

Back to Eden

Milk.. Friend or Foe
Coffee and Brown Drinks
Recipes
Products
Coming Classes

PO BOX 850 LAVINGTON 2641

KAYE SEHM 02 6025 5018

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e mail: backtoeden@aapt.net.au

www.kayesrecipesandremedies.com

Since the last newsletter I was asked to take some classes in Geelong. I had a very enjoyable time with Wendy and Donna. Thanks to these lovely ladies for an enjoyable time. Then each week a group of mostly ladies and some men have met, learning about different ways we can improve our health. It is amazing how quickly this year has gone by. We have covered many topics and have tasted some delicious food. Check page 8 for the remaining meetings this year.

I have just completed recording another DVD Series 5, at Steps to Life Studio in Melbourne. In these series of DVDs, each set contains 2 discs. The first disc covers vegetarian recipes. The second disc covers home remedies. The latest series 5 covers gluten free recipes, and the second disc is about the Vegetarian Advantage. You are shown how to make a gluten free, dairy free vegan pizza and how to make savoury rolls (and pies) with a lovely pastry that holds together nicely. I also demonstrated the black eyed bean recipe that is given on page 7. Lastly a brown rice salad, carob pie and some incredibly tasty walnut cookies as well as crackers. Series 5 will be available as soon as it is edited by Steps to Life which may take a few weeks. Order them either directly by phone or on my web page.

Consider buying these DVDs as they have invaluable information on them. They show how to poultice, do hydrotherapy and use herbs (see ad on page 8). These DVDs are a great gift idea. Share this information with your family and friends.

PLEASE REMEMBER This year I will be away from December 2nd to January 21st. If you are wanting any orders of herbs, books, or DVDs please take this into consideration. I am giving you lots of notice.

From Kaye and the Back to Eden Team

Milk..... friend or foe

Many consider dairy foods to be some of the tastiest food around. Some couldn't live without cheese on the top of pizza. Then there is milk, mixed with sugar and frozen – the favourite food of millions. Yes, many have a taste for milk, dairy, cheese, cream, custard, ice cream, yoghurt and the many foods which are made from these and consider them one of the most important parts of their diets. But are they really healthy?

Robert Cohen, www.notmilk.com has a web site dedicated to sharing how harmful milk is to our health. "Cow's milk, every sip of cow's milk has virus in it; and pus and bacteria, powerful growth hormones, proteins that cause allergies, antibiotics, pesticides, fat, cholesterol and dioxin - now, which one of these things do you want in your body?"

He goes on to say that while we would never be tempted to drink pig or dog milk, yet we happily drink cow's milk that contains 59 different hormones in every sip of milk. Then there is milk powder (without the fat and water) called casein, sodium caseinate and calcium caseinate. When you eat this casein, it acts in our body like glue and is very mucus forming. Cow's milk has 20 times as much casein as human milk, which makes the protein from cow's milk difficult or impossible for humans to assimilate.

Dr William Ellis, a retired osteopath physician and surgeon from Arlington Texas, was one of the most outspoken authority challenging the traditional view of milk drinking. He researched milk and its related health problems for 42 years, and found that milk and milk products are

harmful to many people, both adults and infants. Milk contributes to adult health problems such as constipation, chronic fatigue, arthritis, headaches, muscle cramps, obesity, allergies, cancer, neurologic diseases (eg MS), digestive problems, infectious diseases, and heart problems. Also many people suffer from undiagnosed lactose intolerance. Childhood health concerns related to milk are allergies, iron-deficient anaemia, lowered intelligence, "milk sensitivities", early atherosclerosis, juvenile diabetes, acne, rheumatoid arthritis, dental decay as well as infectious diseases.

Heart problems

Studies and reports have shown us how high fat diets are very unhealthy. The fat in milk must concern us, yet it is not just the cholesterol in milk that causes heart problems. In cow's milk there is an enzyme called xanthine oxidase (XO). XO attacks the heart arteries. A study completed in 1971-74 showed that when angina pectoris and atherosclerosis patients were taken off milk and given folic acid (B vitamin) and ascorbic acid (vitamin C), the chest pains decreased and symptoms lessened.

A Chairman of Harvard Medical School, Dr Kurt Esselbacher said "Homogenised milk, because of its XO content, is one of the main causes of heart disease in the U.S." Interestingly, the problem seems to lie exclusively with homogenised milk. When un-homogenised milk is consumed, the body excretes the XO. However when milk is homogenised the particles are broken down so finely that XO is absorbed into the blood stream. From there it attacks the heart and artery tissues.

