

Back to Eden

Cleansing and Healing
Dangers of Soft Drinks
My Story
Recipes
Products
Coming Classes

PO BOX 850 LAVINGTON 2641

KAYE SEHM 02 6025 5018

This issue: Summer 2013 No 53

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

www.kayesrecipesandremedies.com

Cleansing.... and Healing

The new year has arrived so quickly. I have been away and there is always lots to catch up on. What is Back to Eden planning for this year? Yes, we will continue our programs, but please check the dates on page 8. Only the first term has been planned out. I have a few speaking appointments where I will be away from home, so I will publish only one terms programs at a time.

If you find it hard to contact me and you think I may be away, you can leave a message with my friend and assistant Bernice Brewer. Bernice will have access to the products Back to Eden sells, so any order will be sent out. Her phone number is 0260563919, her email is bernicebrewer@aapt.net.au

I am pleased that my friend Karen Walters, who was diagnosed with Multiple Sclerosis and Lupus has updated and added more to her book. This book details her journey back to health. She is now has it for sale. Please see page 8 for details. If you know anyone with MS or Lupus, don't hesitate to refer this book to them. In August 2011 Karen spoke here in Albury in a series of programs. The DVDs are still available. Her story of MS to Health is on the discs. See page 7 for details.

I have also two new products for sale. The first is a single roll dispenser of pH testing papers. Small pieces of paper can be torn off to test your saliva or urine pH. These are inexpensive and are a convenient and easy way to know if your body is acid or alkaline. An acid body is a magnet for sickness, disease, cancer and ageing. By knowing your pH, you will realise that you need to alkalise your body. One way to alkalise your body is to take Barley Leaf Powder.

The other new product is Barley Leaf tablets. These are for those who find it hard to take Barley Leaf powder, or those who are travelling. Whatever your reason, be sure to try these tablets.

Finally, if anyone is interested in more information on the Hebrew Sanctuary, I have some information on my webpage that can be downloaded.

From Kaye and the Back to Eden team

Recently I was asked the question, is it more important to cleanse the body or to nourish it? Do we need to detoxify first or will our health return if we just give it super nutrition? As I contemplated this, I thought of something most people would not be aware of. For many years I have enjoyed studying the rich imagery of the Hebrew Sanctuary (found in the Bible) in relation to our Christian experience. I believe it has lots of deep and profound lessons that are not evident on the surface, but as we study and dig deep we can learn much from the symbolism, revealing to us a deeper layer of truth. It is said the Bible is great puzzle and when the Hebrew Sanctuary is used as a pattern or template, many hidden truths can be seen. The Hebrew Sanctuary reveals seven steps that Christians will experience in their Christian walk. The same seven steps can show us how God heals us spiritually, mentally as well as physically. I believe it is very important to see the sequence that these steps are listed in and not change the order.

There are many books written on these steps, very simply explained they are:

- 1 Gate or door – represents coming to Christ in gratitude and praise.
- 2 Altar – we realise we are sinners, it represents confession of sin, laying all burdens on Jesus.
- 3 Laver – we need to be washed, cleansed from sin. This is called the new birth.
- 4 Candlestick – the Holy Spirit works in our lives, gives light and power to witness, pours out His gifts.
- 5 Table of Showbread represents how the Word of God (Jesus) sustains and strengthens us.
- 6 Altar of Incense represents the intercessory prayers of the Christian to the Father in Heaven.
- 7 Ark represents God writing His law in the hearts of Christians, His character is revealed through us, Christ dwells in our hearts.

It is not my purpose at this time to delve deeply into this subject in a spiritual sense, but to show how this pattern is also used in the healing of our bodies. First I want to show some of the parallels (I will leave it to your imagination to see if you can see any spiritual lessons).

When we get a wound that bleeds:

- 1 First we recognize pain, we need help.
- 2 The wound bleeds, the blood flows to cleanse the wound.
- 3 We need to cleanse and wash the wound, getting rid of any dirt.
- 4 Our immune system will respond automatically to bring healing, we expose wound to the sunlight and air.
- 5 Good nutrition will strengthen, repair and rebuild our bodies.
- 6 We need positive thinking to dispel toxic thoughts which destroy our health. Six minutes of a negative emotion can suppress the immune system for a minimum of twenty one hours.
- 7 The wound heals although it may leave a scar (don't pick at scar and reopen wound).

If we take in a germ or virus and suffer from food poisoning we first feel:

- 1 Pain and discomfort, we recognise we have a problem.
- 2 We expel toxins by vomiting or diarrhoea, or bind them with charcoal (that adsorbs poison)
- 3 We don't eat but allow our bodies to cleanse by fasting and by drinking water
- 4 Our immune system becomes much more active and brings healing, we expose ourselves to the sunlight.
- 5 Good nutrition will strengthen, repair and rebuild our bodies.
- 6 We need positive thinking to dispel toxic thoughts which destroy our health.
- 7 The body heals.

