

# Back to Eden

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## Fasting... and Detoxing

Since my last newsletter I have had the experience of sharing about health with some lovely folk from Tonga and then in Fiji. I went along to Tonga with a group of 6 Fijian women. We had meetings in different venues including the beautiful island of Vava'u. We conducted meetings that taught the people how to avoid the diseases that happens when we follow the standard western diet. They were shown how to use simple home remedies to heal. This was followed by tasting samples of food. The Fijian ladies showed the locals what local products they could use in their diets. There was an abundance of coconuts and different leaves. The Fijian ladies were very adept at substituting local ingredients in their diets.

As I travel and mix with people I can see a trend. People everywhere are sick and do not realise that much of their sicknesses are caused by what they eat. Some think that sickness just happens as you get older and that cancer or heart disease is a part of growing older. That is, until it happens to them. Then they want to get their health back. My belief is that it is much easier to prevent disease than to cure it.

After two weeks in Tonga, I flew to Fiji where I spent another week teaching at the Three Angel's Missionary College. Here I met some old friends and made new ones. This college is part of a Health Retreat that takes in guests and places them on a detox program to treat individual health problems. They use the eight laws, educate in nutrition, use home remedies, steam, massage therapies plus more. They have folk from many different countries attending. I can see they are doing a wonderful work in Fiji.

Please check the meeting times and venues on the last page for our regular meetings. The venue has been changed from last term. Check the Training Course that will be happening at Highwood, near Melbourne soon. Then there is the cooking schools that will be offered. We plan lots this term, and we need your attendance to make them a success. Please book early.

From Kaye and the Back to Eden team.

Earlier this year I read a personal experience by Dr Colin Campbell, author of The China Study. Over a period of twenty five years he had developed a health problem that was caused by exposure to a very toxic chemical named dioxin. It caused him to have a speech problem that affected his vocal cords. He was told by doctors that it would never be cured. He then learned about water fasting and first did a 12 day, then later a 10 day fast. He was already on a whole food plant based diet, but adding water fasting completely cured his problem. He still follows and teaches a whole food plant based diet.

Another interesting story by Dr Joel Fuhrman aroused my interest. Before becoming a doctor he was an Olympic class ice skater who suffered a severe injury to his leg. He was forced to walk on crutches and could not put any weight on his leg without excruciating pain. He was sent by the US Olympic Committee to get treatment from the country's leading orthopedic surgeon. After months of probing and getting nowhere in his rehabilitation, he was told he needed experimental surgery to heal his foot. Some years earlier he had been exposed to the benefits of water fasting so he decided on trying this to help in his recovery. He went to a Health Clinic and water fasted a total of 46 days. At the end of the fast he was able to walk again. In a little over a year he was placed third in the World Professional Figure Skating Championships. I was amazed that fasting was instrumental in healing his leg. Today, he eats and teaches a whole food plant based diet.

There are many different stories such as these that show the benefits of a whole food diet and by using water fasting to resolve difficult health problems.

Dr Michael Klaper says "I am on the

clinical staff of True North Health Center in Santa Rosa, California, a nutritional-based clinic specializing in reversing chronic diseases. The most powerful tool we have to improve our health is a whole foods, plant-based diet. After all, virtually all the debilitating chronic diseases that afflict people in Western societies are the result of their high-fat, overly-processed, salt-sugar-and-oil-laden, animal-based food stream that people pour through their tissues hour after hour, day after day, year after year, courtesy of the Standard American Diet. When a truly health-promoting food stream based upon whole, plant-based foods is run through the body, day after day, month after month, year after year, most diseases processes stop in their tracks and true, deep healing begins. The real healing power lies in the whole foods, plant-based diet, not in a water fast, per se. That said, a water fast is a very powerful way to initiate healing and to bring rapid and dramatic improvement to these common, and life-threatening diseases."

Our bodies use a tremendous amount of energy to digest our food. When not digesting food, our bodies need to heal and regenerate. The constant intake of food places a great burden on the liver which has to break down and metabolize all the toxic metabolites that enter the body. The immune system also has to deal with toxins from our food, water and air. Humans were not designed to eat processed foods or animal foods.

### The cause of disease

In order to understand what happens when we eat foods we must understand toxicosis. This is when we retain elements within our bodies that are foreign to normal cellular function. Each cell in our body is like a little factory. It takes in raw material and as the end result, it produces waste. This cellular or self-produced waste is called endogenous waste. It is a natural by-product of cellular metabolism. But at times

we take in toxins, exogenous wastes, from outside the body – usually from our food supply. These include chemicals, pesticides, animal foods, refined foods and other obvious pollutants. They also include elements that are nutritive in small amounts, but when consumed in large amounts produce toxic by-products.

Our bodies have different mechanisms to process and eliminate toxins and protect itself from damage. These occur mostly through breakdown of toxins in the liver and elimination through the kidneys. However, if we bombard our bodies with the wrong foods or even too much food, our detoxification mechanisms are placed under stress. They are unable to keep up with the excessive demand for removal of toxins and other wastes. Toxins can be eliminated through the skin in a skin rash or through the mucus membranes in the form of excessive mucus production. Our bodies are designed to protect us from irritants. So what the body does is produce a cough, sneeze, develop a fever or rash, produce mucus or diarrhea in its attempt to rid the body of unwanted retained waste. Toxins can build up and produce inflammation in any part of the body, most frequently in the nose, sinuses, lungs, vagina and rectum.

Remember, our bodies are designed to rid themselves of this waste through our organs of elimination such as bowels, kidney, skin and lungs. But the average person on an average diet will suffer from the effects of toxicosis or the retention of excessive quantities of waste within the body. This is caused by eating too much of certain food elements, (eg animal protein, altered fats and refined carbohydrates) and too little of vitamin and mineral rich foods. These unwanted wastes build up and eventually contribute to disease.

With the exception of accidents and direct injury, our internal chemistry determines whether we get disease or not. As already stated, our sources of food are often making us very toxic, but we must not neglect to mention that negative emotions produce chemicals in our bodies and these too have to be broken down by our liver and detoxified. So unresolved emotional issues and stress will have a negative effect on our health. We can see that it is imperative that we understand the mechanisms whereby we can detox and rid our bodies of this excess waste. There are a number of ways that we can detoxify our bodies and rid ourselves of these toxins. This article will cover some different ways to fast.