Other problems occur when milk is pasteurized. It destroys 25% of the B vitamins and 50% of vitamin C. It has significantly less minerals and destroys

valuable enzymes. Perhaps the worst feature of pasteurization is that it destroys antibodies in milk that protect it against bacteria. This may sound strange as pasteurization is supposed to purify milk. But research shows that fresh un-pasteurized milk has about 50 bacteria per millilitre. But pasteurized milk has forty times as many bacteria as fresh milk. This does not mean it is better to use raw milk because this gives us many of the same problems as pasteurized milk.

Cancer

In the countries that consume the most dairy we see a correlation between these and the diseases cancer, heart disease, diabetes, osteoporosis and asthma. In the last 30 years in the nations that have tripled their cheese consumption, we also find a tripling of these diseases. Once you have cancer in your body it is stimulated by a most powerful growth hormone made in the body - called insulin growth factor IGF-1. And remarkably, this hormone in a cow's body and in a human body is identical. As a matter of fact, out of 4700 different species of mammal and hundreds of millions of different proteins in nature, there's only one hormone in the entire animal kingdom that is identical between two species - human and cow IGF-1, which has been called the key factor in the growth and proliferation of breast cancer, lung cancer, prostate cancer, leukaemia and every human cancer.

Our body normally makes IGF-1 hormone constantly, and it's broken down very rapidly, or bound to other protein receptors. But in the case of cow's milk that has been homogenized, the fat molecules are so small a litre of milk can contain a trillion tiny fat molecules. They envelop and protect these hormones, which normally should be broken down in a second or two, they remain active for up to 30 minutes. When it finds an existing cancer, which is also common, **that is the turn-on mechanism.** And that's why the nations that are drinking the most milk today and eating the most cheese are the ones with the highest rates of every human cancer. Remember it is everything dairy! If you have cheese or butter and even chocolate, this concentrates the hormones, the dioxins and the saturated fat. One example of people with higher-than-normal blood levels of IGF-1 have a 5.1 times the

risk of advanced stage prostate cancer. If combined with low blood levels of a protein that inactivates IGF-1, there is a 9.5 times the risk of advanced prostate cancer.

In his research documented in the book *The China Study*, Dr Colin Campbell conclusively proved over 27 years of research that casein protein (milk protein) promoted cancerous tumour growth in experimental animals. By increasing milk protein to the animals he "switched" on the cancer cells, and by decreasing milk protein he was able to "switch" off the cancers. In later experiments he was able to show the same results when experimenting with humans among the Chinese population. (See *Back to Eden* newsletter No 33 for article) Dr Campbell researched this from multiple different perspectives and came to the same result. The results have been published in many cancer journals. He also stated **"According to traditional regulatory criteria, casein is the most significant chemical carcinogen ever discovered."**

Nutrients unabsorbed

An interesting fact that Dr Ellis (who as a clinical researcher gave more than 25,000 blood tests) showed conclusively is that adults who drink milk do not absorb nutrients as well as those who don't. He gave two reasons why this happened. The first is that milk has an ability to neutralise hydrochloric acid (HCL). This forces your stomach to work harder and harder to produce enough HCL for good digestion. Eventually the HCL - producing glands in your stomach break down and you don't absorb the nutrients in your food.

The second reason is that milk and cheese generate excessive mucus in the intestines, sinus and lungs. The extra mucus in the intestines hardens and forms a coating on the inner lining that is relatively impermeable to nutrients. Poor absorption, in turn, means chronic fatigue.

The excessive mucus also causes a host of other problems including constipation. Mucus is quite sticky and when you have lots of it on your intestines, the food stick to it. Consequently, you have a hard time getting stools out of your intestines.

This excessive mucus generated by milk and milk products is behind many respi-

ratory ailments. It is an important factor in nasal dripping and excessive phlegm in your throat. If you have a cold and drink milk, you are asking for an extra stuffy nose, or for chest congestion if you are still drinking milk. It's the same principle - mucus forms in your lungs.

Medical authorities recommend milk to protect against osteoporosis. Yet studies show that dairy products are not necessarily protective against developing osteoporosis. Contrary to what most have been taught, osteoporosis is most common in the countries where the largest amount of dairy products are consumed.

Calcium intake is important, but numerous studies show that too much dietary protein, not too little calcium, is a major source of osteoporosis. Too much protein causes an excess of hydrogen ions in the blood, which elevates blood levels. Because high acid levels can be dangerous, the body compensates by neutralising the blood acid levels by drawing calcium out of the bones. The resulting waste products, including calcium, are excreted in the urine. The by-products of protein metabolism are toxic and cause extra stress on the body's organs.