Suppose we have a cancer or tumour:

- 1 We suffer from pain or feel sick. We realize we need help.
- 2 We try to expel the toxins via the organs

of elimination or by cutting out by a surgeon.
3 We cleanse body with juice cleansing and water and anything else we can do to help eliminate toxins.

4 Our immune system starts to bring healing, we expose tumour to the sunlight.

5 We need good nutrition and wise selection of food to maintain strength and repair.

6 We need positive thinking to dispel toxic thoughts which destroy our health. Every negative thought creates chemicals that destroy health.

7 The body heals.

Suppose we suffer depression or have mental problems:

1 We realise we need help, we are in mental anguish, we are hurt or angry. We need to forgive others who have hurt us.

2 We bring our problems to God by confessing and repenting. Repressed emotions, not vented or expressed, will seek physical expression in different ways eg bowel disease, fibromyalgia. Negative emotions will find expression even as a tumour in the breast.

3 We choose to renew our thinking, we choose not to dwell on negative thoughts, we drink lots of water and use water externally.

4 Our immune system starts to bring healing, we expose ourselves to the sunlight.

5 We need good nutrition and wise selection of food to feed the brain. We get new energy.

6 We need positive thinking. The body is your barometer of what is going on mentally and spiritually.

7 The mind is restored to health. Remember not to pick the scar and reopen the wound.

The point I would like to make is that there are three steps that we need to experience to have sound spiritual, mental and physical health. In order, they are

1 cleanse and detoxify the body

2 get the right nutrients into the body so it can work effectively

3 get the thoughts right so the body can heal (avoid negative thoughts).

Obviously, there are many more parallels that we could see, but my aim is to show you that there is a sequence in healing. We first need to get the toxic waste out of the body. This is what brings on sickness, then we need to give it the right building blocks so the body can repair and strengthen. This is followed by good health. I believe this is why many people who are sick or have cancer are not getting better. They fail to see the importance of cleansing. Imagine what your home would be like if you never did any cleaning. Eventually there would come a time when you would have to have a major "spring clean". Or consider how your car would run if you never cleaned the filters,

never serviced it and kept putting into it the incorrect fuel. Some people are aware of keeping their cars running smoothly and yet fail to see the necessity of keeping their bodies running clean and smoothly.

I would like to suggest some ways to cleanse and detoxify the body. It is not my purpose at this time, to explain how to fast in detail. My suggestion is for the reader to become educated on how to fast and learn the benefits it will do to your body. To some experts the words cleanse and detox or detoxify have different definitions. They define a detox as eliminating toxins (which can include heavy metals, chemicals found in cleaning products, cigarette smoke, etc.) from the body, sometimes specific organs and/or the blood stream and body, and additionally can refer to the period of withdrawal after long-term use of an addictive substance. A cleanse focuses mainly on clearing out and cleaning up the digestive tract (from mouth to anus), which includes eliminating toxic, compacted fecal matter from the bowels, parasites and fungi (like Candida). But most people use the words interchangeably and that is what I shall do in sharing different ways to have a "spring clean".

Cleansing and detox

Normally our bodies are able to cleanse themselves of toxins naturally each day through the skin, liver, kidneys, lymph, lungs, blood and colon without any additional help from us. If you feel "congested" from too much food - or the wrong kinds of food - you may want to detoxify. If your energy level is low, if you have been taking many medications that have not been eliminated from your system, a cleanse and detox may help you feel better.

So when we ingest more toxins than the body can deal with, by depriving the body of certain foods and toxic substances, this allows the body is able to eliminate effectively. Some nutritionists, suggest a two to three day juice or water fast to begin a whole body cleanse. Drinking nothing but fresh vegetable juice (fruit juices can feed fungal infections so you need to take in minimal amounts or none at all), this allows the digestive system to rest while providing plenty of nutrition for the cleansing process. Typically, a whole body cleanse can last up to seven days of either juice or water intake, fresh fruits and vegetables, while avoiding all toxic foods and substances.

Beginning a cleanse or detox program can be as simple as changing the diet. Eliminating processed foods and toxic substances such as

alcohol, cigarettes, white sugar and flour, soft drinks, artificial sweeteners and caffeine from the diet allows the body time to deal from the toxins that have built up over time.

Fasting

When it is convenient, set aside a weekend for a cleanse or spring clean. Spring cleansing means detoxifying your body. If your energy levels are low it's a way to recharge, rejuvenate, and renew. It means drinking juice and water. A juice fast is less stressful on your body and is quite easy to do. I have done this many times over one, two or three days. When juice fasting a normal day is to drink almost all vegetable juice with little or no fruit juice (as too much fruit juice can give us a sugar overload). Each juice is slowly sipped at two hourly intervals. A good time to start is 7am and then at two hourly intervals until 7 at night. Between these times drink pure water only.

Others fast on a water only. If you choose to do this, become educated and make sure you are aware of what to expect. Most people are so addicted to food and certain bad habits that they are unable to listen to their bodies. The idea of refraining from food or water for regenerative purposes sounds strange or even frightening to most Westerners, but this is exactly what many old-fashioned doctor ordered. People are unaware that fasting is a completely natural way to alleviate almost any illness.

