

Back to Eden

Eight Health Principles
How Christ healed
Who is in control?
Recipe book / products
Coming classes

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Our beginnings for this newsletter began when a group of ladies (and sometimes a few men) decided to hold health classes about twenty years ago. We felt we needed a newsletter to keep in contact with the people who had attended our classes. Since then different helpers have come and gone. Even though I compile the newsletter myself, I appreciate all our faithful helpers. Bernice Brewer has been most helpful to me over the past few years.

Since last newsletter I had a long weekend in New Zealand where I spoke to a group of people at a Camp meeting and then on to Tonga where I taught at two venues. These people were eager to learn about health and organized different venues for the classes. I had a memorable time in Tongatapu with David and Tui, in Vava'u with Vaasi and Leody and in New Zealand with Evan, Peter, Maxine and the team at Hope International.

For some time now I have felt a burden to help those who are sick. I want to share with them simple ways they can help their health. This is why I have felt a need to teach the eight laws of health. They are so simple, so many miss their importance. So this is why I have spent time in documenting them in this newsletter.

This newsletter tells you about needing to change your diet and lifestyle. We have classes planned to let you know how to do this. It has been proved that it is much easier to make diet and lifestyle changes when we have a support system. These classes will give you the information you need to change, but you can also enjoy the friendship of other like minded people. Don't forget that men are welcome too.

If you are interested in us running a class or classes in your area, contact me and we will see if it is feasible. We would be interested in travelling to your location if we can fit it in.

Please tell any of your friends who may be interested in attending our classes. Share this newsletter with them. We rely on word of mouth advertising.

From Kaye and the Back to Eden team

Eight Health Principles...

Over the past years we are seeing a rapid decline in people's health. Diseases that were once rare are now common place. Sadly this is even affecting our babies. The infertility rate in many countries of the world is rapidly rising, and many babies born are either not as strong at birth as in years gone by or have serious health problems. Children have multiple allergies. Many interesting observers are realising that all these diseases do not just "happen" to us, or we are "unlucky" if we succumb to them. These diseases are a result of our diet and lifestyle. What we eat and what we think has great impact on our health and is passed on to our children.

Some years ago I had a call from someone who emphatically stated that cancer is caused by a vitamin B17 deficiency. Yes, I do believe that vitamin B17 can be used as one of many cancer treatments, but I do not believe that a lack of this is the only cause for cancer. Other people believe that sometime in the future someone will discover the cure for cancer. They think it will be a herb that has not yet been tested or some cure from nature that is not yet known.

I do not underestimate the power of herbal remedies. They have been and always will be an important part of our medicine. It is interesting to note that right back in the Garden of Eden, just after Adam and Eve sinned, God added herbs to man's diet. Up to that point He had only given Adam and Eve nuts, fruits, grain, and seeds to eat. Yet after sin, God added herbs (Genesis 3:18). I'm sure that this is not a coincidence. I believe that God added herbs as part of the antidote for the effect that sin and sickness would have on His people. We realise this practically when we see the added healing power that vegetable juices have when we want to restore our health.

We need to understand that not all diseases are the same. Some are disease of poverty and some are the diseases of affluence. These are non-communicable diseases (NCDs). They are also known as chronic diseases and are not passed from person to person, but are slow to develop and generally have a slow progression. The four main types of NCDs diseases are cardiovascular diseases (like heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructed pulmonary disease and asthma) and diabetes. Then we have chronic kidney disease, osteoporosis, obesity, Alzheimer's, cataracts plus numerous more.

I believe these diseases of affluence or NCDs are the result of many poor diet and lifestyle choices that we make. We need to establish that these are governed by natural law. What this means is that when we break a law there is a consequence. We see this in many examples in life. We know that if we jump off a high building and break the law of gravity, we will suffer the result of breaking this law. If we break a law when driving a car, we can often reap the result of breaking this law with a penalty or fine. There are laws of life we need to keep. When we break these we will suffer the consequences of breaking these.

Consequences of our choices

Many people are unaware that there are laws that we need to observe to keep our health. Some people think they can eat, drink and do what they want to and will suffer no ill effects. Yet every single person has a choice in life, either to follow these laws or suffer the results of breaking them. Whether we acknowledge these laws or not, they are there. Just like the law of gravity affects every person. They may even say "I can do what I want, I do not believe that there is a law of gravity". The law is there and breaking it will affect us.

I believe that these laws of health can be compared to the Ten Commandments. We may deny that they exist, or say, "I am not a Christian, so they don't affect me". Believe me, if we do break the Ten Commandments, there is a consequence. Our spiritual health will be very weak and will break down. In a similar way, if we break the health laws, our physical health will break down. The Ten Commandments need not be seen just as a list of "do nots", they can also be seen as a list of promises. If we do not steal, we will not suffer the consequence of what happens to thieves and likewise for each of the Commandments. In a similar way, as we keep these laws of health, our health will improve. They are like promises to us. As we keep them, the result will be we feel much better and we will rarely be sick. Obviously, we cannot say we will never get sick, but all those who follow these laws of health see such an improvement in their health, they experience the blessings of following them.

I believe that these laws of health are the true cures for all pain, sickness and disease. Once you go through them and contemplate how extensive they are, you will begin to see the power that is in these simple but profound health laws or health principles.

When we buy certain products, manufacturers provide us with an owner's manual. This provides valuable information that saves us on expensive repairs. Imagine buying a car and using the wrong type of fuel. Reading the manual provides us with much information, giving us advice that saves us time, money and gives us optimum performance from our purchase.

Where is our owners manual?

God, as our Designer and Creator, has given us an owner's manual – a step-by-step practical guide that shows us how to care for our wonderfully complex bodies He created. The Bible, gives us a practical guide to finding solutions to the complex problems that we encounter in this life.

God cares about our welfare. He has a plan for us and has outlined a lifestyle to minimise stress, suffering, disease, despair and disability of every kind.

In this manual, God talks to us personally, revealing His plan to us. He then wants us to follow these instructions and do them. If we ask Him to help us follow these directions, He will give us the power to execute these instructions.