Another example is to compare our bodies to a house. Each day a small amount of dirt

is swept up and benches and tables wiped clean. If we did very little house cleaning for a week, we may not notice too much. But after a month or six months or a year we would certainly notice the dirt build up. Well some people have lived in their homes (their body) and have never cleaned up properly. They have accumulated rubbish from decades in their homes and wonder why the rubbish attracts flies and vermin (sickness and disease). What they need to do is have a thorough spring clean that cleans up their homes completely.

## Water fasting

Water fasting cleanses the body on a deep, cellular level. In our body cells, all of us have remnant molecules of every meal, fast food snack, and processed food dessert we have ever eaten. There are flavorings, colorings, preservatives, dough conditioners, stabilizers, and thousands of other compounds that compose the chemical soup of the modern diet in all the cells in our body. These substances accumulate in our tissues over time, contributing to feelings of chronic fatigue and bodily dysfunction. A water fast has the effect of cleansing your cells because nothing but pure water washes through each and every cell. This markedly lowers the concentrations of the foreign, disruptive toxins. It is no wonder that people predictably emerge from a water fast feeling lighter and cleaner on the inside, because they really are.

During a fast, the body undergoes a tearing down and rebuilding of damaged materials. For this reason, fasting is famous for its ability to rejuvenate and give the body a more youthful tone. Why does fasting have such a powerful effect in healing the body? Fasting dissolves diseased cells in a systematic manner, leaving healthy tissue. The result is a thorough cleansing of the digestive tract, membranes and cellular structures. There is a remarkable redistribution of nutrients in the fasting body. It hangs on to precious minerals and vitamins while destroying old tissue, toxins and inferior materials.

Each cell of your body is a complete living entity with its own metabolism. It needs a constant supply of oxygen and sufficient nourishment. When due to nutritional deficiencies, sluggish metabolism, sedentary life, overeating and consequent poor digestion and assimilation of food, lack of fresh air and sufficient exercise and rest, our cells are deprived. They start to degenerate. The normal process of cell replacement and rebuilding slows down and your body starts to grow old, its resistance to disease will diminish and you become 'sick'.

Fasting stops the continual work of the digestive tract, which diverts the energy from any healing need to be done. Each time we take in food, the body must secrete digestive enzymes to break down the food, and assimilate these nutrients into the digestive tract and bloodstream for distribution throughout all the body. All these functions require a substantial amount of vital energy.

## What is fasting?

Fasting is the voluntary abstinence from all food and drink, except water as long as the nutritional reserves of the body are adequate to sustain normal function. In some cases a liquid diet of vegetable or fruit juices have been considered a fast. Read more about that later. But one cannot achieve the powerful benefits of complete water fasting when taking in juices. Juice fasting is not true fasting because the body does not enter the "protein-sparing" fasting state. In water fasting the body conserves its muscle reserves and fat is preferentially broken down. This does not happen with juice fasting. Juice fasting does not have the powerful anti-inflammatory properties of the pure water fast that are essential for recovery in autoimmune illnesses. Other benefits of water fasting include decreasing platelet aggregation and the promotion of other biochemical changes that help to prevent the formation of blood clots, which can cause a heart attack. These changes, along with lowering of blood pressure do not happen if a small amount of carbohydrate in the form of juice is taken.

The powerful detoxifying effect can be observed as waste products are excreted from the breath, the tongue, the urine and the skin. Plus, not just the excess fat is broken down, but superfluous tissue fat, abnormal cells, atheromatous plaque and tumors are all broken down and placed into the circulation for elimination. This dramatic detoxification cannot occur with supplemented eating or juicing. Toxic or unwanted materials circulate in our bloodstream and lymphatic tissues and are deposited in and released from our fat stores and other tissues.

Herbal supplements that are used to detoxify our bodies do not have the same result as water fasting and changing the diet to a whole food plant based diet. No herb or supplement will accomplish the biochemical changes that occur when we undergo a water fast.

## What happens during a fast?

Dr Klaper reports "Most people's expe-

rience tells them that going a day or two without solid food produces profound hunger and discomfort. The thought of going two or three weeks or longer without food leaves them incredulous, and certainly not eager to undertake such a trial. After supervising hundreds of fasts, many lasting 2-3 weeks, and some up to 30 or 40 days, I can report the happy news that the reality is nothing like the feared image people hold about fasting. How can this be?"

Make sure you are drinking lots of water – at least 2-3 litres a day. For the first 24 to 48 hours after beginning a water fast, the body is burning off circulating blood sugar and sugar stored in the muscles and liver in the form of glycogen. So the “real” metabolic fast does not begin until one metabolizes the blood sugar, in approximately 2 to 3 days. At that time, the body begins to burn fat tissue for fuel. When then happens, molecules called ketones come into the blood circulation.

These ketones have some very interesting properties. The main work of ketones is that they suppress hunger. By day four or five of a water fast, hunger is usually gone and is replaced by a feeling of great well-being. Why is this so? Remember much of the energy that the body uses all day goes to digesting our food including muscular contractions of the intestine, chemical energy used to synthesize stomach acid, bile, and digestive enzymes as well as the billions of immune cells in the intestinal lining that interrogate the chemical nature of the food going by in the digestive tract. When that function is no longer required on a fast, all that energy is freed up and people surprisingly – but predictably – feel very light and energetic for the first several weeks on the fast.

The commonly-held image of a long water fast is of a person lying on their bed, weak, hungry and whimpering, trying not to think about food, when actually, the reality is quite the opposite. Many people who are on a water fast say “I haven’t felt this good in years! I haven’t eaten for three weeks, but I feel wonderful!” It really is quite remarkable. It is during this time that blood pressure and blood sugar readings normalize and most pains, swellings, and other signs of inflammation subside.

Yet people will feel cold. They do not have resilience to cold so need to dress warmly. They may feel dizzy when arising from a sitting position. This is normal. They also may feel ill if they have lots of toxins in their bodies. It is not advisable for the very sick to start on a long water fast without proper supervision.

Even though I am telling you about a prolonged fast, I do not recommend you doing this on your own. Any water fast lasting longer than three days should be done in a facility where medically-trained staff can supervise the process. Such supervision is necessary so that pulse, blood pressure, and other signs can be checked daily and laboratory tests can be performed on a regular basis. There is an art to supervising a fast, and experienced health professionals are essential to make sure that all goes well and that the fast is ended before any significant problems arise.