Short fasts of one, two, or three days, when done properly, are perfectly safe and beneficial, but the one day water fast is best for the novice faster. This means no food whatsoever, only drinking lots of pure water. By fasting one day a week you are giving your body a much needed true rest and time to catch up on neglected repair or cleaning. Fasting of any kind is not recommended if you are pregnant, infirmed, on medication, a child, or in any other abnormal circumstance that requires supervision. The more you experience you have in fasting the less discomfort you will experience. Naturally, there will be some weight loss, discomfort, dizziness, and other withdrawal symptoms, especially for beginners, but this is all part of the body's way of cleansing and healing itself.

By fasting, what you are in effect doing, is redirecting all of the body's energy (much of which would normally go into digestion) and focusing it on whatever needs to be cleaned or repaired. One-day fasting will teach you self control and self discipline. It will greatly help you to break those bad habits and addictions that are destroying you and help you

start to acquire new and positive ones. We were not meant to be ruled by our stomachs or base desires. Short-term fasting can also correct weight problems, energy imbalances, blood pressure, sleep disorders, depression and mood swings, nervousness, and just about every other ailment or disorder. It can also improve eyesight and hearing and the better functioning of your senses in general.

Another way to fast is something I highly recommend and have done for about twenty five years. This is to eat only two meals each day and have about eighteen hours each day when the body fasts and repairs. This is sometimes called intermittent fasting. I eat breakfast at around 7am in the morning and lunch around 1pm in the afternoon. Nothing else is eaten until next morning. On rare occasions I eat in the evening, but I usually regret it and feel much better when I don't eat anything, just drinking water between meals and sometimes herbal teas. The time of meals can be adapted to your lifestyle and if you want to you can choose to eat later remembering to space them six hour apart. It is wonderful to get up in the morning and feel refreshed after a night's sleep. Because my body has finished digestion by the time I get to bed, my body is able to use it's energy to repair and rebuild and not be diverted to digesting a meal. This type of fasting does not give you an excuse for overeating.

Another way to cleanse is by increasing your fibre through eating colourful fruits and vegetables, which also have antioxidants and phytonutrients that remove toxins. Many nutritionists suggest that eating raw food will help to detoxify the body by flushing out poisons and setting us on course for greater energy and a healthier body. On any given day, you can choose to eat "raw" with a big salad, vegetables or fruit to allow your body cleansing time.

Your body has seven organs that are designed to eliminate toxins, (the colon, liver, kidneys, lungs, blood, lymphatic system, and skin) and when massive amounts of toxins are being eliminated from the body these 7 organs are going to be working a lot harder than normal, and when this happens the following things can occur.

- You suddenly have to use the bathroom a lot more than normal.
- You get really bad breath and body odour.
- You develop skin eruptions such as rashes, pimples, and itching.
- You go through intense mood swings and act like a very different person.
- You feel old injuries that you had suffered a long time ago suddenly flare up and start hurting again.

- You start thinking about memories that you have been suppressing for many years.
- You feel weak and tired and want to stay in bed.
- You start losing weight.
- You feel cold, especially your hands and feet.
- You develop flu-like symptoms such as a runny nose, cough, fever, nausea, diarrhoea, gas, cold sweats, and vomiting.
- You develop a temporary white coating on your tongue.
- You feel dizzy upon standing up.
- You feel pain around your joints.
- You see images of unhealthy foods and can't stop thinking about them.

Extra ways to cleanse

- Drink 6-8 glasses of pure water every day.
- Drink juices and make green smoothies.
- Eat live food of varied colours, especially eating lots of greens.
- Exercise daily. Get moving. Do aerobic and anaerobic exercises.
- Breathe deeply and get lots of fresh air into your lungs.
- Get out in the sunshine, but do not burn.
- Get adequate sleep and rest to regenerate nerve energy and vigour.
- Skin brushing your skin will help to eliminate toxins.
- Take saunas, Sweating eliminates toxins through the skin.
- Use hydrotherapy. Learn how to eliminate toxins with water treatments. Wet sheet treatment draws out toxins stored in tissues.
- Do a favour and help someone and experience a blessing.
- Laugh out loud. Choose to be happy.
- Avoid negative thought patterns. These create toxic chemicals in our bodies that break down our health.
- Study the Bible daily to de-stress.
- Share the knowledge you are learning about health as well as the gospel.
- Choose to be loving not only to those you love but also to those who annoy and stress you.

Charcoal

Charcoal has the ability to absorb many times its weight in toxic matter. It is used for many different ailments, from types of poisoning or just as an aid to detox. As you drink the charcoal water, any toxins will adsorb and will be taken out via the colon. Just mix a teaspoon of charcoal powder in water and drink. It is very safe to take, but always take two hours before or after taking any medication. It will adsorb the medication. Charcoal has the power to draw out the poison of a deadly spider bite in a few hours. Always keep charcoal on hand.