Allergies

Allergy to milk is quite common. A HCL deficiency stops proteins being digested properly and therefore partially digested proteins enter the bloodstream. These proteins - because they are not fully digested - irritate tissues and cause hives, skin rashes, and other allergic reactions. Few adults can metabolize the principle protein in cow's milk called casein, but also in many infants, 50% or more of the casein is not digested. Moreover cow's milk - by irritating tissues - weakens a person's resistance to other allergens. This happens to children as well as adults. The partially digested protein has to be removed by the excretory system and places a particular heavy burden on the liver.

Juvenile diabetes and cow's milk

Cow's milk may trigger diabetes in genetically susceptible children. Researchers have now uncovered cow's milk protein that resemble proteins found on the surface of the beta cells of the pancreas. A child may begin to make

antibodies against one of these or other milk proteins. These antibodies may then attack look-alike proteins on the beta cells of the pancreas. Beta cells are the insulin factories of the body. If the immune system destroys these, diabetes is the result.

Contaminants in milk

Pure cow's milk does not exist! Whatever a cow is exposed to and feeds upon tends to show up in her milk. This is why milk can taste so different at times. Unfortunately, more than flavour is passed is passed through the milk- bacteria, hormones, pesticides and other contaminants can find their way into milk.

It is known that half the herds of cows in America have cows affected with bovine leukemia virus, half the herds have cows infected with a disease called Crohn's disease, which is caused by a bacterium called mycobacterium paratuberculosis. Over 40 million Americans have been affected with irritable bowel syndrome from this. Every person with Crohn's disease tests positive for mycobacterium paratuberculosis.

Antibiotics are commonly found in milk today. These drugs come from a variety of sources. Since the early 1950s antibiotics such as penicillin and tetracycline have been added to livestock feed to prevent infection and boost growth. Antibiotics are also utilized to treat sick cows.

Increasing resistance to antibiotics among microbes has been recognized for some time. Many diseases like pneumonia, gonorrhoea, or salmonella that formerly were easily treated with certain antibiotics have now become resistant to those drugs. Some blame this problem of growing resistance on indiscriminate use of antibiotics in both the human population as well as in livestock. Research suggests that the livestock connection is very likely a factor in this process.

Milk a generation ago

Milk today is different to that of a generation ago. Cows were milked after they had their calves. Nowadays, modern milk production has the pregnant cow being milked, then dried up for only a few weeks before the calf is born, and then milked again after the birth of the calf. The pregnant cow has many different

hormones in her milk that are consumed by the unsuspecting public.

A generation ago the average cow yielded nine litres of milk per day. Today a typical milking cow yields fifty litres a day. A generation ago the cows ate grass, cream rose to the top of the milk, farmers were only allowed to put one part per hundred-million of antibiotics in the milk and it was against the law to approve a drug for our food supply that caused cancer in laboratory animals. Today, cows are fed bone meal and blood meal, milk is homogenised, farmers can put in 100 times the amount of antibiotics. Thanks to Monsanto, the law prohibiting cancer in lab animals has been changed, minimising the way the FDA looks at cancer (in USA), and Australia follows meekly behind. A generation ago one out of twenty women was expected to get breast cancer. Today around 40% of women on a typical Western diet who are between the ages of 40 and 50, get breast cancer. A generation ago it was rare to hear of a child getting cancer or leukaemia, or needing a bone marrow transplant. What a difference a generation makes.

Milk in different species

Let us consider the differences in human breast milk versus cow's milk, and further examine the physical problems caused by humans trying to subsist on the milk of another species well past the age when any mammal should be drinking any milk. The milk of each species has been specifically designed to protect the young of that species.

So, how much of a difference is there between a human baby drinking the milk of its mother versus drinking the milk of a cow? The late Dr. Frank Oski in his book *Don't Drink Your Milk* cites a "study of over twenty thousand infants conducted in Chicago as far back as the 1930s... The overall death rate for the babies raised on human milk was 1.5 deaths per 1,000 infants while the death rate in the babies fed cow milk was 84.7 per 1,000 during the first nine months of life. The death rate from gastrointestinal infections was forty times higher in the non-breast-fed infants, while the death rate from respiratory infections was 120 times higher. An earlier analysis involving infants in eight American cities showed similar results. Infants fed on cow milk had a twenty times greater chance of dying during the first six months of life."