There are so many people out there telling us what to do to regain health. At times these offer opposite advice. We are faced

with a dilemma. But we can be assured that if we follow God's way, we cannot be led astray. God has given us basic health laws or principles, that if incorporated into the life with the help of God, will not only prevent much of the stress and lifestyle diseases that are so prevalent in our country today, but these health principles will also bring healing and restoration to our worried minds, diseased bodies and broken down immune systems.

Some people remember these principles by using different words or acronyms. An acronym is a word where each letter stands for a word. Newstart (nutrition, exercise, water, sunshine, temperance, air, rest and trust in God), or they use God's Answer (gratitude, obedience, divine help, self control, air, nutrition, sunshine, water, exercise, rest). There are others, but all of these are based on these same principles.

Nutrition

As stated earlier, God gave mankind a specific diet when He created Adam and Eve. It was never in God's original plan to have the life of any creature taken for food, for there was to be no death in Eden. The food given to man was food that suited man's biological makeup. God did not create man to eat meat as meat eating animals are designed differently to herbivores.

Our body was designed the same as herbivores. Carnivores have claws, no skin pores and perspire through their tongue. They have sharp front teeth for tearing and no molars for grinding. Their intestinal tract is only three times their body length, so any rapidly decaying meat can pass out quickly. They have strong hydrochloric acid in stomach to digest meat. Herbivores and humans have no claws, perspire through pores, have no sharp front teeth having molars instead. Their intestinal tract is twelve times their body length and their hydrochloric acid is twenty times weaker than meat eaters.

After the flood mentioned in the Bible, God gave man permission to eat animal food, because all the vegetation had been destroyed by the flood. He allowed Noah to eat the flesh of "clean" animals. Of meats that were permitted, the eating of the fat and the blood was strictly forbidden. The life span of those living after the flood was considerably shortened.

The grains, fruits, nuts and vegetables which God gave to Adam and Eve in the beginning were foods that were to eaten in their natural state as there was no cooking in the Garden of Eden. Even though

cooking was introduced later, many natural health doctors and therapists advocate that the most healthful diet to eat is a vegetarian diet, and in its natural uncooked condition.

Animal protein

This has been confirmed by the research of Dr T Colin Campbell. Dr Campbell (now retired) was one of America's top cancer researcher. He spent many years of his career looking for the cause of cancer. His findings have been published in the book *The China Study*.

He discovered that animal protein promotes the growth of cancer. In multiple, peer-reviewed animal studies, he, along with many other researchers discovered that they could actually turn the growth of cancer cells on and off by raising and lowering doses of casein, the main protein found in cow's milk. Pesticides are very harmful to us, but none switch on cancer like animal protein. The food you eat affects the way your cells interact with carcinogens, making them more or less dangerous. The results of these, and many other studies, showed nutrition to be far more important in controlling cancer promotion than the dose of the initiating carcinogen.

After years of these laboratory results on animals, the researchers had to see how they played out in humans. They took the study to China where they conducted extensive studies on the Chinese people. They found over 8,000 statistically significant associations between lifestyle, diet, and disease variables. They found the people who ate the most animal-based foods got the most chronic diseases. Those who ate the most plant-based foods were the healthiest.

Many doctors are now coming out and saying that heart disease can be reversed through nutrition. Caldwell B. Esselstyn, Jr., M.D., a physician and researcher at the best cardiac centre in America, The Cleveland Clinic, treated 18 patients with established coronary disease with a whole foods, plant-based diet. Not only did the intervention stop the progression of the disease, but 70 percent of the patients saw an opening of their clogged arteries. Dr. Dean Ornish, a graduate of Harvard Medical School, completed a similar study with consistent results.

Remember animal protein causes cancer. This includes all meat as well as milk protein. Dr Campbell states "According to traditional regulatory criteria, casein is the most significant chemical carcinogen ever discovered." This was researched from

multiple different perspectives and was published in the best cancer journals.

Carbohydrates

We must note that carbohydrates are not the enemy. It is the highly-processed, refined carbohydrates that are bad for you. Plant foods are full of healthy carbs. Research shows that diets like the Atkins can actually cause dangerous side effects. While they may result in short-term weight loss, you'll be sacrificing long-term health.

It is most important that you refrain from eating any refined foods. These are guaranteed to break down your health. White refined foods generally refer to foods that are white in color and that have been processed and refined, like flour, rice, pasta, bread, crackers, cereal, and simple sugars like table sugar and high-fructose corn syrup.

The difference between refined white foods and their healthier counterparts is processing and fibre. Most white carbs start with flour that has been ground and refined by stripping off the outer layer, where the fibre is located. Vitamins and/or minerals are frequently added back to enrich the refined product.

Acid/alkaline balance

It is very important that we have healthy blood (with a pH right around 7.35). When our blood has the correct acid-alkaline balance it will function at optimum efficiency which includes processing toxins and disposing of them properly, absorbing nutrients and providing life-giving oxygen and energy to hard working cells. Many people eat mostly acid-forming meals full of sugar, processed foods, artificial sweeteners, caffeine, and way too much poorly digested animal protein. Add stress to an acid-forming diet and you wreak havoc on your body's chemistry, creating waste products that only produce more acidity. Soon, your red blood cells can't deliver oxygen and nutrients efficiently to all your cells. When you stop and think that cancer cannot live in an oxygen rich environment, this makes us realise how many are not getting oxygen to their cells. Your body craves minerals and leaches them from other places in your body, even your teeth and your bones, leaving you at risk for osteoporosis. These minerals are vital for healthy adrenals and without them working for you each day, you will find that your energy levels drop. Low energy and mineral-deficient blood set the stage for systemic viral and fungal infections, like candida and herpes. You have increased risk for cancer and heart disease. It also

disrupts your hormones and suppresses your immune system

Fats

Fats as found in plant foods are designed for the needs of body cells. However when these are processed and removed from plant cells, this processing changes the structure and/or location of the chemical bond in the cell. Fats that heal have a different molecular structures than those that kill. A fatty acid molecule is shaped like a caterpillar. When processing fat, the molecule structure or shape is changed. Heat changes their shape. Fatty acids in their natural form are shaped like a horseshoe, called the cis form. The new shape is a straight chain-like structure called the trans form.

