers, anti-inflammatory and immune system modulators. They have Vitamin A which is required for maintaining healthy mucus membranes and skin and is essential for vision. Consumption of natural fruits rich in flavonoids helps the body to protect from lung and oral cavity cancers.

Orange fruit also contains a very good amount of minerals like potassium and calcium. Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure through countering sodium actions.

The University of Florida found that by drinking pure, freshly squeezed orange juice they could combat rubella or German measles by accelerating the appearance of rubella-fighting antibodies in the blood. Other scientists have shown that components of orange peel help kill bacteria and fungi as well as tending to lower blood cholesterol. But it is the pulp that contains the pectin, so it is more beneficial to eat the entire orange than drink the juice. In Canadian tests it was found that orange juice from supermarkets did not display any antiviral activity in test tubes experiments.

- \* Even though the orange “tastes acidic”, it actually has an alkaline effect in the digestive system and helps stimulate the digestive juices, relieving constipation.
- \* Regularly consuming vitamin C retards the development of hardening of the arteries.
- \* A compound in oranges has been found to help fight cancers of the mouth, skin, lung, breast, stomach and colon.
- \* The high vitamin C content also acts as a good anti-oxidant that protects cells from damages by free radicals.
- \* The alkaloid found under the orange peel can reduce the liver’s production of cholesterol.
- \* The anti-oxidants fight oxidative stress that is the main culprit in oxidizing the LDLs in our blood.
- \* An orange a day is sufficient for a man to keep his sperm healthy. Vitamin C, an anti-oxidant, protects sperm from genetic damage that may cause a birth defect.
- \* A high intake of flavonoids and vitamin C has been known to halve the risk of heart diseases.
- \* Studies have shown that a flavonoid called hesperidin in oranges can lower high blood pressure.
- \* The strong content of vitamin C

stimulates white cells to fight infection, naturally building a good immune system.

- \* Drinking orange juice daily can significantly drop the risk of formation of calcium oxalate stones in the kidney.
- \* The anti-oxidant in orange help protect the skin from free radical damage known to cause signs of aging.
- \* Consuming vitamin C rich foods helps to lower the incidence of peptic ulcers and in turn, reduce the risk of stomach cancer.
- \* The abundance of polyphenols have been shown to provide protection against viral infections.

## Lemons

History tell us that over 200,000 seamen died of scurvy before lemons and limes were discovered to prevent it. It has been said that more sailors have died of scurvy than have been killed in all the naval battles ever fought.

Lemons and limes contain 5-6% citric acid as compared to oranges and grapefruits which contain from 1-2%. Lemons are ideal for getting rid of toxic material in the body because their mineral content is highly alkaline forming.

- \*Lemon fights against infection. It helps in production of WBC’s and antibodies in blood which attacks the invading microorganism and prevents infection.
- \* It is an antioxidant which deactivates the free radicals preventing many dangerous diseases like stroke, cardiovascular diseases and cancers.
- \* It lowers blood pressure and increases the levels of HDL (good cholesterol). It is found to be anti-carcinogenic which lower the rates of colon, prostate, and breast cancer .
- \* They prevent faulty metabolism in the cell, which can predispose a cell to becoming carcinogenic.
- \* A few drops of lemon juice in hot water are believed to clear the digestive system and purify the liver as well.
- \* Applying lemon juice to acne dries the existing ones and prevents from getting more.
- \* Lemon juice is given to relieve gingivitis, stomatitis, and inflammation of the tongue.
- \* It is given to prevent common cold.
- \* It prevent or treat urinary tract infection and gonorrhoea.
- \* Applied to the sites of bites and stings of certain insects to relieve its poison

and pain.

- \* Lemon juice relieves colic pain and gastric problems .
- \* Lemon juice with a pinch of salt (warm) every morning lowers cholesterol levels and brings down your weight.
- \* It is the best drink to prevent dehydration and shock in case of diarrhea.
- \* Lemon juice can also be used as a mouthwash. It removes plaque, whitens the teeth and strengthens the enamel.
- \* Lemon juice relieves chilblains and itchy skin.
- \* Gargling lemon juice relieves throat infection and also used as a treatment for diphtheria .

## Handy Hints using lemon

- \* For asthma drink 1 tablespoon before each meal to help throat and nasal passages.
- \* Persistent cough, combine 1 tspn olive oil and 1 tspn lemon juice and warm slightly. Drink 1 tblspn 3 times daily.
- \* Excessive menstrual bleeding, drink the juice of 3-4 lemons daily during period, may mix with 1/2 glass water)
- \* Morning sickness, carry a handkerchief and a bottle of lemon essential oil. When feeling nauseous, dab a little on the handkerchief and breathe in the vapour.
- \* Garlic breath, cut a lemon in bite sized segments and chew, skin, pith and all.
- \* Eczema, combine equal quantities of lemon juice and pineapple juice and apply every hour.
- \* Corns, bandage or tape a slice of lemon on the corn overnight. Repeat if necessary. OR soak a lemon in metho for a week. Dab this liquid on your corn.
- \* Earache, combine with equal parts warm water and insert a few drops in the ear canal. Leave for 5 mins then drain ear.
- \* Vaginal itching, mix a weak solution of lemon juice and warm water. Douche the area or rinse for instant relief.
- \* Mosquito bites, dab equal parts lemon juice and vinegar to reduce irritation.
- \* Gum disease, rub gums with lemon peel sprinkled with salt.
- \* Lighten age spots, press a slice of freshly cut lmon onto the spots fro 10 minutes once a week until the spots have faded.
- \* To get rid of warts, dab lemon juice on the wart then press apiece of freshly cut onion on wart. Keep in place for 10 minutes.