Colic

Colic, suffered by one out of every five infants and is characterized by severe stomach cramps. The July/August 1994 issue of *Natural Health* reports, "When a mother eats dairy products, milk proteins pass into her breast milk and end up in the baby's blood; some studies have found that cow's milk proteins -from milk drunk by the mother, might trigger colic-like symptoms in infants fed only human milk and no cow's milk."

The *Natural Health* article also notes, "Removing dairy from the diet has been shown to shrink enlarged tonsils and adenoids, indicating relief for the immune system. Similarly, doctors experimenting with dairy-free diets often report a marked reduction in colds, flus, sinusitis, tummy ache and ear infections."

Body odour

We are what we eat, and if we eat dairy we will also consume animal protein. This has different amino acids. Animal protein has a lot more of two amino acids - one is methionine, and the other is cysteine, and those two amino acids have as their central atom sulfur. Now, imagine the smell of rotten eggs infusing into every cell of your body. The sulfur rotten egg smell is what we smell. Milk and dairy products are the worst form of these polluting substances. Not only with the tremendous dioxin level, but with the tremendous amount of sulfur. You don't want that rotten egg smell - that's what accelerates heart disease, and that's what accelerates bone loss. So that's another reason why we find the people living in nations where they eat the most dairy products are the ones with the highest rates of osteoporosis and heart disease. The more animal protein you eat, the more you're going to smell. Plant protein is very clean fuel for our body.

Iron-deficiency anemia

Iron-deficiency anemia can also result from an intolerance to cow's milk proteins. In fact, when you look at all U.S. cases of severe iron deficiency in infants, as many as one-third of them have blood loss due to exposure to a protein in whole cow's milk. Exposure to this protein results in sloughing off of the intestinal lining cells, causing small amounts of bleeding. When blood is lost,

iron (a constituent of blood) is lost as well. Problems are compounded because cow's milk does little to help replace iron loss. It has only about one fifth the amount of iron found in human milk.

Lowered Intelligence

The prestigious American Academy of Pediatrics recently published one of the most sobering messages regarding iron deficiency: "iron deficiency in early childhood may lead to long-term changes in behavior that may not be reversed even with iron supplementation sufficient to correct the anemia." For example, premature infants who were raised on formula or cow's milk have an eight to ten point lower IQ than breast-fed preemies. Other factors besides iron deficiency are involved in cow's milk-related intellectual impairment. Dr. Crook lists "learning difficulties" among the manifestations of milk allergy. Still another reason for lowered intelligence may be due in part to the lack of omega-3 fats in cow's milk and cow's milk-based formula. These fats appear to be necessary for optimal brain growth and development.

Other advantages of breast milk

Human milk is also different from many mammalian milks because of its relatively low content of phosphorus. Phosphorus appears to make calcium absorption more difficult. Thus, a child will tend to absorb more calcium from their mother's low phosphorus milk than from phosphorus-rich cow's milk.

Furthermore, high phosphorus intake presents other problems that human milk also avoids. Some of these benefits may further explain why breast-fed infants fare better in the face of infections. First, on a lower phosphorus diet children have more acidic colon contents, thus making it difficult for disease-producing germs to grow in the intestine. Secondly, newborns that are on a lower phosphorus breast milk regimen are less likely to come down with a severe complication of infection called metabolic acidosis.

Beyond the prevention of infection, breast milk has a number of additional benefits. The fat from breast milk is much more easily digested than the fat from cow's milk. Although fat may get a bad press in today's commercials and on talk shows, it is a critical ingredient for early childhood development. Cow's

milk is also deficient in Vitamins C and D, whereas breast milk generally gives sufficient quantities of these two essential nutrients.

Lactose Intolerance

Several years ago America attempted to help certain South American countries. They distributed large quantities of powdered milk that resulted in widespread cases of cramping and diarrhea. Cow's milk is rich in a simple sugar called lactose, or "milk sugar." However, after infancy, many people lose their ability to digest lactose. They develop an insufficiency of the enzyme lactase that is needed to break down lactose into two simpler sugars so that it can be absorbed. The result is that undigested lactose travels to the large intestine where bacteria break this sugar down, producing anything from gas, to cramps, to diarrhea. Lactose intolerance appears to be the main factor in as many as a third of cases of recurrent abdominal pain in children.

Well over half the world's population is lactose-intolerant. Some races tend to lose the lactase enzyme earlier in life than others. As a rule, individuals of northwestern European descent maintain their ability to digest lactose better than most races, such that a greater proportion of them are able to drink milk into adulthood without untoward intestinal effects.