Many changes and problems result when trans fats are used as building blocks. Fats are used in various ways in the body apart from energy requirements. One way they are used is in the structure of cell membranes which help the exchange of nutrients in and wastes out of the cell. When these trans fats are consumed, they are incorporated into cell membranes which do not allow the normal functioning and health of each cell. This leads to disease in the long term. The immune system needs the right shape fatty acids to maintain the right function and shape of some of its cells. The more trans fats eaten, the greater effect they have in altering the normal enzyme activity in the tissues. An example of trans fats is "margarine". (Avoid margarine and all hydrogenated fats).

The wrong fats in the diet are linked to cancers of the colon, skin, pancreas, breast and prostate as well as they cause high blood fats which results in diabetes. Our red blood cells will stick together, reducing their oxygen carrying capacity. This causes a sharp drop in amount of oxygen that reaches brain cells (by only using dairy cream, oxygen flow was reduced by 30%). Restricted flow to the brain will impair thinking and cause headaches. A heavy fat meal will cause the oxygen level in brain to drop by 68%, requiring 3 days to return to 95% of normal. A 35% reduction of oxygen is necessary to produce malignant cells in our body and it takes 9-12 hours before clumping reverses and 72 hours before returning to normal.

When eating a heavy fat meal, as it enters the stomach the fat covers the particles of protein and carbohydrate. The salivary and gastric juices cannot digest these fats so they pass through the stomach slowing down digestion, producing fermentation, a sour stomach, heartburn, gas and indigestion.

Reheating fat a second time develops a cancer producing agent – acrolein. Benzo-pyrene, one of the most powerful carcinogens known is found in fried foods. It is also found in charcoal grilled meat – fat drips on hot coals and is converted to ben-zopyrene. It becomes a vapour in the heat and is redeposited on the meat. (Benzopyrene in 1kg charcoal grilled steak = benzo-pyrene in smoke from 600 cigarettes)

Oxidised cholesterol

Cholesterol (any animal protein that contains fat) exposed to the atmosphere for a period of time tends to combine with oxygen in the air, producing what is called "oxidised cholesterol". These are very toxic to the body, destroying cells that line the arteries in less than 24 hours. Even small amount of these toxic chemicals caused irreversible damage. The most harmful foods that contain these chemicals are any combinations where sugar, milk and eggs are combined. Dried milk when exposed to air becomes oxidised. Foods with a high sugar content are more susceptible to oxidation.

Plants are very powerful. But it's not just cancer and heart disease that respond to a whole foods, plant-based diet. It may also help protect you from diabetes, obesity, autoimmune diseases, bone, kidney, eye, and brain diseases. There are virtually no nutrients in animal-based foods that are not better provided by plants. Even protein (remember that elephants get their protein from vegetables) fibre, vitamins, minerals—you name it, plants have them all. So enjoy a variety of fruits and vegetables each day. A plant based diet will dramatically reduce all degenerative diseases. Vegetable meals centred around baked or steamed potatoes, brown rice, beans and legumes are nutritious and are very filling.

Exercise

Remember it is of the utmost importance that our blood flows freely, and is clean of all toxins. One practice vital to our health is exercise. Many deaths can be attributed to lack of exercise. Many children are becoming alarmingly sedentary. Numerous studies show that exercise boosts the ability of both young and old to pay attention and learn. Plus, exercise enhances memory, concentration, cognition, creativity and word fluency.

Lack of exercise is a major contributor that promotes depression, tension, and anxiety. Regular exercise significantly boosts mood. One study showed that a ten minute brisk walk will yield one hour of increased energy and reduced tension, whereas a sugar snack will ultimately result in fatigue and tension.

Regular daily exercise increases overall health. It increases circulation which in turn benefit many other parts of our body. It charges brain and nerve cells with electrical energy which in turn burn unwanted fats, balances the endocrine system, lowers cholesterol and fats in the blood and normalises blood pressure. It strengthens muscles, bones and ligaments and increases the tone of the muscles and blood vessels. A most important benefit is to increase cardiac muscle tone. It increases haemoglobin in blood, aids in prompt digestion, it slows the aging process, promotes endorphins and good sleep and cleanses blood stream and body.

If these benefits could be obtained by taking a pill, the manufacturers of this pill would be billionaires. Yet, these benefits are free to all who actually exercise. Among most people one of the hardest thing to do is to exercise. Yes, some people will exercise, but for most of the population, they are very hard to move.

If we want good health, it is most important to have regular exercise. We need to exercise from 30-60 minutes at least three or four times each week, preferably in the open air. Morning exercise is best as it increases metabolism for the rest of the day. Weight bearing exercise is good as it uses all muscles. Walk up hills to get the heart rate up. Walk briskly for maximum benefit. Stretching before and after avoids strains and increases flexibility.

Water

We are trying to establish that keeping simple health laws are more important than many believe. Drinking lots of water is of great importance to us keeping our blood flowing freely. Thick, sticky blood is the foundation of disease. One of the most important things you can do for your health is to start drinking pure water. Not soft drinks or fruit juices or any of the bottled drinks available. Not hot drinks such as coffee or tea or any of the caffeinated drinks which are not healthy. We need to drink pure water. This is the drink God gave us to drink.

Some of the ingredients in many drinks can cause frequent urination and subsequent dehydration. When you are dehydrated, your body is stressed. It can cause mental confusion. Our bodies are unable to secrete toxins and salts and so tend to become bloated. Many people are dehydrated. Dehydration increases the risk of kidney stones, cancers, obesity and many more diseases.

Imagine washing a machine load of dirty clothes and only using a bucket of water. We can see that we need to have a good water supply connected to wash our clothes, but so many cannot see the necessity of keeping our bodies hydrated.

We need to drink about eight glasses of water per day. There are important some reasons why. It balances nutrients, it helps in digestion to break, soften and transport our food. A shortage of water soon contributes to constipation and wastes are not excreted. It improves circulation, thus improving the immune system, it heals, cleanses and relaxes, replenishes blood volume and it controls body temperature through perspiration. It lubricates, insulates and protects, gives flexibility to muscles, ligaments and joints, minimises dehydration and saves kidney workload. It also reduces stress on the circulatory system and aids in building and repair of body tissue.