Bentonite clay

It has similar properties to charcoal and can be used internally as well as externally when detoxifying. Made into a thin liquid and drunk it will detoxify the digestive tract by absorbing toxins before they enter the bloodstream. Clay reduces the overload of toxins that the liver and kidneys normally have to filter out. By eliminating the build-up of waste lodged in the lower colon, clay allows the body to absorb more nutrients, vitamins and minerals. The minerals that make up Bentonite clay (which the body cannot absorb) work together to absorb heavy metals, radiation and other toxins in the gut. Thus, clay taken internally, can help improve intestinal health. Clay baths, foot baths, poultices and topical applications, through clay's strong drawing powers, will help your body detox through the pores of skin. Through a pulsing action, clay will draw out infections, heavy metals, parasites and toxins. Most clays are naturally alkaline and as a result, balance the body's pH and reduce over acidity.

Epsom salts

Use one cup of Epsom salts in a hot bath. This will cause your body to sweat. Drugs, toxins and poisons in your body will escape through the pores in your skin. Soak in it for about 20 to 30 minutes, though you shouldn't soak any longer than that. As the water cools, the toxins will be sweated out of your skin. The magnesium in Epsom salts helps keep your bodily functions running smoothly, including some of the pathways that lead toxins right out of your body. Sulfate helps to strengthen the walls of your digestive tract so that it's easier to release toxins. As a compound, magnesium sulfate also raises the amount of digestive enzymes in the pancreas. The compound also helps in purifying and detoxifying your body of heavy metals.

Baking soda

Alkaline substances help draw out toxins in your body. You can find alkali in household baking soda. Add one to two cups of baking soda to the bath as you are drawing it, and then soak in it for 20 to 30 minutes. Gently rub your body with a loofah or soft sponge while you do so. It will help to clear the toxins. You will generate a fair amount of sweat, which pulls toxins out of your body through the skin. Make sure the water is hot, though if can be a bit cooler if you sweat very easily. Drink plenty of water afterwards, since the sweating will leach fluids out of you as well as toxins

Herbal Teas

There are many herbal teas that are excellent for cleansing and detoxifying. The Blood Cleansing Tea (see the herbs for sale section on p 7) is a combination of herbs that works on the bowels, liver and cleanses the blood. Used on a regular basis it will cleanse and rebuild. The herbs it contains are

Burdock: A bitter herb that reduces inflammation and controls bacterial infection. It is used for skin diseases and inflammation 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.

Superfoods

Many people realize that the foods that we buy are becoming more and more depleted of their nutrients. If we were to rely only on the nutrition gained from what we eat during our mealtimes, we can be confident that we are not getting all the vitamins, minerals and all the essential elements our body needs. One of the best ways to get good nutrition in is to drink juices. While this is ideal, most people do not have the time or finance to keep juicing for an extended time. Another way is to use the green leaf powders that are available. Green barley, alfalfa leaf, wheat powders are whole foods and not supplements and are a natural unaltered source of real vitamins, min-

erals, dietary fibre, chlorophyll, anti-oxidants and other substances beneficial to health. In fact research shows that green barley powder is one of the most complete sources of nutrition available. These powders are foods which encourage alkalinity in the body which is the essential for the maintenance of health and the promotion of healing. Three teaspoons a day, mixed with fruit or vegetable juice, yoghurt, smoothies, breakfast cereals, herb teas, salads etc. is all you need for optimum nutrition.

In 1985 after 10 years of research on over 300 plants, Japanese researcher Yoshihide Hagiwara stated that 'the young leaves of the cereal grasses provide the nearest things to the perfect food that this planet offers'. Green barley is particularly rich in the antioxidant enzyme called superoxide dismutase (SOD) which is an effective scavenger of chemicals and heavy metals. This enzyme contributes to green barley's value in cleansing programs. People commonly report clearer skin, brighter eyes or increased energy after incorporating green barley into their diet. Greater resistance to colds, flu and infections, improved joint mobility, increased stamina and decreased signs and symptoms of ill-health are also commonly reported.

Positive thinking and forgiveness

Have you ever been hurt in your life? It is impossible to find anyone in today's society who has not been hurt. It is interesting to discover that many deeply troubled people have been affected by hurts done to them in their childhood years. But hurts happen to all of us, every single day. Sometimes they happen to little children, sometimes to older people. They happen in different ways, but they all hurt.

Hurt has got to be one of the major problems in society today. You can get hurt so badly that you try to cut yourself off from feeling altogether. Some people say have been hurt too many times. As a result they become hard and cynical. This is one way people deal with pain - they withdraw themselves so they will not be hurt again. God has devised a way to be healed of all hurts and bitterness. He heals your heart and He takes the cynicism out of your life. You can once again open your heart to others and love again.

People get hurt. It's not wrong to be hurt, but the way you deal with that hurt makes all the difference. Being hurt is a big enough problem, but if that hurt is not handled in the right way, bitterness will set in. In the end it is bitterness, not "being hurt" that will destroy you.