In Don't Drink Your Milk, is an extract from a letter by Dr. J. Dan Baggett, a practicing pediatrician in Alabama. He describes his experience after six years of recommending that all his patients eliminate cow's milk from their diets. He writes,

"In general, they cooperate much better than I had earlier anticipated except for the pre-teenagers and teenagers.

"During the years 1963 through 1967, I referred an average of four appendectomy cases per year. During the past five and a half years, I have referred only two patients for appendectomy, the last one being three years ago. Both of these children were professed milk guzzlers.

"I do not have a single patient with active asthma. In fact, I have nearly forgotten how to prescribe for them.

"Perhaps the most significant thing I have learned is that Group A beta-hemolytic streptococcus germ will not, under ordinary circumstances, establish an

infection in a child kept on an absolutely no-milk-protein dietary regimen. I have been aware of this for the past two and a half years and, so far, there have been no exceptions. Any time a patient of mine is found to have streptococcal pharyngitis or pyoderma, we can establish by history that he has ingested milk protein within five days prior to onset of symptoms or signs bringing him to the office.

"I now admit an average of 12-14 patients per year to the hospital. Their average hospital stay is three days. Between 1963 and 1967, I admitted an average of 100+ patients to the hospital per year. Their average stay was five days."

In conclusion

There's a place on this earth where they have more people living over age 100 than anywhere else, where the average woman lives to age 86, where people don't even need x-ray machines because they don't get breast cancer or osteoporosis. This place is Okinawa. These people are eating 5% the amount of calcium that Westerners do, yet they don't get bone breaks. In South Africa they're eating under 100 milligrams of calcium a day, in America 980, and yet Americans have 14 times the rate of pelvic fractures. It's not the calcium you eat, it's the animal protein that causes the acid condition in the blood which your body must neutralize, and it does so by leaching calcium from your bones.

If you still are eating dairy, try eliminating it for seven days. Then have some cheese and ice cream on the eighth day and watch what happens to you on the next day.

For the most part people don't want to hear this information about what dairy does to our health. For the most part pizza and ice cream are too delicious! But, those people who do hear it, and who really do take the message, type 2 diabetes goes away, heart disease disappears, you have no more allergies, congestion goes away. Experience it yourself.

Become educated and feel the difference. You can give it up completely. Trust me, your taste buds will change and you will still enjoy your food.

www.notmilk.com
Don't Drink Your Milk Frank Oski MD
Mooove Over Milk Vicki Griffin PhD
Proof Positive: Dr Neil Nedley

Coffee... and Brown Drinks

According to research done, the average Australian drinks 240 cups of coffee a year. Many consider it essential to start their day with a cup of coffee. They say it gives them a lift, and it may for a short time. But it will not last. The caffeine contained in coffee may give you a significant boost of energy. It seems to provide you with an increase in performance for more monotonous tasks, and it can also help you stay awake during drawn out tasks such as long distance driving or working on a night shift. However, what people fail to realize is the harmful side effects which are induced by the excessive consumption of this bitter, white crystalline alkaloid. Yet it is not just coffee that impacts our health, but all the other “brown drinks” – coffee, tea, cola, some soft drinks, chocolate, cocoa, milo, ovaltine etc– which contain many different types of chemicals capable of injuring the human body.

Methylxanthine (pronounced meth’ul:zan’then) are molecular compounds that act simultaneously as cardiac stimulants, diuretics and smooth muscle relaxants. These act on constricted bronchi and bronchioles to improve airflow, reduce inflammation, and relax airways, while increasing blood flow via cardiac stimulation. Methylxanthines can also be used to treat asthma, and can be administered via inhalers or in tablet form. This is why so many suffering respiratory discomfort, colds, or allergies often self-treat by drinking tea, breathing the steam from tea, or inhaling the aroma of steeping tea leaves, all of which can help to relax airways and ease breathing. Methylxanthines affect the throat, lungs, heart, and other key parts of the bronchial and pulmonary systems. The accelerated pulmonary response and relaxation of the airways caused by methylxanthine compounds is why frequent coffee and tea drinkers at times complain of shortness of breath, increased heart rate, and even mild arrhythmia. We get the same side effects of methylxanthines, whether we take a prescribed drug, or take them in drinks or food.

These methylxanthines - caffeine, theobromine and theophyllin, all cause injury to the body. Yet most are not aware how vast all the side effects are. Methylxanthines have the ability to alter the protoplasm of cells and to attach or concentrate in cells for an unknown period of time, possibly for the lifetime of the person.