We need to drink pure water. Avoid town tap water that has fluoride, chlorine and other additives added. It is well worth the investment to buy a water filter. These range in prices for a simple jug type to costing around \$600 for a reverse osmosis type that removes all the toxic contaminants in the town water supply.

Avoid drinking with your meals as it dilutes digestive juices. Wait at least a half hour before and one and a half hours after meals. Each day we void about five and a half glasses of water as urine, two in breathing, another two in perspiration, and a half by way of the bowels. If we drink less than this we will become dehydrated. If we wait until we are thirsty to drink water, we are already dehydrated. So drink those eight glasses of water throughout the day, not just at one time.

Sunshine

Most are aware of advertising urging us to keep out of the sunshine. It is true that chronic exposure to the sun's ultraviolet rays is associated with premature skin aging and skin cancer. However, recent studies indicate that vitamins C and E have been found to protect against skin malignancy, wrinkling, photosensitivity reactions, and immune-suppression. Sunscreens can decrease the incidence of skin cancer by up to 30%. However sunscreens contain titanium dioxide, which can accumulate in the skin and may be carcinogenic. Using too much sunscreen is associated with increased risk of osteoporosis, osteomalacia and bone fracture.

Once again, God has given us a simple

way to help regain our health. Get enough sunshine on your skin. Most people who are on the modern diet and lifestyle have a deficiency of vitamin D, which is essential to the calcium metabolism necessary for strong bones and many other functions.

The benefits of sunshine include improving alertness and mental ability, decreasing depression and fatigue and decreasing certain types of cancer. It increases the oxygen content of the blood, thus increasing muscle strength and endurance, decreases our resting heart beat and helps set and maintain our internal body clock that regulates hormones, sleep patterns, mood and appetite.

Sunlight is helpful in treating many diseases eg TB, infection, bronchial asthma, it promotes wound healing and kills many bacteria after a short exposure and it can penetrate deep in the tissues for healing. It lowers blood pressure, lowers cholesterol and lowers blood sugar by acting like insulin and lets glucose into cells.

It speeds the body's circulation which enhances the elimination of toxins. Chemical and toxins are eliminated 10 to 1000 times faster than when under artificial light. It stimulates our immune system and improves our appetite, assimilation, elimination, and digestion as well as stimulating our pineal gland.

Our pineal gland is deep within our brain. This produces a hormone (melatonin) at night which modifies behaviour and thyroid function. It also changes levels of serotonin (an important neurotransmitter in the brain) and inhibits other glands in the body. The sunlight, by acting on our retina, suppresses the sympathetic nervous system which then calms, soothes and rests us. Then the pineal gland is suppressed during the day, to allow other glands to do their work. Dark nights and bright days help keep the hormones functioning properly. The practice of using sunglasses diminishes this function.

To be healthy we need small exposures (about twenty to thirty minutes) in the sun each day. A word of precaution is recommended. Do not sunbake in the hottest part of the day, and use your common sense and do not allow yourself to get burnt.

An interesting thing to note is that people who have a high plant based diet with lots of green chlorophyll are able to stay out in the sun for much longer times without any sunscreen. It seems that chlorophyll is a natural sunscreen, so when our diet is high in these, it stops us from burning.

Temperance

Another word for temperance is self control, or it can be defined as “abstaining from that which is harmful, and using wisely that which is good.”

Many people have made resolutions to give up bad habits. They sometimes last for a few days but most have the same result – temporary success that leads to ultimate defeat and discouragement. Then there are many who force themselves to reform in one area of their life by sheer will power.

True self control is not making an isolated effort in one area of your life, but is a divinely implanted principle or character trait which permeates the whole life. It affects all areas of our lives. God will give us strength to give up our bad habits if we ask Him, but we have to CHOOSE to do so. This will be on-going. All through our lives we will have to make choices to choose those things that will build up our health and not break it down.

Say no to using alcohol and tobacco. These will ruin your health. As mentioned earlier we need to say no to meat, dairy and eggs. For more information on these subjects see Newsletter No 33 on The Vegetarian Advantage. Remember that chocolate, ice cream, cheese and any dairy products have animal protein as well as often have sugar. This combination of milk, sugar as well as eggs have are very harmful for our arteries. And chocolate has other chemicals in it as well as caffeine. Tea, coffee, or any caffeine drink, plus soft drinks will break down your health. White refined sugar is not a food but it actually a poison to our bodies.

Then we have food additives. These are used to disguise the taste of food you otherwise wouldn't eat. Additives are added to processed food to enhance the taste, appearance or to increase the shelf life. Not every additive is harmful, but many in use today are known to be dangerous and even carcinogenic. Some additives in use in Australia have been banned overseas. There has been a vast increase in the amount of food additives used in the since the 1970's. This correlates to the vast increase in the number of chronic conditions since the 1970's. The list of symptoms of these when added to food is so long. Just to name a few they have a detrimental effect on behaviour, nerves, decreases fertility, stimulates obesity as well as they are carcinogenic. Make sure you avoid all artificial flavours. And many natural flavour are harmful. If it is listed as natural flavour, be wary as it is an excitotoxin.

Watch for altered fats (as mentioned earlier), stimulating foods, vinegar and all refined foods. Make sure you avoid all GMOs. They can be hidden in many foods, especially if the ingredients are imported from the USA. Currently Australia have GMO crops of canola and cotton. Remember the canola is in lots of frozen foods.

But temperance does not only include food, it also means we should be temperate in the amount we eat, but covers exercise, recreation, sport, sleep, even work. There are other types of addictions that we need to be mindful to avoid. These includes gossiping, complaining and grumbling.

Air

I believe that this law of health is overlooked and undervalued in regards to regaining health. Very few people know how to deep breathe. Oxygen is essential to tissue health. In the absence of oxygen, cell death begins to take place. Cells deprived of oxygen are most susceptible to malignant change which leads to cancer.

To think clearly our brain needs lots of fresh air. There are other factors which can tend to deprive the brain of adequate stores of oxygen, such as alcohol, caffeine, tobacco, sugar and a high fat diet. (These also thicken our blood as well). Poor posture and lack of exercise can also contribute to the problem. Chronic brain oxygen deprivation increases the risk of memory deficit, mental decline, and even dementia.