## Try a juice fast

For those people who are on medication, it is not recommended they do a water fast, but rather, do a juice cleanse. A juice cleanse, done with freshly squeezed vegetable based juices, is a wonderful, healing program. One does not experience the ketosis that occurs during a water fast, but a few days or weeks on healthful juices, can be a very powerful force for healing, especially if one replaces a meat-based, highly processed diet with a whole food plant based diet. I cannot over emphasize this. You must replace the foods that caused you to get toxic in the first place with clean burning food, food that has very little toxic residue. When re-introducing food into your diet, use plant food that you prepare yourself, nothing that has come out of a packet or can. Lots of it needs to be raw and a little may be cooked.

It is imperative that the water fast is broken in a gentle matter as the fast has temporarily stopped production of digestive enzymes. So start with vegetable juices or fruit chunks like watermelon or an orange, very well chewed, and progressing through phases of gradually increasing fibre content, namely raw vegetables, steamed vegetables, and eventually denser foods like rice and beans only after a number of days.

One of the greatest benefits of a fast is that it “re-tunes” the tongue’s taste buds through a process called neuroadaption. Whole, natural foods begin to taste really delicious again. This opens the way for one to reclaim their dietary choices and let a truly health-promoting food stream of whole, plant-based foods pour through the body every day, thus creating lasting and glowing health.

## Increases mental powers

Perhaps the most important testimony as to how water fasting increases mental powers comes from Dr. Herbert Shelton

who supervised the fasting of more than 40,000 people over a period of fifty years. His message is that the freer the body is of toxic materials flowing through the blood and lymphatic system, the clearer is the ability to think.

These facts are due to physiological causes. Large amounts of blood and nervous energies have to be sent to the digestive organs to digest a meal. If these energies are not required there, they may be used by the brain for better thinking. This increase in mental acuity doesn’t usually happen until after the first few days of a fast, because the body is busy cleaning out excess toxins and substances and so the first few days can be a period of depression, with headaches and various pains as this process is underway. This makes the first stage of fasting difficult but after the body has thrown off its load of toxins, then the brain is fed by a cleaner bloodstream and the mental powers and clarity of thought are extraordinarily increased and the other senses also become more acute.

One’s mind becomes clearer and one’s ability to think and solve intricate problems is enhanced. One is simply more alert, as the mental and physical senses are heightened. Some, for the first time, will experience emotional stability. The reasons for this are multifold - the elimination of the emotional dependence on food, exclusion of stimulating foods like caffeine, processed sugars, recreational drugs, tobacco and trans-fatty acids, all of which can have a devastating effect on delicate emotions.

Dr. Ehret stated an amazing fact at the turn of the 20th century. He said that, for a water fast to awaken the higher mind functions, it had to be longer than 21 days. Fasting has a history of awakening intuitive senses, creativity, and deeper spiritual questions in those with enough determination to get past the 21 day mark.

Animals will naturally fast when they are sick or injured, and when we are ill, our hunger diminishes. If we get out of the way and allow nature to take its course, we will find that we can heal from any problem. Since the dawn of recorded time, when people were sick they would fast.

## Conditions helped by fasting

Although fasting is not recommended in every situation, (cancer of the liver is one instance where fasting is contraindicated), in many situations fasting is the only known solution. Fasting has been beneficial for arthritis, asthma, high blood pressure, lupus, chronic fatigue, colitis, Crohn’s dis-

ease, diverticulitis, spastic colon, irritable bowel, cases of paralysis, neuritis, neuralgia, neuroses, and mental illness as well as many others. Fasting will also break down tumors and for this reason, many have overcome cancer with fasting.

Headaches often result from retained toxins in the body. Yet a high animal protein diet is one of the most common reasons people suffer from chronic migraines. Protein breakdown and digestion causes the production of multiple toxins, especially nitrogenous wastes, many of which cross the blood brain barrier. Humans are designed by nature to consume a low protein diet because we are unable to detoxify the uric acid and other protein wastes in our livers. We frequently suffer unknowingly from our modern dietary practices because our bodies are not created to handle the food we eat.

Cardiovascular disease, angina, high blood pressure, senile dementia, leg pain (intermittent claudication) and even erectile impotence have their origin in atherosclerosis. It has been shown that fasting allows the body to clean and remove plaque from within the blood vessels and to heal itself in the shortest amount of time. Blood pressure will be lowered by fasting, as well as decreasing the size of enlarged hearts, slowing the resting heart rate and decreasing the cardiac output. It thins the blood and prevents clots or thrombosis.

Diabetes is a nutritionally related disease. Both types of diabetes accelerate the aging of our bodies. It ages and destroys the kidney and other body systems. Many thousands of amputations are due to the complications of diabetes. Diabetes, regardless of the type have abnormal blood lipids. Remember fat as well as sugar are the chief culprits of diabetes. A plant based diet is an effective approach to treat diabetes, but fasting is another way to help recover from adult onset diabetes. Following a prolonged fast, the diabetic patient shows a substantial improvement in insulin function independent of the degree of weight loss and restoration of pancreatic function can occur that does not occur with weight loss alone. Complete remission of diabetes was reported in many patients.

Autoimmune disease is when the body attacks its own cells. Diseases such as multiple sclerosis, rheumatoid arthritis, systemic lupus, psoriasis, inflammatory bowel disease are all helped by fasting. Combine this with an animal or dairy free, plant based diet after the fast, as well as carefully avoiding all harmful foods and eating very high nutritional foods will place you on the road to health.

Fasting can be used to conquer benign tumors. Cancerous tumors do not respond to a fast in the same way as benign cancers do. The body has less influence over the behavior of cancerous tumors, which often have their own independent agenda.

Sinusitis, allergies and asthma respond predictably to fasting. The more severe asthma and greater dependency on medication, the longer it takes to achieve a complete recovery. Russian medical literature conclude that fasting is the only non-medical way to improve and control asthma.

The mental effects of fasting have been known for ages. As before stated memory is improved, attention and association are quickened. This may not happen until the mind is cleared of the toxins that are in the blood, but the eventual result is a clearer mind. But one aspect of fasting that is well known is the fasting of the mentally unstable. All who have had extended experience with fasting have seen cases of insanity recover health while on the fast and many others make a great improvement while fasting.