The brain has a protective barrier, called the “blood-brain barrier”. This stops the brain from being stimulated or irritated by any chemicals that are in the blood. But a by-product of methylxanthine is uric acid which is able to get through the blood-brain barrier. This causes different effects than can last for about four hours.

Side effects of caffeine consumption

Large amounts of coffee consumption lead to mental and physical conditions like anxiety, restlessness, irritability, muscle twitching, vertigo and insomnia. In fact, the negative effects of caffeine on the body include anxiety and panic attacks and may also result in heart palpitations. It has also been reported that chronic, heavy caffeine ingestion may be associated with depression, dizziness, headaches and impotence in men.

Gastrointestinal Side Effects: These side effects include gastrointestinal distress, constipation, diarrhoea, nausea, vomiting and cramping after consuming caffeine.

Psychiatric and Nervous System Effects: Psychiatric side effects have included confusion and psychotic symptoms such as anxiety, light depression and fatigue. The side effects on the nervous system associated with caffeine consumption include central nervous system stimulation such as nervousness, irritability, restlessness, and a jittery feeling. Caffeine produces a significant slowing of the blood flow to the brain. When caffeine is discontinued, blood flow to the frontal lobes of the brain is greatly

Caffeine is a drug belonging to the xanthine family of drugs. Although theophylline (found in tea) and theobromine (found in chocolate) are also xanthines, both the structure and biological functions differ significantly from caffeine. Chemically these drugs are very similar, but their response in body physiology may be quite different. However most nutritional chemists agree that coffee, tea and chocolate have significant caffeine content.

increased. Remember that caffeine is also found in over-the-counter cold and headache medications.

Cardiovascular Side Effects: The most common cardiovascular side effect or caffeine side effect on the heart includes an increased heartbeat and heart rate along with an elevated blood pressure. Even one cup of coffee will elevate blood fats, two cups will raise cholesterol considerably. Drinking five or more cups daily increases risk of heart problems 2.8 times.

Endocrine Side Effects: A decrease in insulin sensitivity in individuals was observed following excessive caffeine consumption. The mechanism leads to elevated adrenaline levels. It stresses the cells of the pancreas compounding diabetes.

Renal Side Effects: Excessive caffeine consumption results in increased urine flow, and sodium, chloride, magnesium and calcium excretion. The loss of these minerals affects bones, muscles, skin, blood – virtually all body tissues. The accumulated effect of this drain, day after day, can result in long-term or permanent damage to our body.

Caffeine and Cancer: It has been known for at least four decades that caffeine is a mutagen, or a chromosome splitter. The association of coffee with bladder cancer in women was no different whether decaffeinated, non-decaffeinated, regular or instant coffee had been drunk, or whether the coffee brewed was strong or weak.

Caffeine and Pregnancy: Studies have also shown that excessive caffeine during pregnancy may lead to increased chances of a miscarriage. In addition to that caffeine causes constricted blood vessels of the placenta, leading to reduced blood flow. Also, caffeine may directly affect the developing cells of the baby as it crosses the placenta.

Caffeine and osteoporosis:

One cup of coffee per day causes a 1.4% loss of bone calcium per year in women past the age of 50 years. This is 14% per decade. Other causes of this are numerous eg milk consumption, high protein diets, and birth control pills, but we must not forget something many of our younger people are drinking – cola. This is highly acidic, has caffeine and either has corn fructose or artificial sweetener. All these work together for a rapid onset of osteoporosis.

Other caffeine side effects in women include the occurrence of fibrocystic breast disease, which was seen to have a positive correlation with average daily consumption of caffeine. In fact it was observed that women who consumed 31 to 250 mg/day of caffeine were reported to have a 1.5 times increase in odds to have the disease. In fact they had four times the normal risk of breast cancer. It is also found that women who drink a lot of coffee and eat a lot of chocolates tend to experience pre-menstrual syndrome more acutely than others. This leads to acute headaches, bloated feeling and stomach cramps.

Decaf

Decaffeinated coffee is just as bad for you as regular coffee. The solvent commonly used to extract caffeine from coffee beans is methylene chloride, a chemical suspected of causing cancer. Despite its name, decaffeinated coffee does contain caffeine, between 2 and 15 milligrams or more per cup, depending on how it is brewed. In the extracting process of removing caffeine from coffee, the caffeol is made more concentrated. Caffeol is the oil which gives the aroma and flavour to coffee. As stated before, caffeol irritates the mucus membranes of the stomach; it irritates the liver, the kidneys, the bladder and in some cases causes cancer of the bladder.