In bitterness, you focus on what that person has done to you. You have a memory of all

the hurtful things the person has done to you. Many use bitterness for revenge. But what does this do to us. Bitterness and revenge bring onto us all sorts of medical problems. Their health breaks down completely. People who carry around bitterness cannot even enjoy a good meal.

Here are some basic steps to overcome our hurts: Make a list of the people who have hurt you. Write down everything they have done to hurt you. Make another list of the things you have done to hurt them. This is much harder because we don't remember these as easily. We don't want to. One of the hardest things is to clear issues between parents and children. But we need to remember when we have been lazy, deceitful, ungrateful etc. We tend to magnify others faults and minimise our own. We have to see our wrong.

Take a good look at how you have hurt God. Once you have finished your list, you still have the main task to do. Get down on your knees and ask God to show you what you have done to hurt Him. Don't hold onto excuses. One of the most important keys to forgiving others and letting go of all bitterness is to understand that God knows what it is to be deeply, deeply hurt, and yet He has never responded in bitterness and resentment. God really knows what it is to be hurt. He hurts when we hurt Him as well as when we ourselves are hurt. Remember when we hurt, He is along side of us, feeling our hurt with us.

Pray and ask for the forgiveness of God and man. This is not complicated, but is costly. You need time. Get your list out of how you have hurt God and others and let the Lord break you. Ask God's forgiveness for these things one by one. And when you are finished, take the list and rip it up. Speak to the people you've hurt and ask for their forgiveness. Even a letter saying you're sorry for how you have treated them will begin the work of healing. Start to care for this person.

Destroy your files. Where we previously remembered all the hurts done to us, ask God to take them out of your mind. He alone can get rid of them. Destroy any list you may have. You must release it all to God. Forgiveness is opening the filing cabinet of your mind before God and clearing the debts. We are to keep no record of wrong done to us. Remember if we do not forgive others, we will not be forgiven. (Matthew 6:14-15)

To be healed physically we need to cleanse and be careful in what we eat, but equally as important is to choose to be healed in our minds, to have complete peace of mind, knowing we are at peace with both God and our fellow man.

Dangers of Soft Drinks

One of the most recognized beverages in Western culture are soft drinks. Statistics show that the USA consumes the most soft drink in the world, on average 216 litres of soft drink per year. Australia comes in sixth on the list consuming an average of 100 litres each year. This is an increase of 45 litres since early 1970's. New Zealand is ninth with 84 litres.

The huge increase in soft drink consumption has been due to intense marketing by soft drink corporations. As the adult market is stagnant, it has been specifically directed towards our children. Sadly the marketing has succeeded.

While our children are exposed to unremitting advertising for soft drinks, evidence of their dangers accumulates. The consumption of soft drinks is riddled with hazards. Advocates of a healthy life-style recognize that consuming even as little as one or two sodas per day is undeniably connected to many problems. The most commonly associated health risks are obesity, diabetes and other blood sugar disorders, tooth decay, osteoporosis and bone fractures, nutritional deficiencies, heart disease, food addictions and eating disorders, neurotransmitter dysfunction from chemical sweeteners, and neurological and adrenal disorders from excessive caffeine. There is nothing healthy in soft drinks.

Nowadays, sugar free or diet drinks containing sweeteners such as Aspartame are gaining popularity among teenagers and young adults. These are packed with non-nutritive sugar alternatives, and phosphoric acid that contributes to obesity, cancers, dementia and dental erosion and acidity. Diabetics must avoid drinking soft drinks as they inhibit overall blood sugar control. Most people are unaware of the side-effects of artificial sweeteners. These harmful chemicals decrease the body's immunity, destroy nervous system and trigger herpes breakouts. Besides, they also cause multiple sclerosis, vertigo, anxiety attacks, severe depression, memory loss, blurred vision, abdominal spasms, Alzheimer's Disease, tinnitus, and joint pain.

One common problem seen over recent years, especially in teenagers, is general gastrointestinal (GI) distress. This includes increased stomach acid levels requiring acid inhibitors and moderate to severe gastric inflammation with possible stomach lining erosion. When the person successfully abstains from sodas and caffeine, the symptoms will go away.

We know that many soda brands contain caffeine and that caffeine increases stomach acid levels. Sodas also contain an array of chemical acids as additives, such as acetic, fumaric, gluconic and phosphoric acids, all of them synthetically produced. That is why certain sodas work so well when used to clean car engines. Drinking sodas, especially on an empty stomach, can upset the fragile acid-alkaline balance of the stomach and other gastric lining, creating a continuous acid environment. This prolonged acid environment can lead to inflammation of the stomach and duodenal lining which becomes quite painful. Over the long term, it can lead to gastric lining erosion.

Another problem with sodas is that they act as dehydrating diuretics, much like tea, coffee and alcohol. All of these drinks can inhibit proper digestive function. It is much healthier to consume herbal teas, nutritional soups and broths and water to supply our daily fluid needs. These fluids support, not inhibit, digestion.