*The Divine Prescription Gunther Paulien PhD  
The Lemon Remedy Book Amelie Laigneau*

## 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.....\$13  
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.

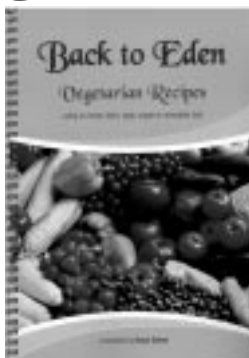
**Calcium Bentonite Clay** 500g.....\$18  
1kg.....\$30  
Use internally and externally to detox, heal and draw toxins from your body

**Hope Beyond Cancer DVD set with Jennifer & Candice Berghan** -  
5 disc set... August 2010 \$25; 3 disc set .. May 2011 \$15

**How to Lose Weight & Mind Body Connection with Karen Walters**  
5 disc set.....August 2011 \$25

Order by phoning Kaye on 02 6025 5018. Products are packaged in bags (except charcoal).  
or order online [www.kayesrecipesandremedies.com](http://www.kayesrecipesandremedies.com)  
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

### VEGETABLE STOCK CONCENTRATE

2-3 stalks celery, roughly cut  
2 medium arrots, roughly cut  
1 onion, peeled and quartered  
1 large tomato, quartered  
1 zucchini, roughly cut  
1 clove garlic, chopped  
1 bunch parsley, roughly chopped  
1 bay leaf (remove after cooking)  
a few leaves of basil, sage and rosemary  
¾ cup Celtic sea salt  
1 T olive oil

Place all vegetable ingredients into a large pot or slow cooker. Place over very low heat and allow to cook slowly. If you do not cook too fast, the vegetables will soften up and make a small amount of liquid. Add salt and cook for another half hour. Place all vegetables in a food processor and puree until a paste-like consistency. You may choose to use a stick blender to puree. Store in a glass jar in the fridge. Use tablespoon quantities instead of stock cubes. 1 tablespoon concentrate equals 1 stock cube. The salt used in this recipe is designed to preserve it. If you use less salt, it will not keep as long. Freeze any excess jars until you need them.

## Back to Eden

with Kaye Sehm

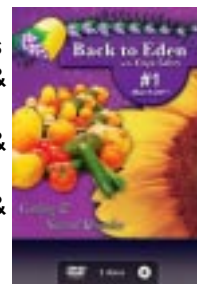
& assisted by Peter Sehm  
on DVD series 2 and 3

### 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)

# Back to Eden Health Meetings 2012

## Healthy Alternative Lifestyle Classes

This year our health programs are going to take a different format. I feel very passionate about sharing the knowledge, lifestyle and healthful remedies that I have accumulated over many years of experience. In past years I have been bound by juggling my programs between work and other commitments. This year I have decided to have more regular classes. I have organized to have a room at the Albury River Community Church on one day each week. In past years I have had a monthly program on the first Wednesday of each month. This worked well for me, but I have had a number of people ask if this can be changed to another day. My current plans are to have a weekly class on Tuesday mornings, from 10-12 noon.

### What will these meetings cover?

During this time I will go over all my Natural Remedy classes, all the classes that deal with the Eight Laws of Health as well as combining these with a Depression Recovery Program. Plus I will have other topics as well. There are over 20 different programs at this stage. Even if you have attended some of my classes in past years, I have lots of new stories and experiences of how people have been helped by following the lifestyle I plan to teach. I have not as yet planned out each week's topic, but I will start on my Natural Remedies Classes. I want to make this affordable for people, but there will be a small cost to cover expenses.

### Are these the only classes offered?

The weekly classes will involve classes that are easier to move to a different venue, but as you realise, the programs that cover cooking classes are not so easy to move. I have decided to have cooking classes in my home on a Sunday afternoon each month. During these classes we will cover recipes such as how to have a very healthy breakfast, how to substitute milk, cream, eggs and cheese. Then I will have another class on baking Sourdough bread. I am very interested in having a special class on gluten free cooking. Plus lots of other tasty recipes will be demonstrated. Then you will be able to sample the recipes demonstrated. At this stage only this terms dates have been set, but watch the next newsletter for more next term. There are limited spaces, so book early.

I am starting to organize this calendar of classes in January. As you can imagine, there may be some minor changes to the dates. To be sure, please book in – especially for the cooking programs.

### Weekly classes will be conducted at

Where: **The River Community Church  
524 David Street (opposite Myer car park)  
Albury NSW**

What time: **Tuesday mornings at 10-12 noon  
starting Tuesday February 14  
and continuing**

Cost: **\$5 per person**

### Cooking Classes will be conducted at

Where: **Sehm's house  
496 Hague Street  
Lavington NSW**

What time: **Feb 26 and March 25 at 2-4 pm**

Cost: **\$12 per person**

Please book for these: phone **Kaye 60255018** (leave a message if unanswered)  
or **Beat on 60253584**

**Come along to these classes. Tell your friends! Meet with like-minded people and make new friends.**