One very obvious result of fasting is weight loss. But be very careful to eat a very nutritious whole food plant based diets after the fast or you will probably put the weight straight back on. Remember toxins are stored in fat, so we put on fat to keep these toxins from circulating in our body. It is our body's mechanism to store these toxins in fat. We will not put on weight if we eat a nutritious whole food plant based diet and regularly get rid of these toxins and not allow them to build up, making sure we exercise and keep the laws of health.

Other health conditions that have been helped by fasting are all digestive problems, acidosis, acne, insomnia, epilepsy, and even cases of deafness and eyesight returning. Also some people who are underweight have fasted and after they have returned to their normal eating plan, their weight has stabilized to a healthy weight for their size.

Consider for a moment where the toxic residue of digestion and assimilation goes. It is concentrated and crystallized as deposits in the movable joints in the body. After years of wrong eating to create heavy concentrations of these acid crystals and inflammation result we call arthritis or gout. These crystals can form calcium-like spurs and attach themselves to the joints. These calcified substances replace the synovial fluid and it is this which cause stiffness, aches and pains. Research yourself if you want to learn more about how many conditions are helped with water fasting.

## Spiritual aspect of fasting

Scientists have been experimenting for years and know that those who eat less food live longer. Yet why is it that food has such a hold on us? Why do we eat what we do? Remember the brain is the home of our mind. As the mucus and toxins are flushed from the blood and brain cells, with it goes the worries and frustrations of your mind. Remember, your thinking will become sharper and keener.

We know from history that fasting is as old as man. When the great city of Alexandria in Egypt was the educational centre of the world, people had to fast for 40 days before they could enter and study with the masters of that time. We know that many of the Bible characters including Jesus Himself fasted, some as long as 40 days. What can it do for us? I believe it will teach you much about yourself. Even a short fast will teach you not to be a slave to food. It will teach you that you need to be aware of the food that you are putting in your body. Many people are digging their graves with their knife and fork. Many never give their stomach a rest, continually overloading their digestive organs with an overabundance of food. After a fast you will not need to eat as much as before. The fast shrinks your stomach. Allow your mind to be stronger than the desires of your flesh. Decide not to overeat. Choose to chew your food slowly (when you re-introduce food). Most people complain that they have a problem remembering, and so not realize that our memory and recall is linked with what we eat and how much we eat.

## Fasting and detoxing

Some years ago I read in a book called *Counsels on Diets and Foods* a statement that was written in the mid 1800s. There is a whole chapter on the benefits of fasting and how it helps us in our spiritual walk. But I want to share a short quotation from under a heading -As a remedy for Disease. "There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them." p184.

After fasting it is essential that you do not overeat. Consider replacing three meals a day with two meals each day. This is giving your body a mini fast every day. I have been practicing this for well over 20 years now and believe that this is one of the reasons why both my husband and I are in quite good health for our ages.

## How long should I fast for?

It must be emphasized that a long fast must be supervised by an expert because they can determine when a fast should be broken. They will examine the urine daily. If too many toxins are being eliminated, causing a strain on the kidneys, they will usually stop the fast. Even experts will not put some people on long fasts because too many toxic poisons will be released into their circulation.

Often it is best to start with a 24 or 36 hour fast. Even though you are not getting the exact results of a longer supervised fast, it will achieve great results. You can accomplish a great amount of internal cleansing on short fasts. Remember it is cumulative.

The more you fast the cleaner you become inside. Do a one day water fast once a week for the rest of your life, and try to extend it to three days once a month. The more often you fast, the longer you will be able to fast. So take it easy to begin with. Another way is to water fast for one day, then start a juice fast (almost all vegetable juices with very small amount of fruit juice included) for another three or four days, or as long as you want. Take your 6-7 juices each two hours, and between this drink lots of filtered water. Your bowels will not work during a water fast, but they will if you are having juices.

## Benefits of Fasting

Mental clarity is improved and brain fog is lifted.

Rapid, safe weight loss is achieved without flabbiness

The nervous system is balanced

Energy level and sensory perception is increased. The longer the fast, the bigger increase in energy and vitality.

You normally need less sleep.

Organs are revitalized

Cellular biochemistry is harmonized

Takes away craving for cigarettes, alcohol, coffee etc

The skin becomes silky, soft, and sensitive

There is greater ease of movement

Breathing becomes fuller, freer and deeper

The digestive system is rejuvenated and becomes more effective; the peristaltic action of the intestines (the cause of a natural bowel movement) is stronger after fasting.

Fasting retrains your tasting sense back to more healthy food as acute sensitivity is restored.

Fasting can increase confidence in our ability to have control over our lives and our appetite, and that our body is self-regu-

lating and a self-healing organism capable of establishing balance when given the possibility to do so.

Normal metabolic and cell oxygenation are restored.

Detoxification - as soon as the body realizes that it's fasting it will begin to eliminate those things that cause disease, such as fat cells, arterial cholesterol plaques, mucus, tumors, stored up worries and emotions.

## Summary

Start with one day a week, work towards fasting regularly, one day per week or for longer periods of time. You can fast from all food, or only from solid food. You can choose a one day fast with only: water, fresh vegetable juice with a little fruit juice, raw fruit or raw vegetables. Remember, if you can't do a water fast at first, it is much easier to do a juice fast, but do not use much fruit juice as it is too sweet and concentrated.

Obviously you must avoid these during the fast: cooked vegetables, cooked whole grains, whole grain flour products, bread, pasta, soy products, milk, cheese, yogurt, ice cream, butter, eggs, meats, fast food, junk food, prepared foods, chemicals, sugar, caffeine, artificial flavoring, sweeteners, etc. Do not consume any drugs, nicotine, alcohol, tobacco during any fast.

Fasting has been used for thousands of years as a medical therapy to help the body detoxify and rejuvenate from all kinds of health problems. It is defined as "voluntarily not eating food for varying lengths of time. Many of the world's oldest medical systems have relied upon fasting for healing and as a way to prevent disease. The father of medicine, Hippocrates, found that fasting helped the body heal itself and wrote about its tremendous healing potential. Most world religions have used fasting as a way to improve physical health and spiritual clarity. The Bible makes frequent recommendations about the benefits of fasting combined with prayer.

There is no doubt in my mind that fasting is one way that will help return your health. But it cannot be forgotten that true fasting is learning to be temperate - moderation in all things good, and abstinence from all things harmful.