When we sleep, respiration increases. For this reason, it is important to keep windows open at night so we can breathe in fresh, vitalised air. Every organ of our body requires fresh air for optimum functioning. Our blood transports oxygen to the body tissues (provided that you've had enough water to keep the blood flowing freely).

Air pollutants, smog, cigarette smoke are a threat to health. Stove heat affects air quality. We need to get out and breathe fresh, clean air every day. Your body is designed to detoxify and release 70% of its toxins through breathing. If you are not breathing effectively, you are not properly ridding your body of its toxins. The other systems in your body then need to work overtime which could eventually lead to illness. When you exhale air from your body you release carbon dioxide that has been passed from your bloodstream into your lungs. Carbon dioxide is a natural waste of your body's metabolism.

Other benefits of deep breathing include releasing tension and emotional problems,

relieving pain, it massages your organs, increases muscles in body, strengthens the immune system and removes all the carbon-dioxide from the blood and increases oxygen content and thus increases blood quality. This is most important for your health.

It improves posture, increases digestion and assimilation of food, improves the nervous system, strengthens the lungs and makes the heart stronger. It assists in weight control, improves cellular regeneration and elevates our mood.

We need to learn to breathe deeply. Many breathe only using the top portion of their lungs. Most people breathe about fifteen time a minute. Our aim should be six breaths a minute. Correct posture is essential at all times. The abdomen should expand when inhaling to fill the lower parts of the lungs. Exhale fully to allow stale air to exit. When feeling sickness or headache coming on, go outside and take ten deep breaths, repeating three times during the day. Correct deep breathing moves the lymphatic system, which is responsible for waste elimination. Deep breathing massages the liver as well as the bowels which stimulate peristaltic movement. Any person with a serious disease needs to deep breathe up to an hour a day which can be taken in five minute segments.

Make sure you fold back the bed covers to allow the bed to air out each day for a few hours each day. Keep the air around the home clean – no mouldy, rotting or smelly substances giving off germs or mouldy spores poisoning the air. Remember that if you have animals inside your home, the chances are that your home will smell of animal odours. You may not be able to smell it yourself, so ask a friend if your house smells.

Rest

Many people complain about being sleepy during the day while others have problems falling asleep during the night. Some find it difficult to get to bed on time. Many “burn the midnight oil”. Research has found that modest levels of sleep deprivation resulted in a 30% drop in immune function.

Studies have shown that going to bed early does actually give health benefits. It is in sleep, primarily in the hours before midnight, that information learned during the day is transferred from the hippocampus area of the brain (short-term memory bank), to the permanent storage area of the neocortex. This deep sleep time occurs before midnight.

There are essentials to establishing good sleep habits. The average person needs eight to nine hours of sleep daily (for proper immune function, tissue repair, for nervous system and hormone balancing. This means have a set bedtime and rising time, as well as for eating, exercise, study and work. Your body loves regularity. Go to bed early. Remember, sleeping the hours before midnight are twice as beneficial to us as the hours after midnight. Staying up late unbalances our body clock. If you have problems sleeping, make sure you don't eat late, eat sugary foods, get enough exercise, avoid smoking and drinking caffeine drinks.

Just as the body needs a daily rest, we also need a weekly rest. Our body has a daily body clock (circadian rhythm), but it also has a weekly body clock (circaseptan rhythm). We have 7-day cycles, 28-day cycles and many more that depend on lifestyle and regularity for proper functioning. Medical research connects rhythms with heart rate and natural hormones in breast milk. After surgery, swellings and rejection of transplanted organs will increase on the seventh and fourteenth day. Fibrinogen, a blood clotting compound, has a seven day rhythm.

We were created to have a weekly cycle. It is a built-in feature of our physiology. God commands us to remember to keep His Sabbath day holy. His Sabbath day is the seventh day of the week – Saturday. Nowhere in the Bible is there any command to change the Sabbath day to keeping Sunday holy. God blessed the Sabbath day, so when we keep this day holy, not doing any work or even shopping, God promised us that He will revive our bodies and minds and give us true peace.

During the French Revolution, France passed a law to change the weekly cycle from seven to ten days. The country publicly rejected God. They passed another law that prohibited the Bible. The law of God was trampled underfoot and the weekly rest day was set aside and in its stead every tenth day was devoted to partying and blasphemy. Many people lost their lives in the reign of terror that followed. Three and a half years later the law was rescinded because the country was in chaos. Animals were dropping dead, anarchy was rife, and bloodshed was everywhere. France had become an object lesson for all to see what happens to a nation that publicly rejected God.

Another type of rest we need is true relaxation. Many think they obtain this in front of a TV. This does not really relax us. Spend time in nature, gardening, walking,

sharing time with loved friends, leaving your worries and cares behind.

Trust in God

Health depends on having a good attitude. Worry, anxiety, anger, hostility, grief, negativism, fear and mental stress all depress the immune system. Those who direct their anxiety and tension inwards are more susceptible to an early death because everything revolves around their lives and their health. Start helping others. This will improve your health dramatically. Forgive all those who have hurt you.

Anger affects more than the person who is the target of the emotions. It suppresses the immune system. It is implicated in sudden stroke. It doubles the risk of heart attacks after any outburst, the danger lasting for about two hours.

Hostility increases the risk of atherosclerosis and early death. Stress, depression and guilt also depress immune system, and you will be prone to heart disease, have memory impairment leading to dementia and early death. Pessimism, an unpleasant by-product of brooding over real or imaginary troubles, has an even worse effect on killer "T" cells of immune system than depression.

Having a cheery attitude is vital to good health, yet we need not wait for a good mood to "hit" us. Recent psychological research suggests that deciding to have a cheerful countenance can also create a merry heart, and generates amazing changes in the brain itself. Deliberate decisions to smile actually generate the same positive brain activity in the frontal cortex as a spontaneously happy smile. We can cheer up ourselves up, as well as others around us, simply by "putting on a happy face."