Tea drinking

A state of chronic dehydration often occurs in drinkers of all brown drinks. It is one of the most common cause of fatigue and weakness. Even though users may think they are well hydrated, they actually lose fluid through a diuretic effect of these drinks. Drinking 4-6 cups of tea daily can create a vitamin deficiency. Tannin is known to bind vitamins and cause deficiencies. It also interferes with iron absorption. Tea is the most damag-

ing drink that causes goitres.

Chocolate

Chocolate, the taste that millions of people can't live without is a combination of cocoa, milk, caffeine and sugar. In its natural state, chocolate is quite bitter. Theobromine is the principle methylxanthine in chocolate. This causes abnormal gland growth, stimulates the central nervous system, causes sleeplessness, itching, depression and anxiety. It has been linked to the enlargement of the prostate in men and tumours in the breasts of women. Children who eat chocolate are more likely to wet the bed.

To mask the bitterness, sugar has lots of sugar added to sweeten it. Sugar interferes with calcium absorption and utilization, reduces the ability of white blood cells to destroy germs, is linked to foggy thinking, ADHD, tooth decay and peptic ulcers. It is fatty, rich, slows digestion and reduces mental performance.

Most cocoa beans are produced in countries where sanitation levels are generally very poor. Cocoa pods are cut from the tree and are left to ferment for 3-8 days. This fermentation is essential to develop the flavour. During this process, children and adults walk over the piles, and insects, rodents and small animals make their nests in the piles. It has been shown that large amounts of aflatoxin (a mould that will promote cancer) is in these beans.

How to quit using brown drinks

- * Choose to quit, Ask God to help you.
- * Don't be idle, keep yourself busy.
- * Avoid overeating, the use of sugar and other sweets.
- * Take a tepid bath for 20 minutes.
- * Drink lots of water and eat raw fruit and vegetables. Drink herbal teas or cereal drinks eg Caro, Nature's Cuppa.
- * Treat a withdrawal headache with a hot foot bath for 25-40 minutes. Keep a cold cloth on the forehead.
- * Take a mouthful of lemon juice (dilute if desired).
- * Put a cup of any brown drink in refrigerator. If symptoms of cravings begin, take a tablespoon of the drink then wait 30 minutes. This may be repeated as needed.

Poison With a Capital C
Agatha Thrash MD Calvin Thrash MD

Tea has an influence to excite the nerves, and coffee benumbs the brain; both are highly injurious. *Healthy Living p 107 Ellen White*

Thousands who are afflicted might recover their health, if, instead of depending upon the drugstore for their life, they would discard all drugs, and live simply, without using tea, coffee, liquor, or spices, which irritate the stomach and leave it weak, unable to digest even simple food without stimulation. *Medical Ministry, p 229 Ellen White.*

I frequently sit down to the tables of the brethren and sisters, and see that they use a great amounts of milk and sugar. These clog the system, irritate the digestive organs, and affect the brain. *Counsels on Diets and Foods p 331 Ellen White*

Meat is not essential for health or strength, else the Lord made a mistake when he provided food for Adam and Eve before their fall. All the elements of nutrition are contained in the fruits, vegetables, and grains. *Healthy Living p 96 Ellen White.*

Milk and milk products gave the highest correlation coefficient to heart disease, while sugar, animal proteins and animal fats came in second, third and fourth, respectively. *Medical Hypothesis 7:907-918, 1981*

Cow's milk has become a point of controversy among doctors and nutritionists. There was a time when it was considered very desirable, but research has forced us to rethink this recommendation... dairy products contribute to a surprising number of health problems. *Benjamin Spock, MD Dr Spock's Baby and Child Care, 7th Edition*

Average IQ of US children: 97
Los Angeles Times Feb 6, 1993
Average IQ of vegetarian children: 116
Journal of the American Dietetic Association, 1980: 76:142-47

I don't understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically conservative to cut people open or put them on a powerful cholesterol-lowering drugs for the rest of their lives. *Dear Ornish MD*

With the exception of tobacco consumption, diet is probably the most important factor in the etiology of human cancer. *Toxicology December 2002, Vol 181-182*

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; 450g.....\$27; 1kg.....\$55
Loose powder, organic A powerful way to get needed nutrients including betacarotene, 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

Nettle Leaf Tea 150g.....\$12
Incredibly undervalued herb. An effective tonic, rich in vitamins and minerals.

Afalpa Leaf Tea 150g.....\$12
Rich in vitamins, minerals and other nutrients that strengthen and maintain health.

Calendula Flower 100g.....\$9
Used as a tea for inflammation, or use as a base for ointments and oils

Cornsilk Tea 100g.....\$8
A great way to treat bladder infections.