*Fasting and Eating for Health Joel Fuhrman MD*

*The Science and Fine Arts of Fasting Herbert M Shelton*

*The Miracle of Fasting Paul and Patricia Bragg*

## Atherosclerosis Predictor

One of the leading causes of death in the western world is coronary artery disease has a predictor that has often been ignored. Erectile dysfunction (ED) and atherosclerosis can be two different manifestations of exactly the same root problem - inflamed, clogged and crippled arteries, regardless of where in the body it appears. And because the penile arteries are about only half the size of coronary arteries in the heart, erectile dysfunction can be a powerful predictor of cardiac events because the symptoms are likely to show there first.

Hardening of the arteries affects all major blood vessels in the body. Hardening of the arteries can lead to a softening of the penis because stiffened arteries can't relax, open wide and let the blood flow. Thus ED may be just the "tip of the iceberg" in the terms of a systemic disorder. For two-thirds of men showing up to emergency rooms for the first time with crushing chest pain, their penis had been showing them for years that something was wrong with their circulation.

Penile arteries are half the size of the coronary artery in our heart. So the amount of plaque we wouldn't even feel can clog half the penile artery, causing restriction in blood flow. That's why ED has been called "penile angina." In fact by measuring blood flow to a man's penis we can predict the results of his cardiac stress test with an accuracy of 80%. Male sexual function is like a penile stress test, a "window into the hearts of men."

40% of men over 40 have erectile dysfunction. They have a 50 -fold increase risk of having a cardiac event (like sudden death). It is estimated to be present in 100 million men worldwide. The US has less than 8% of the world's population, yet up to 30% of the impotence. Remember, pills like Viagra do nothing to address the problems, they just cover the symptoms.

Erectile dysfunction is considered to be a cardiac equivalent; it's a marker of the coronary artery one already has. Thus there is more to treating ED than the obvious symptoms, it offers an opportunity for reducing cardio vascular risk. The reason even young men should care about their cholesterol is because it predicts ED later in life, which in turn predicts heart attacks, strokes and a shortened lifespan.

*Taken from Michael Greger MD Nutrition-Facts.com*

# A Look at Garlic

## ...used transdermally on the skin

Garlic has long been promoted as a wonderful healer. Taken internally it is claimed to lower blood pressure, reduce atherosclerotic buildup (plaque) within the arterial system, lower and regulate blood sugar, help to prevent blood clots from forming, helps to prevent cancer, especially of the digestive system, prevents certain tumors from growing larger and reduces the size of certain tumors, helps to remove heavy metals such as lead and mercury from the body, is a potent natural antibiotic that works differently than modern antibiotics, is anti-fungal and anti-viral, dramatically reduces candida infections, is an anti-oxidant is a source of selenium, plus has other benefits as well.

A bulb of garlic, has from four to 16 or more cloves, depending on variety. In each of these cloves are cells containing the main compound of garlic, an amino acid called Alliin. In separate cells an enzyme called alliinase resides. Whenever the cellular walls separating them are damaged or crushed, some of the enzyme comes into contact with the amino acid and this sets off a chemical reaction that causes sulfenic acid to form instantly. But sulfenic acid is unstable and reacts with itself and breaks down at a steady rate into another unstable compound called allicin, which has a strong antibiotic property.

Allicin is the "magic bullet" in garlic from which its many benefits are derived but being unstable, it reacts with many things and breaks down into other compounds. Because garlic forms the active compound, allicin, steadily and in regular spurts rather than all at once it is better to let it set aside after crushing for a 15 to 45 minutes before using it in order to build up a greater amount of allicin. Allicin has a half-life in air of about 18 hours as it slowly deteriorates into other smelly, sulfurous things. But adding allicin to water somewhat stabilizes it and preserves its antibiotic properties and extends its life to about two months.

What we need to understand is that we can get garlic into our body, transdermally, through the skin. We know that rubbing or placing garlic directly on the skin will cause the skin to blister, but rubbing crushed fresh garlic, diluted either in water and placed directly on the skin (then taken into our body through the bloodstream) or through oil (taken in via the lymphatic system) will get more of garlic's compounds into your system faster than eating it. Plus it will not

blister the skin. Let us look at these two ways this is done.

**Garlic in Oil:** One wouldn't ordinarily think of garlic as a therapy for something such as breast cancer (or other cancers), but when crushed, set aside for 15-45 minutes to develop the allicin, and then cooked in coconut oil, the allicin produced by the crushing is converted into fat-soluble polysulfides, chiefly Diallyl Tri-sulfide (DATS) and the much more stable Di Allyl Di-Sulfide (DADS). **Heat chemically bonds DATS with the oil.** When strained and cooled, and some of the oil rubbed on the skin all around the breasts, armpits and around the back, it soaks into the skin. Once in the subcutaneous layers, it is automatically swept into the **lymphatic system** since the fats are too large to pass through the pores of the capillaries and so cannot get directly into the bloodstream.

This is important because Penn State University published study in the mid-90s which showed that DATS kills cancer cells on contact but didn't think it meant much because they didn't know of any way to get DATS to the site of the tumors. It has now been discovered how to get DATS directly to the tumors. There is a way and that way uses one of the body's natural transportation systems. The lymphatic system will route it automatically to the area served by it. It works like a super-jumbo size transdermal patch, killing all the cancer cells it encounters until the lymphocytes finally destroy the DATS. It prevents metastasis. The allicin chemically binds with the oil as it is heated and is taken directly into the lymph system!

A woman in California used this oil daily, along with another way of using garlic, daily garlic water baths and in six weeks her ping-pong size lump of two years duration went away completely. To make up a batch of oil - suggested ratio is half a bulb crushed, set aside for allicin to develop and then gently heated in 1/2 cup coconut oil. This ratio does not need to be exact. Strain while still hot. Then keep in a glass jar. Do not use irradiated garlic in any of these remedies. Use the best garlic you can buy. It is also suggested that you take this garlic oil or garlic water internally as well as using externally.

**Garlic in water:** The second way to use garlic is in a garlic bath as used this way it is water-soluble and so gets into the capillaries and goes everywhere the

**bloodstream** takes it and kills cancer cells everywhere it encounters them. Crush the garlic (if it is a hot garlic use 5-6 cloves, or if milder garlic you can use more, up to a bulb or two -there is no exact amount to use). If you think this is too hot, adjust to what is best for you., All garlic varieties are different. After crushing, set aside for 15-30 minutes, then add to about a litre of water to steep for about 30 minutes. Strain if needed, then add this to a bath. Soak for 60-90 minutes. The water can be re-used more than once if required, but it will get quite smelly. One study showed allicin to still be effective at a dilution of one part to 250,000 parts of water but the study did not say what kind of garlic was used. Make sure it has not been radiated. Allicin's half-life in air is 16 hours but when added to the water, it immediately stabilizes somewhat and its half-life extends to 30 to 40 days.