A promise was given to the Children of Israel "If you will diligently listen to the voice of the Lord your God, and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases upon you which I have brought on the Egyptians; For I am the Lord who heals you." Exodus 15:26

What are some of these diseases of the ancient Egyptians? They have been revealed in autopsies on these ancient Egyptian mummies. They revealed leprosy, boil, liver cirrhosis, cancer, pneumonia, osteoporosis, dental caries, tuberculosis, emphysema, malaria, hydrocephalus, gout, consumption, arthritis, gallstones, heart disease, diabetes, dwarfism, poliomyelitis, gonorrhoea, obesity, smallpox and hookworm. All these are a result of unhealthy

and refined diet.

Obedience is for our own good! Many do not realise the strong impact of physical habits have on our moral and spiritual nature. It is only by remaining obedient to God's natural laws that we will keep our bodies healthy.

Does it restrict our lifestyle to adhere to these laws of health? No! It gives us the freedom to enjoy life without worrying about becoming sick and diseased. We are spared needless pain and disability. Many people are living lives of despair and emptiness. There seems to be this emptiness that material things just do not fill. Others are all stressed out trying to keep pace with modern living. Many are lonely, some sinking into depression that affects not only their lives, but the lives of friends and family. Clearly there is a void in the lives of millions – and an urgent need for this void to be filled. Can anything...or anyone...fill this void? Man tries to fill his life with all manner of inventions, but still comes up empty.

There is a void in each one of us that only God can fill. When we surrender our lives to Him we can have peace, contentment and even joy in an unstable, inconsistent world. Learning to trust in God completely, in all situations, brings a peace of mind that will keep us calm, promote health and prolong life. A contented mind, a cheerful spirit is health to the body and strength to the soul.

Trust in God, faith and prayer provide a significant boost to mental as well as physical health. Learning to trust in God for all your needs and giving your entire life to Him gives a peace of mind that is unsurpassed. Jesus says "Come unto me ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of Me, for I am meek, and ye shall find rest (contentment) for your souls. For My yoke is easy and my burden is light." Matthew 11:28-30

There is no heavier burden than the burden of sin and selfishness. Jesus says "Come. Give me your burden of sin. I will give you My righteousness, My peace, in return." God's own Book tells of the wisdom, instruction, and power that is given to all who take the first step and "Come" to Jesus. As we learn more of Him we see that learning of Him is the highway to health. This is the answer to all the problems that perplex and annoy, the answer to the great void in the human heart.

Compiled from many years of notes, taken from numerous sources

Spiritual How Christ Ministered...part 6

Revealing the principles of true healing

When Christ sent out the twelve disciples on their first missionary tour, He instructed them, "As ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give." Matthew 10:7, 8.

After Christ's ascension the same work was continued. The scenes of His own ministry were repeated. The sick, the paralysed, the lame, those tormented with unclean spirits, were all healed. Luke, the writer of the Gospel that bears his name, was a medical missionary. The Scriptures call him "the beloved physician." Colossians 4:14. The apostle Paul heard of his skill as a physician, and sought him out as one to whom the Lord had entrusted a special work. He secured his co-operation, and for some time Luke accompanied him in his travels from place to place.

Luke continued to labor in Macedonia for several years, both as a physician and as a teacher of the gospel. In his work as a physician he ministered to the sick, and then prayed for the healing power of God to rest upon the afflicted ones. Thus the way was opened for the gospel message. Luke's success as a physician gained for him many opportunities for preaching Christ among the heathen. It is the divine plan that we shall work as the disciples worked. Physical healing is bound up with the gospel commission. In the work of the gospel, teaching and healing are never to be separated.

The giving of the gospel to the world is the work that God has committed to those who bear His name. For all the sin and misery on the earth, the gospel is the only antidote. To make known to all mankind the message of the grace of God is the first work of those who know its healing power.

When Christ sent forth the disciples with the gospel message, faith in God and His word had well-nigh departed from the world. Among the Jewish people, who professed to have a knowledge of Jehovah, His word had been set aside for tradition and human speculation. Selfish ambition, love of display, greed of gain, absorbed men's thoughts. As reverence for God departed, so also departed compassion toward men. Selfishness was the ruling principle, and Satan worked his will in the misery and degradation of mankind.

Satanic agencies took possession of men. The bodies of human beings, made for the dwelling place of God, became the habitation of demons. The senses, the nerves, the organs of men were worked by supernatural agencies in the indulgence of the vilest lust. The very stamp of demons was impressed upon the countenances of men.

What is the condition in the world today? Is not faith in the Bible as effectually destroyed by the higher criticism and speculation of today as it was by tradition and Judaism in the days of Christ? Have not greed and ambition and love of pleasure as strong a hold on men's hearts now as they had then? In the professedly Christian world, even in the professed churches of Christ, how few are governed by Christian principles. In business, social, domestic, even religious circles, how few make the teachings of Christ the rule of daily living.

We are living in the midst of an "epidemic of crime," at which thoughtful, God-fearing men everywhere stand aghast. Every day brings fresh revelations of corruption, political strife, bribery, and fraud. Every day brings its heart-sickening record of violence and lawlessness, of indifference to human suffering, of brutal, cruel destruction of human life. Every day testifies to the increase of insanity, murder, and suicide. Who can doubt that satanic agencies are at work among men with increasing activity to distract and corrupt the mind, and defile and destroy the body?

And while the world is filled with these evils, the gospel is too often presented in so indifferent a manner as to make but little impression upon the consciences or the lives of men. Everywhere there are hearts crying out for something which they have not. They long for a power that will give them mastery over sin, a power that will deliver them from the bondage of evil, a power that will give health and life and peace.

The world needs today what it needed two thousand years ago--a revelation of Christ. A great work of reform is demanded, and it is only through the grace of Christ that the work of restoration, physical, mental, and spiritual, can be accomplished.

Christ's method alone will give true success in reaching the people. The Saviour mingled with

men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, "Follow Me."

There is need of coming close to the people by personal effort. If less time were given to sermonizing, and more time were spent in personal ministry, greater results would be seen. The poor are to be relieved, the sick cared for, the sorrowing and the bereaved comforted, the ignorant instructed, the inexperienced counseled. We are to weep with those that weep, and rejoice with those that rejoice. Accompanied by the power of persuasion, the power of prayer, the power of the love of God, this work will not, cannot, be without fruit.