Don't be misled by the advertising to drink sports drinks. These are given to replace electrolytes that are lost while playing sport. These drinks are actually diuretics, meaning they cause more liquid to be lost than they replace. Usually people lose more fluids than electrolytes during exercise. If sweating has been profuse, electrolytes can be replaced by drinking a lacto-fermented beverage or pure mineral water, which contains a proper ratio of minerals (electrolytes), and by eating a healthy diet containing Celtic sea salt. Any sugar-laden drink we consume needs blood in the stomach to digest it. This fluid shift can lower the blood volume in other parts of the body making them more susceptible to cramps and heat-related illnesses.

We now can buy stimulant soft drinks, which usually consist of higher-than-usual levels of caffeine, along with other compound stimulants. According to an article published in *The Lancet*, December 2000, the Irish government ordered "urgent research" into the effects of so-called "functional energy" or stimulant soft drinks after the death of an 18-year-old who died while playing basketball. Researchers are finding that drinking energy drinks such as Red Bull may increase the risk of stroke and heart attack, even in young adults. Studies have shown that healthy blood vessels can show some signs of damage after drinking just one can. When mixing it with alcohol it

attacks the liver directly, causing the affected area never to regenerate anymore. The regular consumption of Red Bull triggers off symptoms in the form of a series of irreversible nervous and neuronal diseases.

Over recent years much has been written linking soft drink consumption to a rise in osteoporosis and bone fractures. There has been an alarming rise in deficiencies of calcium and other minerals and resulting bone fractures in young people.

Dentists are noticing a condition in teenagers that used to be found only in the elderly - a complete loss of enamel on the teeth, resulting in yellow teeth. This is caused by phosphoric acid in soft drinks, which causes tooth rot as well as digestive problems and bone loss. Dentists are reporting complete loss of the enamel on the front teeth in teenage boys and girls who habitually drink sodas. Normally the saliva is slightly alkaline, with a pH of about 7.4. When sodas are sipped throughout the day, as is often the case with teenagers, the phosphoric acid lowers the pH of the saliva to acidic levels. In order to buffer this acidic saliva, and bring the pH level above 7 again, the body pulls calcium ions from the teeth. The result is a very rapid depletion of the enamel coating on the teeth.

Consumers often drink commercial fruit juices in the belief that they are healthier than soft drinks. However, the manufacture of fruit juices is a highly industrialized process. Orange juice, for example, is made in huge quantities. The entire orange is squeezed and goes into the tank, which means that neurotoxic pesticide sprays on the peel end up in the juice. Although the juice is pasteurized under high temperatures and pressures, pressure-resistant and temperature-resistant fungi and moulds can remain in the juice. Many mutagenic factors have been detected in commercial orange juice. A compound made of soy protein and pectin is added to orange juice so that it remains opaque and doesn't settle. Fruit juices are very high in sugar and have actually been more detrimental to the teeth of test animals than sodas!

The largest segment of the soft drink industry is the colas. They were originally blends of the coco leaf and cola nut mixed with sugar water. The coco leaf is no longer used and recipe remains secret, but we do know that there are many harmful ingredients. The cola nut (still in the recipe) contains alkaloids caffeine and theobromine. Colas stimulate the digestive juices, and combined with the carbonated water that speeds digestion and the stimulant action of the two alkaloids, can have a detrimental effect on your health.

My Story

by Marilyn Bennett

Marilyn Bennett lives in country Victoria near Geelong. Her story of healing by choosing to change her diet and lifestyle and how she used God's true remedies (including cayenne pepper) is an amazing testimony of God's healing. If anyone is going through problems similar to hers, educate yourself and know how to help yourself. Contact her via email majobe@hotmail.com

My name is Marilyn Bennet and I want to share my story of how I have managed a health problem that became evident when I started menopause at the age of 49. I was diagnosed with Estrogen Dominance with Dysfunctional Bleeding, with a small fibroid at the top of the uterus. Today I lead a busy life working on our farm, studying Nutrition and presenting cooking classes. I worked at a Health Centre for about 18 months and know what it is like to have a new lease of life. Even though my experience was a test to me, I praise God for allowing me to pass through it and for giving me the words and ability to share it with others.

My story begins in a supermarket where I hemorrhaged. Leaving a trail of blood through the supermarket I went to a Medical Centre next door to be told by the receptionist that there were no doctors available to see me. I knew I could not delay and had to get to the hospital immediately and so I drove there accompanied by my 15 year old son. Arriving at the hospital I was eventually admitted as a patient. After some tests and an ultrasound, to get the bleeding under control I was given a synthetic progesterone called Primolet N. I was diagnosed with Estrogen Dominance with Dysfunctional Bleeding, with a small fibroid at the top of the uterus. The Primolet N brought some normality into my life for a time.

At this stage there was no mention of using diet to control my problem. I was a vegetarian but still ate lots of dairy products. I thought I had a balanced diet. I realised that both my mother and grandmother had the same symptoms of heavy bleeding that is known to be connected to Estrogen dominance. I continued on, feeling fine, thinking that this problem was under control. As different stressful issues came into my life, the Primolet did not always work as it should. The intensity of the blood loss increased and I also started to get joint pain, back pain, lethargy, and was tired all the time. I couldn't care less about anything. I could not even walk twenty-five metres without losing my breath.

