

# Back to Eden

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PO BOX 850 LAVINGTON 2641

KAYE SEHM 02 6025 5018

This issue: Winter 2016 No 67

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e mail: [backtoeden@aapt.net.au](mailto:backtoeden@aapt.net.au)

[www.kayesrecipessandremedies.com](http://www.kayesrecipessandremedies.com)

## Glyphosate... and Roundup

A special welcome to any new readers. I have had the pleasure to meet lots of new folk in far northern Queensland at Cairns and the Atherton Tablelands. I spent two weeks with some very nice folk and conducted a number of meetings. I feel privileged to share what I have learnt. I keep thinking that there are far better qualified people who could teach much better than I, yet I know God blesses.

Driving around Cairns I was amazed to see the amount of crops that had been using glyphosates eg sugar cane, peanuts, potatoes. This really confirmed the subject of this newsletter in my mind. **What is happening to our food supply?** It is becoming more and more contaminated. Yet many people are not aware of the problems with glyphosate. They think that if it is sprayed on the outside of the plant, it will not enter into the edible part of the plant. They also give little thought how it can impact our environment.

As I search for new topics to add to this newsletter I came upon information on fasting. For those of you who have been reading these Back to Eden newsletters for some years will know that we have been teaching that it is not good for your health to eat between meals. We often meet those who have been told of the need to eat many small meals spaced out during the day. This has been commonly taught over recent years. At times it can be quite hard to get people to change their thinking on this. But, much more recent research is now coming out saying how important it is to not to overeat and eat more than 2 or 3 meals a day. Some call it intermittent fasting. Read some benefits of real fasting on the last page.

There is another Medical Missionary Training School at Highwood Health Retreat (near Melbourne) this year from Sep11-18. My husband Peter will be helping me teach this. It is a Christian based course that teaches how to minister to people using simple health principles. We will be covering the Eight Laws of health plus many more topics that impact our health. Then we will have practical sessions of home remedies, water treatments and more. This course covers much of what I teach in my classes plus more. Phone Highwood directly for more information 0359637000. Book early as this is very popular. Great food, lovely accomodation. Join us and make new friends.

From Kaye and the Back to Eden team

In the 1970s an organic chemist called John E Franz worked at Monsanto Company. He had spent years studying and learning about plant physiology and biochemistry. Researchers at Monsanto had been searching for nine years for an herbicide that was effective against annual and perennial weeds but found little success. Franz took over the research in 1969 and eventually discovered glyphosate in 1970.

This herbicide, glyphosate, became the active ingredient in Roundup, a broad-spectrum, post-emergence herbicide. Glyphosate works by absorption through leaves, and then moves rapidly to the plant's roots, rhizomes, and meristems. The compound was found to radically affect the metabolism of plants by preventing them from forming essential amino acids and so they would die within a few days. This invaluable breakthrough immediately spurred Monsanto to design and produce plants genetically immune to glyphosates in order to make it easier for farmers to thoroughly spray down their fields for weeds without killing their own crops.

Once glyphosate was invented, it took four years to reach the market. It was first introduced as "Roundup", and is still best known by that brand. Since the patents on glyphosate have expired, several other agrochemical companies such as Syngenta, Bayer, Nufarm and DowAgro Science have been producing and selling herbicides containing glyphosate. To date approximately half of the 800 000 tons of glyphosate produced annually worldwide are produced in China. There are now around 500 products containing glyphosate registered for use in Australia.

Glyphosate has been called by experts in herbicides "virtually ideal" due to its broad spectrum and low toxicity compared with

other herbicides. But is it really low toxic? Is it really safe to humans and animals?

Glyphosate's existence has led scientists to develop Roundup-Ready seeds which are genetically modified to resist the glyphosate. This has allowed the emergence of engineered food, which the human body cannot naturally process. Farmers can now plant genetically engineered crops and spray their fields simultaneously with glyphosate. Weeds are expected to die and the crops are engineered to withstand the chemicals. This has led to global food dominance by corporations like Monsanto, who push their genetically altered food onto Third World countries all under the guise of feeding world hunger. Now farmers feel that they must depend on these chemical companies for seed, and are cornered into using herbicides like glyphosate to have a more productive crop.

### History of glyphosate

There are 3 patents on glyphosate: It was first patented in 1964 by Stauffer Chemical as a metal chelator that was used to clean or descale commercial boilers and pipes. Glyphosate binds to and removes minerals such as calcium, magnesium, manganese, copper and zinc that are vital to our health.

The second patent was filed in 1974 by Monsanto as an herbicide. Monsanto claims that glyphosate, which kills plants by disrupting the shikimate pathway, has no effect on humans because the shikimate pathway is not present in mammals. More about that later.

In 2003, Monsanto filed for a patent on glyphosate as a parasitic control type antimicrobial or antibiotic. This patent was granted in 2010. It is proposed that glyphosate be used as a treatment for microbial infections and parasitic control of various diseases such as malaria.