We should ever remember that the object of the medical missionary work is to point sin-sick men and women to the Man of Calvary, who taketh away the sin of the world. By beholding Him, they will be changed into His likeness. We are to encourage the sick and suffering to look to Jesus and live. Let the workers keep Christ, the Great Physician, constantly before those to whom disease of body and soul has brought discouragement. Point them to the One who can heal both physical and spiritual disease. Tell them of the One who is touched with the feeling of their infirmities. Encourage them to place themselves in the care of Him who gave His life to make it possible for them to have life eternal. Talk of His love; tell of His power to save.

This is the high duty and precious privilege of the medical missionary. And personal ministry often prepares the way for this. God often reaches hearts through our efforts to relieve physical suffering. Medical missionary work is the pioneer work of the gospel. In the ministry of the word and in the medical missionary work the gospel is to be preached and practiced.

In almost every community there are large numbers who do not listen to the preaching of God's word or attend any religious service. If they are reached by the gospel, it must be carried to their homes. Often the relief of their physical needs is the only avenue by which they can be approached. Missionary nurses who care for the sick and relieve the distress of the poor will find many opportunities to pray with them, to read to them from God's word, and to speak of the Saviour. They can pray with and for the helpless ones who have not strength of will to control the appetites that passion has degraded. They can bring a ray of hope into the lives of the defeated and disheartened. Their unselfish love, manifested in acts of disinterested kindness, will make it easier for these suffering ones to believe in the love of Christ.

Who is in Control?

Part 5 of a series

who controls mainstream media?

Can you believe what is told to you by the television news and newspapers? Modern mainstream media, seems to have come a long way. We have the convenience of up-to-date news flashing across the TV screen. Riots, wars, sieges all beamed into our home as they are happening. We have movies in our lounge room and popular music from our radios – who could have ever imagined these a hundred years ago. Then there is the world of the internet with computers, ipads, iphones. Microsoft, google and facebook are used by billions around the world. What really happens to our information we place on them?

The world of television and modern media has become a tool of propaganda and social control. Since early in the 20th century, nearly unlimited resources have been applied to understanding how to manipulate the human minds through television and other forms of mass media. Many people may not realize that when they turn on the television in their home, what they see as a constant flow of images is actually flickering. This repetitive pattern of flickering images creates a state that is similar to hypnosis in the television viewer. Studies have shown that within 30 seconds of television viewing, brain waves switch from predominantly beta waves, indicating alert and conscious attention, to predominantly alpha waves, indicating an unfocused, receptive lack of attention. The brain's left hemisphere, which processes information logically and analytically, tunes out while the person is watching TV, while the right hemisphere of the brain, which processes information emotionally and non-critically, is allowed to function without hindrance. Due to this phenomenon, television transmits information, which is not actively thought about at the time of exposure, much like hypnosis. When viewing television, we do not consciously rationalize any information placed in our subconscious minds at the time of transmission and the viewer becomes more open and suggestible.

In recent years, a number of investigations and exposés have revealed that mainstream mass media silences independent voices and investigations, discourages any journalism that interferes with the agendas they are pushing. Because of the control that these companies have over the information that many people in the world receive on a daily basis, these criticisms and revelations are never known by most of the general public.

These media giants work hand and glove with the federal government as well as many multinational corporations to circulate carefully planned messages. Through television and other forms of media, they tell you what to think about, what to worry about, what to smile about, and what to be scared of. Advertising and TV programming tells you what to eat. They have sold the public on the idea of the newscaster being an extension of the family, a trusted figure who encourages the acceptance of the information being presented as true and accurate.

What we have today is an increasingly sophisticated assault on free will and psychological well-being, and we have come to a point where it is no longer even necessary for media institutions to attempt to hide their blatant work of manipulating public opinion, manufacturing consent, and creating winners and losers in the minds of the already brain-washed public. Only a handful of companies control all the mainstream media outlets in Australia. This includes TV, newspapers, magazines, and radio stations. The same can be said for America.

Consider a few examples of how the media is conveying to a dumbed-down unsuspecting public differs greatly from what is actually happening behind the scenes. It is easy to see how the mainstream media is pushing ulterior motives on the public, and how important it is to be vigilant when consuming consumer information.

When one continually controls the information, one controls the people absorbing the information. The manufactured and controlled information on TV can be referred to as the signal and that constant signal is what shapes and guides the masses to their conclusions. In order to take back our minds, we must first learn to “Unplug the Signal.” By turning off your TV you will realize the world that you're living in is suddenly very unfamiliar to you. You will see that news of no importance is constantly debated and analyzed, and as you listen to the conversations of people around you, you realize they're talking robots just repeating what they've heard on the news. This is exactly what Zbigniew Brzezinski (a former US National Security Advisor) talked about in his book “Between Two Ages”. He said, “Shortly, the public will be unable to reason or think for themselves. They'll only be able to parrot the information they've been given on the previous night's news.”

If you read more than one daily newspaper you would be aware of many of the articles are similar or often exactly the same in different papers. It is also the same in the television industry. News broadcasts are scripted and are repeated verbatim in different media outlets nationwide.

The practice of digitally ‘touching up’ actors and models in images and videos is an open industry standard. Yet most people, whether they're aware of image manipulation or not, still process television and print images on the sub-conscious level as if they were true and normal. This process is demonstrated countless time in magazine advertising where ordinary looking people are transformed into some beautiful looking people with the purposes of selling more products to consumers. There are also many examples of how TV news and newspapers around the world photoshop images of war in order to influence public opinion.

What our society needs is people who are thinkers and are not followers. The media has done a good job of brainwashing people that they accept everything that comes from the media as being true. Take the advertising about medicine and how taking drugs restores health. Most people have no idea that there are alternative treatments for many diseases. They are told that vaccinations brings immunity and prevents disease. That when a child has a fever they need aspirin and that hospitals are safe and clean. Yet when these and other topics are re-searched out, one finds other facts to consider.