The bath may sting a bit when you first get in, that is the acid in the garlic, but the sting should pass pretty quickly. The warm water opens your pores, allows the Allicin to enter your capillaries and be transmitted pretty deeply into your skin, where bacteria and viruses live. Soak as long as you can. Reheating the water, if needed. Garlic can be diluted to a pretty high degree and still be effective.

Make a bottle of garlic water and you can use in many ways. It is a powerful antibiotic or can be used to disinfect injuries or sores, can be used in enemas (it kills the bacteris that cause irritable bowel), douches (for candida and thrush), sitz baths, use on your face, hair, acne, fungal infections, just be careful, as it can burn your eyes or sting open sores. It does leave a sticky film, so an hour later, you may want to wash your face again. Don't forget you can even drink this (and give it to your pets).

It can be used to kill bacteria an contaminated water when there is no other water available. Just crush it and wait as described above and mix into a bottle of water and let for an hour or two or even overnight so it has time to kill as many bacteria as possible. it may not make the water taste any better, but it is much less toxic than before. It can be used for sterilizing things like dishes and pans.

Garlic Powder and dried minced garlic can work, it all depends how it was prepared. To test it, put some in water and let it rehydrate. If it burns your tongue a bit when you taste it, it will work. Fresh is always going to be more potent, but these alternatives can work in a pinch.

[www.gourmetgarlicgardens.com/health.htm](http://www.gourmetgarlicgardens.com/health.htm)  
<http://www.mdjunction.com/forums/mrsa-discussions/general-support/10931267-how-to-use-garlic-baths-garlic-water-to-beat-mrsa>

# Spiritual

## How Christ Ministered...part 4

If I may but touch His garment, I shall be whole. Matthew 9:21

A very poor woman spoke these words, a woman who had suffered from a disease that made her life a burden for many years. She had been bleeding for 12 years. She had spent all her means upon physicians and remedies, only to be pronounced incurable. But she heard of Jesus and how He was healing many people, her hopes revived. She thought, "If only I could get near enough to speak to Him, or even touch His garment, I might be healed."

Christ was on His way to the home of Jairus, a Jewish rabbi who had entreated Him to come and heal his daughter. His little daughter was dying and he hoped that Jesus would heal her. The crowd pressed Christ on every side. In making His way through the multitude, the Saviour came near to where the afflicted woman was standing. She had tried often to get near Him. Now her opportunity had come. She could see no way of speaking to Him. She didn't want to slow Him down. She had heard that healing came from a touch of His garments; and, fearful of losing her one chance for relief, she pressed forward, saying to herself the above words.

Christ knew every thought of her mind, and He was making His way to where she stood. He realized her great need, and He was helping her to exercise faith. As He was passing, she reached forward and succeeded in barely touching the hem of His garment. That moment she knew that she was healed. In that one touch was concentrated the faith of her life, and instantly her pain and feebleness disappeared. Instantly she felt the thrill as of an electric current passing through every fibre of her being. There came over her a sensation of perfect health. "She felt in her body that she was healed of that plague." Verse 29.

The grateful woman desired to express her thanks to the Mighty Healer, who had done more for her in one touch than the physicians had done in 12 long years; but she dared not. With a grateful heart she tried to quietly withdraw from the crowd. Suddenly Jesus stopped, and looking

round He asked, "Who touched Me?"

Jesus was able to distinguish the touch of faith from the casual touch of the careless throng. Someone had touched Him with a deep purpose and had received an answer. Christ did not ask the question for His own information. He knew who touched Him, but He had a lesson for the people, for His disciples, and for the woman. He wished to inspire the afflicted with hope. He wished to show that it was faith which had brought the healing power. The woman's trust must not be passed by without comment. God must be glorified by her grateful confession. Christ desired her to understand that He approved her act of faith. He would not have her depart with a half blessing only. She was not to remain in ignorance of His knowledge of her suffering, or of His compassionate love and of His approval of her faith in His power to save to the uttermost all who come to Him.

Looking toward the woman, Christ insisted on knowing who had touched Him. Realizing she could not hide, she came forward trembling, and cast herself at His feet. With grateful tears she told Him, before all the people, why she had touched His garment, and how she had been immediately healed. She feared that her act in touching His garment had been one of presumption; but no word of censure came from Christ's lips. He spoke only words of approval. They came from a heart of love, filled with sympathy for human woe. "Daughter," He said gently, "be of good comfort: thy faith hath made thee whole; go in peace." Verse 48. How cheering were these words to her. Now no fear that she had given offense stopped her joy.

To the curious crowd pressing about Jesus there was imparted no vital power. But the suffering woman who touched Him in faith, only she received healing. So in spiritual things does the casual contact differ from the touch of faith. To believe in Christ merely as the Saviour of the world can never bring healing to the soul. The faith that is unto salvation is not a mere assent to the truth of the gospel. True faith is that which receives Christ as

a personal Saviour and trusting Him implicitly. God gave His only-begotten Son, that, I, by believing in Him, will not perish but have everlasting life. When I come to Christ, according to His word, I am to believe that I receive His saving grace. The life that I now live, I am to "live by the faith of the Son of God, who loved me, and gave Himself for me." Galatians 2:20.

Many hold faith as an opinion. Saving faith is a transaction, by which those who receive Christ join themselves in covenant relation with God. A living faith means an increase of vigor and power, a confiding trust, by which, through the grace of Christ, the person lives a victorious life because Christ is living in their hearts.

After healing the woman, Jesus desired her to acknowledge the blessing she had received. The gifts which the gospel offer are not to be secured by stealth or enjoyed in secret. The Lord wants us to openly confess His faithfulness and goodness. This is Heaven's chosen agency for revealing Christ to the world. We are to testify to His working in our lives. We are witnesses for God as we reveal in ourselves the working of a power that is divine. Every individual has a life distinct from all others, and an experience differing essentially from theirs. God desires that our praise shall ascend to Him, marked by our own individuality. These precious acknowledgments in praising His amazing grace, when supported by a Christ-like life, have an irresistible power that works for the salvation of souls.