Closed between
2 Dec to 21 Jan

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; 500g.....\$30
Activated Charcoal Powder 1000g.....\$45; 150g.....\$15

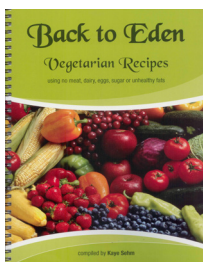
Calcium Bentonite Clay 500g.....\$18; 1kg.....\$30
Use internally and externally to detox, heal and draw toxins from your body

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
Calculate postage: up to 500g costs \$6 postage; up to 3kg costs \$10 postage

Back to Eden Vegetarian Recipe Book



\$25

Over 350 delicious 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 order: phone Kaye on 0260255018 to get account details for a direct debit
Postage: add \$3 for 1 book, \$6 for 2 books, \$9 for 3 books, \$12 for 4-7 books

Recipes

BLACK- EYED BEAN CURRY

1½ c dried black-eyed beans (approx 4 c cooked beans) can use other small, soft white beans
2 Tbspns coconut oil
3 large onions, chopped
3 cloves garlic, crushed
3 tspns substitute curry powder (see below)
210g tomato paste
2 tspns honey
1½ tspns Celtic sea salt
1 tin of coconut cream (400g, use more if tins are smaller)
2 carrot, cut into sticks
1 zucchini, cut into strips

Soak the beans for 24 hours, changing water frequently. Steam in salted water until tender, approx 40-45 minutes. Sauté the onions and garlic in coconut oil until soft and golden. Add curry powder and sauté 1-2 minutes to develop the flavour of the curry. Add tomato paste, honey, salt, coconut milk and mix to a smooth creamy sauce. Cook carrot and zucchini in a separate saucepan. Add these as well as the drained beans and heat through. Do not boil. Serve over brown rice.

CURRY SUBSTITUTE

1 Tbspns turmeric
1 Tbspns coriander
1 tspn garlic powder
2 tspns cumin powder
1 tspn Celtic sea salt

Mix thoroughly. Store in glass jar.

Many people suffer from digestive problems. A major cause of this is we are overworking our digestive organs when we eat food between meals. When we eat before our stomach is empty, then partially digested food remaining in the stomach starts to spoil or ferment. This is toxic to our system. By learning to choose nutritious, healthy, filling food you need only eat at meal times.

Back to Eden Health Meetings

Our weekly health meetings are almost finished for this year. We have been covering lots of information. They are being held at the Albury River Community Church each Tuesday morning at 10-12 noon. Feel free to join us if you would like to attend.

Weekly classes will be conducted at

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

What time: **Each program will commence on Tuesday mornings at 10-12 noon cost \$5
These topics are a guide only and may change if necessary
Each week there will be a teaching segment as well as the listed practical demonstration**

Tuesday 9th October.....More herbs for your health
Tuesday 16th October.....What has happened to our health
Tuesday 23rd October.....Pulling it together
Tuesday 30th October.....**No program on this day**
Tuesday 6th November.....Final program. We invite all who want to attend
come along. Lunch will follow meeting.
Bookings essential for lunch

5 Different DVD Series with Kaye Sehm & assisted by Peter Sehm

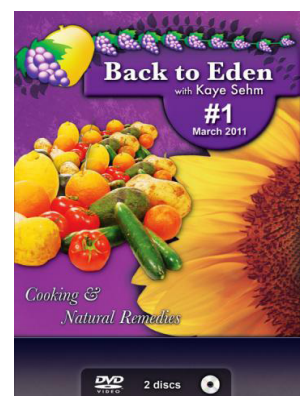
Series 1 recipes & poultices part 1. This covers healthy vegan recipes plus instructions on how to make and apply many poultices

Series 2 recipes & poultices part 2. This covers healthy vegan recipes plus instruction on making and applying more different poultices

Series 3 recipes & hydrotherapy. This covers healthy vegan recipes plus instruction on how to do hydrotherapy treatments

Series 4 recipes & Herbs for your Health. This covers healthy vegan recipes plus instruction on using herbs for your health

***Series 5** recipes & Vegetarian Advantage. This covers healthy gluten-free vegan recipes and The Vegetarian Advantage with more home remedies * Available in a few weeks



These DVDs cover different recipes and remedies that Kaye has presented at many of her classes over the years. These DVDs 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 remedies.

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

*These DVDs are for sale at \$25 for each 2 disc set. They have been
filmed at Steps to Life Studio Melbourne
Postage free until the end of November 2012*