The conclusion of this is that we need to start taking responsibility for our own lives. I have lived without watching mainstream TV for many years and I don't feel at all deprived. I actually enjoy the fact my life is not ruled by a TV. I have time to read, to enjoy playing music but most of all I am not being conditioned by TV programming and have the time to be a thinker. Sometime ago I heard about a word that was used to describe people who are puppets of what is being programmed into their minds as being “sheeple”. Have you ever noticed how sheep follow after one another and do not think. If one sheep moves, the others follow. I want to choose what goes into my mind as well as choosing what food goes into my mouth.

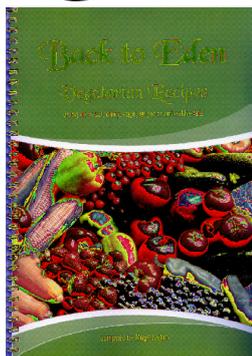
Don't wait for the newspapers to tell you they have found a cure for cancer or diabetes or any other disease. It will never happen. The drug companies are making too much money from the sickness industry. Be aware that not everything that is reported is true. Remember that these media companies think they are in control, but I have news for them. - God is totally in control.

<http://www.wakingtimes.com/2014/02/27/everything-mainstream-media-fake-6-examples-media-manipulation/>
http://pupaganda.com/originals/Tv_mind_control.html

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 beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll. Has 3 year shelf life.
- Hawthorn Berry Powder** 200g.....\$14
A great tonic for the heart and related circulatory problems. Just add powder to water or juice.
- Comfrey Root Powder** 200g.....\$14
Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.
- Comfrey Leaf** 100g.....\$9
To use in poulticing or in oils and ointments. A great healing herb. Has lots of uses
- 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
- Activated Charcoal Powder** 500g.....\$30 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 a dispenser that will measure your saliva and urine from 5.5 to 8.0 A valuable was to check whether your body is acid or alkaline.
- Healthy Lifestyle Healthy Life** by Karen Walters \$30
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
- Practical Home Healing** by Margaret Wright \$20
A handbook on simple home treatments and remedies that can be successfully applied at home
- 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 \$8 postage; up to 3kg costs \$14 postage; up to 5kg costs \$17

Back to Eden Vegetarian Recipe Book



Over 350 delicious Vegan Vegetarian recipes that use whole foods, nuts, seeds, grains fruits and vegetables.
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For postal orders: send \$25 for each book plus postage, to Kaye Sehm 496 Hague Street Lavington NSW 2641
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\$25

Recipes

SWEET AND SOUR TOFU

300-400g firm organic tofu, cubed
(can substitute 1 tin drained chick peas)

2 cloves garlic, crushed
2 t fresh ginger, grated
2 t brown miso (or use 2T soy sauce)
½ c hot water
¼ c gluten free flour
1 t coconut oil
1 onion, cut into eighths
1 medium carrot, sliced
½ red capsicum, sliced
1 zucchini, sliced
440g tin unsweetened pineapple pieces, drained and reserve juice
2 T tomato paste
2 T lemon juice
1 T honey
1 T gluten free cornflour
½ c extra water
1 t Celtic sea salt

Mix the miso in the hot water to dissolve. Add the garlic, ginger and marinate the tofu in this for at least 1 hour. After marinating, drain the tofu, saving the marinade. Dip the tofu in the flour and fry this off in a pan with a little oil until golden brown. Remove tofu from pan. Saute onion, carrot, capsicum and zucchini 2-3 minutes. Add pineapple juice, tomato paste, lemon juice, honey, salt and marinade from tofu. Bring to the boil, reduce heat and add combined corn-flour and water. Stir until mixture thickens. Add tofu and pineapple pieces, then heat through. Serve over brown rice.

MIXED BEAN SALAD

400g can mixed beans, drained and rinsed
1 red capsicum, diced
1 red onion sliced thinly
½ c black olives
1 c diced celery
3 c corn kernels, cooked
1 c green bean, cooked
1 lemon, juiced

Mix all ingredients in a large bowl. Refrigerate until ready to serve.

Back to Eden Health Programs for 2015 - term 1

Back to Eden Health Education will be continuing our health programs for this year but we will have a changed format. This first term is a little busy for us, so not all programs will be offered. For those of you who want to brush up on your natural remedy knowledge, don't miss these classes. Learn how to make herbal ointments, face cream, hairspray, toothpaste etc. Plus, don't miss the hydrotherapy class. All this knowledge will become very valuable to you as you help family and friends. Another very popular class is the vegetarian cooking class.

Please note the dates, times and venues.

Tuesday morning: Classes will be conducted at

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

2nd and 4th Tuesday
of each month

Dates: Tuesday 10th February Natural Remedies - Part 1

Tuesday 24th February Natural Remedies - Part 2

Tuesday 10th March Simple Hydrotherapy (water) Treatments

Tuesday 24th March Making Herbal Ointments and Oils

Time: 10.00 am, cost \$5

Sunday afternoon: Vegetarian Cooking Classes will be held at

Where: Wodong venue
Contact Bernice for details of venue and dates

Sunday afternoon

You are welcome to attend any of our classes.
Please book for cooking classes

For more information phone Kaye on 0260255018 Bernice on 0260563919

PRACTICAL HOME HEALING by Margaret Wright ND

This handbook of proven home treatments has clear and simple instructions illustrated by photographs and drawings that can be understood and followed by the average person. Every treatment has been put to the test by the author and none is included which has failed to bring the desired results. No expensive, specialised equipment is used. A must have book for your natural healing library.

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to order phone Kaye 0260255018

Oregano for Prostate Cancer

For prostate health, men are often told to eat foods that contain lycopene, an antioxidant found in tomatoes. New research finds that adding a popular Italian herb to your pizza and pasta can give men double protection against prostate cancer.

The volatile oils found in this spice include one known as carvacrol, believed to be able to inhibit the growth of bacteria and possibly effective to treat certain infections. It is also a carotenoid with anti-inflammatory properties. Researchers at Long Island University are now studying carvacrol for its ability to induce apoptosis (programmed cell death) in cancer cells.

It is known that oregano possesses anti-bacterial as well as anti-inflammatory properties, but its effects on cancer cells really elevate the spice to the level of a super-spice like turmeric.

<http://www.emaxhealth.com/1506/pizza-and-pasta-herb-could-treat-prostate-cancer>