I changed doctors, went to a women's clinic, saw a specialist who recommended a hysterectomy. I did not want to do this as I understood this meant I was to be on HRT for the rest of my life. A specialist recommended I try alternative medicine. So I saw different naturopaths who were not confident to take me off the Primolet N. I had by now discov-

ered the side effects of this drug were causing me new problems.

Through a friend, I was recommended to see a Naturopath, Margaret Loveday. My initial consultation was for one and a half hours. Margaret's recommendation was to stop the Primolet N and use cayenne pepper to stop the bleeding. I was to take 3 teaspoons of cayenne every hour until the bleeding stopped along with a product called Ferro Force, for iron deficiency which contained grape and beetroot juice plus other supplements for anemia and other nutrients I was lacking

At first I was overwhelmed as I was not sure that cayenne would work. I researched and spent time in prayer. I wanted to be guided by God. I knew I had to do something. Margaret told me I had to eliminate stress in my life. One large stress in my life was my mother-in-law. Every time I was around her I was stressed. It was not necessarily her fault, but I always had looked at her with a negative point of view. I knew I had to turn this problem over to God. He changed my attitude and behaviour towards her, and as a bonus, her attitude changed towards me. I knew I had to learn to trust in God completely. What was the point of worrying over other people's problems. I had done this in the past and was becoming more and more stressed.

Another area I had to work on was stress caused by my marriage. Thankfully my husband Grant took notice and there were slow gradual changes in our lives. Sometimes two steps forward, then one step back. We had lots to sort out. God has helped us and now we have a good relationship. I realise that it all started with me changing the way I looked at things. I can now see things from a positive point of view and can look more at the long term outcome, the potential of what we can become in Christ.

Things that changed in my diet: no yeast bread, no dairy, no sugars including fruit, no canned foods, no processed foods, no corn products, no peanuts, no meat, fish or chicken, no eggs, no coffee, tea or soft drinks, no alcohol, no smoking. Despite all these banned foods, I ate very well. I had a routine that suited me. I started the day with half a lemon squeezed into a glass of water half an hour before my meal. I had my herb-fibre blend before my meal and then my supplements which were taken before, during and after my meal (taken at 10am).

The meals I ate were all very alkalizing to the system. If I wasn't well, I made a broth and drank two glasses if needed. I ate lots of salad vegetables with a dressing, tofu, beans and legumes. The only grain permitted was brown rice. I lived very simply, had lots of stir fries and had some organic soymilk each day. The initial bleeding stopped after three days of taking the three teaspoons of cayenne every hour and so I reduced the cayenne to four times a day for a number of months. Even today, ten years later, I take it two times each day with the occasional rest. I take it before meal times in half a glass of soy milk. I only ate two meals a day, with a break of six hour between meals. For about two weeks I felt nauseas all day. This was a symptom of all the toxins being removed from my system. Yes, it was not easy, but thankfully I persevered and am now completely better.

The second meal comprised of lots more steamed vegetables and more stir fries. I make my own curry powder and use this as turmeric and cumin are anti inflammatories and help break down the estrogen. Cruciferous vegetables maintain healthy estrogen balance for DNA protection. It was essential that I detoxified my body as I now realise this is what caused my problems. My body had become toxic and now these herbs and food were helping me get my life back.

Today I am very careful to keep the eight laws of health. Each day it is necessary to drink two litres of water. The only salt I use is Celtic sea salt. A few more details of the special diet: no wheat, only olive or flax seed oil, no margarine, no vegemite, marmite or the like, nuts were allowed, especially almonds and sesame seeds, cultured foods such as miso, I had a special protein powder to rebuild the immune system and powdered acido/bifid after every meal. Between meals I had three glasses of liver-root tea plus the broth, plus herbal teas every now and then.

What has this taught me? I have leaned to listen to my body. I have learnt what real health is, not struggling to regain my health. I spend lots of time growing our own food in my garden where I talk with God. God has given me so much – an abundance of food that I can share with extended family and neighbours, He has taught me invaluable lessons to trust Him in every way, and He has brought me through a life threatening illness to have complete health. God is so good.

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.

Barley leaf tablets

Barley Leaf Tablets 100g.....\$18
Gain the benefits of taking barley leaf powder, but this time in the convenience of tablets

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.

Afalfa 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.