Yet Jesus did not forget Jairus and his daughter. Since Jairus had first spoken to Jesus the little girl had died. Already hired mourners and flute players were present filling their air with their noise. Jesus spoke, "Why are you making this noise, and weep. The girl is not dead, but sleeps". Jesus asked them to leave the house and quietly, along with three of His disciples and the parents of the girl, He entered the bed chamber. He approached the bedside, took the girl's lifeless hand and said "Damsel. I say to thee, arise."

Instantly a tremor passed through the unconscious form of the girl. The lips unclosed with a smile. Her eyes opened widely as if she had been asleep. She arose, and her parents clasped her in their arms and wept for joy.

What compassion, what love. Oh that we could reflect His tender and kind ways.

# Who is in Control?

## Part 3 of a series

### Is there Deliberate Manipulation of our weather?

Over the past years we have seen a rapid increase in natural disasters. From tornadoes in America, to floods in India. From mud slides in South America to drought in Africa. Countries all over the world are experiencing changing weather conditions. There have been frequent earthquakes, tsunamis, fireballs, meteors, mudslides, floods, cold spells, arctic blasts, blizzards, droughts, bush fires, volcanoes erupting, ocean temperatures increasing, superstorms, sink holes and many extreme weather conditions are all happening with increasing rapidity. There is no doubt our climate has changed. But can we blame all this on mother nature?

For the purpose of this article I am attempting to draw your attention to something that is not easy to get my mind around. Yes, I have known about weather control for quite a few years now, but I do not find it easy to summarise all the information that I have into one page. If you are interested in this you need to research it out yourself. There is lots of information on the web.

HAARP (High Frequency Active Auroral Research Program) is a little-known, yet critically important U.S. military defense project which has generated quite a bit of controversy over its alleged weather control capabilities and much more. HAARP consist of a field of antennas on the ground in southeast Alaska linked together to operate as one enormous antennae. There are 360 antennas, each producing 10,000 watts. When put all together, it's 3.6 million watts collectively. There reportedly are other antennas in other countries around the world.

Though denied by HAARP project officials, some respected researchers allege that secret electromagnetic warfare capabilities of the project are designed to forward the US military's stated goal of achieving complete world dominance by the year 2020. Others go so far as to claim that HAARP can and has been used for weather control, to cause earthquakes and tsunamis, to disrupt global communications systems, and more. They point to major aspects of the program which are kept secret for alleged reasons of "national security." The US patent of a key developer of HAARP and other documentary evidence support these claims. And there is no doubt that electromagnetic weapons capable of being used in warfare do exist. The project's \$300 million price tag also suggests

more is going on than meets the eye.

Dr Bernard Eastlund is the American scientist whose name is most associated with the creation and development of the HAARP project. A 1987 patent issued to Dr. Eastlund is titled "Method and apparatus for altering a region in the earth's atmosphere, ionosphere, and/or magnetosphere." In this patent, which sets the stage for HAARP, Dr. Eastlund makes a number of fascinating statements which clearly contradict the claim that it is only being used for research and not for military purposes or such purposes as weather control. Here are a few of key statements taken verbatim from the patent.

"[The] temperature of the ionosphere has been raised by hundreds of degrees in these experiments. A means and method is provided to cause interference with or even total disruption of communications over a very large portion of the earth. This invention could be employed to disrupt not only land based communications, both civilian and military, but also airborne communications and sea communications. This would have significant military implications."

HAARP antennas send a radio frequency signal up into the ionosphere. The ionosphere (or earth's atmosphere), extends from about 80 to 1000 km above the earth's surface, and is able to reflect radio waves. The HAARP antennas can be steered and directed into a selected target area. What they have found is that by sending radio frequency energy up and focusing it, it causes a heating effect. And that heating literally lifts the ionosphere within a 50km diameter area therein changing localized pressure systems or perhaps the route of jet streams. Jet streams carry immense quantities of water. They can be compared to a giant river up in the ionosphere. These move the rain and storms around the world.

Moving a jet stream is a phenomenal event in terms of man being able to do this. The problem is we cannot foretell any long term consequences of atmospheric heating. Changing weather in one place can have a devastating downstream effect eg droughts in one part of the country and floods in another.

When HAARP is fired, the radio-waves are broad-casted straight up or straight down. When fired up, all of the antennas shoot powerful waves into the ionosphere, the

upper most part of the atmosphere. During this process, the radio-waves heat the atmosphere, creating irregularities that allow the ionosphere to bounce powerful radio signals back to earth. When aimed down, these powerful waves shoot into the earth hitting fault lines that could cause violent earthquakes. Remember that earthquakes under the ocean will result in tsunamis.

### List of HAARP's developed weapons:

Mind Control: HAARP has developed the ability to mind control or "mood" control the population in entire regions. Certain extremely low frequency (6-11 Hertz) waves can cause a person to feel good or depressed and affect their behaviour.

Weather Control: HAARP has developed the ability to manipulate the weather. HAARP can cause "natural" disasters such as hurricanes tornados and thunderstorms and has already done this in Haiti and Japan.

Earthquakes: HAARP has the capability to cause earthquakes at practically any point on earth. HAARP manipulates the ionosphere and, consequently, modifies the magnetosphere. The magnetosphere is vital to the stability of the tectonic plates that float on the surface of the earth.

Are chemtrails linked to weather control? Did you know that some people are linking unusual cloud formation happening before some of the recent disasters? Some web sites show powerful HAARP activity on radar screens just before tornadoes and earthquakes. Remember, America admitted to controlling the weather as far back as the Vietnam War. Are they doing it again and what other are countries involved?

So where does all this leave us in 2014. Who is in control of our weather? Are we at the mercy of some governments or crazy scientists? You must make up your own mind. Or, is God in charge? Is He allowing men to manipulate the weather and these disasters to happen? My aim in this series of articles is to get you to think and realize that our only hope is in trusting our Lord and Saviour and for everyone to see that He is our only defence. Become aware about what is happening in our world, such as the control in education (article in last newsletter), and even weather control. But realize there is nothing we can do to change what is happening, our only safety is in really knowing and trusting God, a life that is daily surrendered to God. This needs to be our first priority.