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

NEW... pH papers

pH Testing Paper Roll \$20
Single roll dispenser that will measure the pH of saliva and urine from 5.5 to 8.0

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

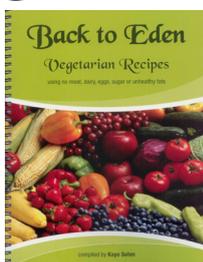
pH papers \$20
Check your urine or saliva with a roll of pH paper in dispenser. A valuable way to check whether your body is acid or alkaline

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, From MS to Health 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 \$7postage; up to 3kg costs \$12 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

GLUTEN FREE SAVOURY ROLLS

1¼ c tapioca flour
1¼ c besan flour
2/3 c potato flour
2 t fine Celtic sea salt
2 T olive oil
2 T freshly ground golden linseed (can use brown linseed)
1½ c water

To prepare pastry: Sift flours as they may contain lumps, then mix flours together in a mixing bowl. Add salt and oil. Add the ground linseed to a small saucepan with the water and bring to the boil. This mixture will gel slightly. Add this mix into the flours while it is still hot and stir until well mixed. You may need a extra little flour (tapioca or besan) if needed. Knead this lightly for about half a minute. While still warm, cut this in half and roll out each piece between two sheets of glad wrap to make a shape about 25cm x35cm. Once rolled, place in the freezer for about 10 minutes to chill or allow to cool. Roll out the other piece of dough in like manner.

To shape into rolls: Cut pastry lengthwise in half. Place prepared savoury roll filling on middle of each pastry half. Form into one long roll. Place long rolls into freezer for a few minutes to chill. Then cut into desired lengths. Place on greased baking tray. Sprinkle with sesame or poppy seeds if desired. Bake in 190° for 25-30 minutes or until cooked.

Variation: Other flours may work quite well. It is the hot linseed mix that binds the dough together.

Any vegan sausage roll filling can be used.

To reheat: To stop these rolls drying out, moisten rolls with a little water from a spray bottle. Cover when reheating.

SAVOURY ROLL FILLING

1 c tofu (or use 1 tin drained beans)
1 - 1½ c breadcrumbs (gluten free)
1 c well cooked brown rice
1 onion finely chopped
2 t Celtic sea salt
2 t brown miso
½ c tomato puree
1 t mixed herbs or sweet basil

Mix all together. Using the pastry recipe above, roll out as directed and cut the pastry in half lengthwise. Lay mixture in the centre of each half of the pastry working lengthwise. Roll pastry around mixture, then cut the pastry into rolls at the length required. Bake at 180° for 25 minutes.

Back to Eden Health Programs for 2013

In 2013 Back to Eden will be running more health programs. They are being held at the Albury River Community Church each Tuesday morning at 10-12 noon. A special invite to anyone who wants to learn more about natural health and simple home remedies. Join a lovely group of people and have a special learning experience.

Fortnightly 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**

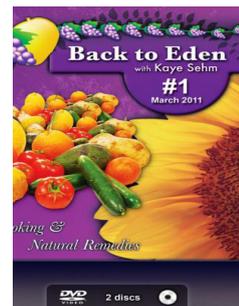
Each week there will be a teaching segment as well as practical demonstration

Tuesday 12th February
Tuesday 26th February
Tuesday 12th March
Tuesday 26th March

There will be more Vegetarian Cooking Programs scheduled later in the year. These dates will be advertised in next newsletter.

For more information phone Kaye on 0260255018 or
Bernice on 0260593919

Back to Eden Health DVDs



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 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

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

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

Dangers of Soft Drinks concluded from p 5

High Fructose Corn Syrup: now used in preference to sugar, is associated with poor development of collagen, especially in the context of copper deficiency. All fructose must be metabolized by the liver. Those on high-fructose diets develop liver problems similar to those of alcoholics. It is also linked with obesity. It accumulates abnormal fat and triglycerides in the body. Eventually increasing the risk of heart diseases.

Citric acid: often contains traces of MSG, a neurotoxin.

Artificial Flavours may also contain traces of MSG.

Water may contain high amounts of fluoride and other contaminants.

Orange flavoured drinks contain glyceryl abietate also known as "glycerol esters of wood rosin" (obtained from wood rosin, a product derived from the aged stumps of pine trees) and brominated vegetable oil. These help keep the fatty flavours suspended in the liquid. Gums and modified food starches are also used for this purpose.

Carbonated water has gas carbon dioxide dissolved in it under pressure is also mildly acidic.

Sodium benzoate is used as a broad spectrum antimicrobial, inhibiting bacteria, moulds and yeast.

To preserve it it needs a high acid content. Sodium citrate buffers the acids so the pH stays low (acidic). It also keeps the flavourings in solution.

Potassium sorbate is added to inhibit yeasts and fungi.

Ascorbic acid (vitamin C) is used as an anti oxidant.

In colas, the colour comes from caramel colouring (burnt sugar). Red 40 (contribute to restlessness, hyperactivity, and attention problems in some children) and other colours are used in fruit flavoured drinks such as orange soda.

<http://www.globalhealingcenter.com/american-trends/soft-drinks-america>

http://sci-toys.com/ingredients/soft_drinks.html

Healthy Lifestyle Healthy Life

by Karen Walters

(a book - updated and revised October 2012)

Follow Karen on her journey back to health from the disabling conditions of Multiple Sclerosis and Lupus by following lifestyle methods that are affordable, accessible, and achievable. Read how prominent physicians are finding these simple, non-invasive methods are successful in reversing all types of diseases.

Book contains the program she followed plus recipes. 145 pages
Cost \$30 plus postage

Order directly from Karen 0741244770
email:karenannewalters@gmail.com