Angels Don't Play This Haarp Dr Nick Begich  
[http://www.wanttoknow.info/war/haarp\\_weather\\_modification\\_electromagnetic\\_warfare\\_weapons](http://www.wanttoknow.info/war/haarp_weather_modification_electromagnetic_warfare_weapons)  
<http://conspiracywiki.com/articles/haarp/what-is-haarp/>

## Products for Sale

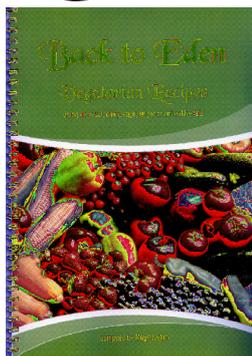
- Licorice Root Powder** 200g.....\$12  
Licorice root is used to rebuild Adrenal Glands. Suggested maximum daily dose is 1½ tspns
- Maca Root Powder** 200g.....\$15  
A great price for this superfood. Great for a diverse range of conditions. Especially good HRT alternative, menopause, PMS, Anemia, Thyroid deficiency, osteoporosis, fertility and increased energy. Organically grown.
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Karen's book details her journey from Multiple sclerosis and Lupus to health. She carefully details the entire program she followed plus gives many recipes

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Over 350 delicious Vegan Vegetarian recipes that use whole foods, nuts, seeds, grains fruits and vegetables.  
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**Postage:** add \$4 for 1 book, \$8 for 2 books, \$12 for 3 books, \$14 for 4 - 7 books

**\$25**

## Recipes

### RAW VEGAN CHEESECAKE

#### Crust:

- ½ c raw almonds
- ½ c pitted dates, chopped roughly
- ¼ c dessicated coconut
- ¼ t Celtic sea salt

Place almonds, coconut and salt in a food processor and whiz until fine, add the dates and continue to whiz until the desired texture. For a finer crust, process longer than a chunky one. Test a little amount of the crust mixture to see if it will hold together. Press the mixture out into a spring form pan, or line a pie dish with glad wrap, pressing the mixture firmly and evenly over base.

#### Filling:

- 1½ c raw cashews soaked for at least 5 hours or overnight.
- ½ c lemon juice
- ½ c raw coconut oil, melted
- ½ c raw honey or maple syrup
- 1 t vanilla

Warm the coconut oil and honey on low heat until it is liquid. Place drained cashews with all the other ingredients into a blender and blend until very smooth. This may take a couple of minutes. Pour the mixture over the crust and place the cheesecake into the freezer until solid. To serve, remove from freezer 30 minutes prior to eating. Remove entire cake from base of the tin. Run a smooth sharp knife under hot water and cut into slices. Serve with a berry garnish, or whatever fruit garnish you

Variations: You can add 1-2 T carob powder to mix to make a chocolate coloured cake or blend 1 cup berries into the mixture for a pink colour. Play around with ingredients. You could place ⅓ of mixture over crust, and add a small amount of carob powder to the remaining ⅔ mixture. Drizzle this mixture over the bottom layer in the cake pan. Use a cocktail stick to swirl the top of the cake before placing in the freezer to set.

Berry garnish: 1 cup fresh strawberries and/or raspberries cut into small pieces. ¼ c blueberries. 1 tblspn of maple syrup. Allow to sit and make a little juice.

# Back to Eden Health Programs for 2014 - term 3

Back to Eden Health Education will be running more health programs this term. They are being held at Kaye's home most second Tuesday morning at 10-12 noon (plus lunch). **NOTE: change of venue as the River Church Room is being renovated this term , so join Kaye at her home in a nice warm environment.** 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.

## classes will be conducted at

**Where:** Kaye's home  
496 Hague Street  
Lavington NSW 2641

**When:** Each program will commence on Tuesday mornings.  
A light lunch will be provided.

**Commences:** 10am finishes around 1pm cost \$5

Tuesday 22nd July  
Tuesday 5th August  
Tuesday 19th August - \*special cooking school, new GF recipes, \$12  
Tuesday 2nd Sep  
Tuesday 16th Sep

\*booking essential for this class **BOOK EARLY TO AVOID MISSING OUT**

For more information phone Kaye on 0260255018  
or Bernice on 0260563919

## Back to Eden Health DVDs



### 6 different DVD Series

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

Series 6 recipes and the Laws of Health. This covers healthy vegan recipes plus how keeping all the laws of Health brings healing to the body and mind

*These DVDs are for sale for \$20 for each 2 disc set. They have been filmed at Steps to Life Studio Melbourne*

## Vegetarian Cooking School

We have been approached by different people to run some more vegetarian cooking schools. We are pleased to announce that we have decided to schedule some schools to be held in Wodonga on some Sunday afternoons.

These will be predominantly gluten free recipes, and we will show you how to convert normal recipes over to gluten free.

People want to know how to have healthy breakfasts and what can we have for packed lunches. We will give you ideas from these.

**Write these dates down. Book early, places will be limited.**

**Venue:** To be advised  
Wodonga

**Dates:** July 27th - Sunday afternoon  
August 24th - Sunday afternoon  
September 14th - Sunday afternoon

**Time:** 2-4 pm, then tasting until 5pm

**Cost:** \$20 per session

**Bookings:** Phone Bernice on 60563919  
or Kaye on 60255018

**Healthy, tasty and something better**

## Medical Missionary Training School

Last year in August we held a Natural Health Training School at Highwood Health Retreat in mid August. This year I have been approached by Highwood Health Retreat to speak at their Natural Health/Medical Missionary Training School. This will include similar content to the program last year plus more. There will be some new speakers.

Topics covered would include all the Laws of Health, Natural Remedies, Water treatments, plus how to have sound emotional health. Also added to last years topics are the new information that we have learned on GMOs, Gluten Sensitivities, how to detox plus lots more. Space is limited to about 25 people. Reserve your place early. We need to know what to do to help the sick and suffering.

Last year we had a most enjoyable time, making new friends, learning new skills, and laughing lots.

**Venue:** Highwood Health Retreat  
Maroondah Highway  
Narbethong VIC

**Dates:** 31st August - 7th September 2014

**Cost:** \$499 standard room  
\$599 deluxe room with ensuite  
(includes all meals and 7 days accomodation)

**Phone:** 03 5963 7000 (call Highwood direct to book in)  
**Email:** info@highwoodhealth.org (for information on course)

**Check in:** Sunday afternoon 31 August 3pm - 6pm

**Check out:** Sunday morning 07 September after brekkie.