Monsanto has convinced millions of farmers, the American government, and the

European Commission that glyphosate is safe. Yet the truth is far different. Studies published in 2010 show glyphosate causes birth defects in frogs and chicken embryos at amounts smaller than farmers and gardeners leave in food. Older studies document other dreadful effects of glyphosate, including cancer, endocrine disruption, damage to DNA, and deleterious malformations of the reproductive, neurological, and developmental systems of animals and humans. Researchers also link glyphosate to miscarriages in humans and livestock. Monsanto and government authorities have known about the toxic effects of glyphosate since the 1980s. And both the industry and regulators have kept the public in the dark.

But many scientists are voicing their concerns. According to Dr. Huber, an award-winning scientist and professor emeritus of plant pathology at Purdue University in Indiana for the past 35 years, “It’s important to realize that glyphosate is not ‘just’ an herbicide. It was first patented as a mineral chelator. It immobilizes nutrients, so they’re not physiologically available for your body.” He says glyphosate is also patented as an antibiotic: “When you take the good bacteria out, then the bad bacteria fill that void, because there aren’t any voids in nature. We have all of these gut-related problems, whether its autism, leaky gut, anti-biotic associated diarrhea, gluten intolerance, or any of the other problems. All of these diseases are an expression of disruption of that intestinal microflora that keeps you healthy.” So my question is, how can you in good conscience, promote glyphosate which has been patented as both a mineral chelator and an antibiotic...both of which have enormous implications?

## Its Origins

In the late 1990s the use of Roundup surged when Monsanto genetically engineered seeds to grow food crops that could tolerate high doses of Roundup. With the introduction of these new GE seeds, farmers could now easily control weeds on their corn, soy, cotton, canola, sugar beets and alfalfa crops—crops that thrived while the weeds around them were wiped out by Roundup. GE crops are typically far more contaminated with glyphosate than conventional crops, courtesy of the fact that they’re engineered to withstand extremely high levels of Roundup without perishing along with the weed.

## Desiccation in America

In the United States a common wheat harvest protocol is to drench the wheat fields with Roundup several days before the

machines harvest the grains which allows for an earlier, easier and bigger harvest. This pre-harvest application of the herbicide Roundup or other herbicides containing the deadly active ingredient glyphosate on wheat and barley crops as a desiccant was suggested as early as 1980. It has since become routine over the past 15 years and is used as a drying agent 7-10 days before harvest within the conventional farming community. So Roundup is now routinely sprayed directly on a host of non-GMO crops, including wheat, barley, oats, canola, flax, peas, lentils, soybeans, dry beans and sugar cane.

According to Dr. Stephanie Seneff of Massachusetts Institute of Technology, who has studied the issue in depth, says most of the non-organic wheat in the United States is now contaminated with it. Seneff explains that when you expose wheat to a toxic chemical like glyphosate, it actually releases more seeds resulting in a slightly greater yield: “It ‘goes to seed’ as it dies. At its last gasp, it releases the seed”.

According to the US Department of Agriculture, as of 2012, 99% of durum wheat, 97% of spring wheat, and 61% of winter wheat has been treated with herbicides. This is an increase from 88% for durum wheat, 91% for spring wheat and 47% for winter wheat since 1998.

## Desiccation in the European Union

Glyphosate has been detected in the urine of office workers in Germany who have had no contact with any agriculture. It has probably entered human populations over the past 10 years through its increasing presence in daily foods such as meat and dairy products, vegetable and fruit produce and grains products. Yet glyphosate laced genetically modified Roundup soya which enters the animal food chain, is only one of the risk factors.

What is even more dangerous now is the increasing use of herbicides in the EU over the past several years for the desiccation of entire stocks of harvestable crop. “Spraying crops to death”, as desiccation should be really called, means that herbicides are being sprayed directly on the crops shortly before they are to be harvested to facilitate the harvest by uniformly killing off all living plants (including the crops) on the field. If crops cannot fully mature due to excessive rain, herbicides are used to bring the crops to maturity by means of a “death-spray”. The method facilitates the drying of the crops as well as removing all weeds for the next sowing period, and has become common for the harvest of

potatoes, cereals, canola and pulses. For potatoes, spraying herbicides on the field immediately before harvest hardens the skin and reduces its susceptibility to late blight and germination, which improved the potatoes shelf life. Active compounds of the herbicide directly enter the potato through the leaves; however, decomposition of the poison takes place in the body of the consumer.

## What about Australia?

The Australian Society of Agronomy web site and the Australian Department of Agriculture and Food web site says that desiccation is the strategic termination of crop growth using herbicides. But another way to control weeds is used. “Crop-topping” is when an application of herbicide is used to prevent seed set in weeds. These two operations can be combined to produce a more powerful management tool in pulses to control in-crop weed escapes and to advance harvest. They go on to say that they now have seeds that are better suited to crop topping and desiccation such as field peas, faba beans, lentils and lupins. So there is no doubt it is promoted and used in parts of Australia.

## Plus a few more

If you were to go out to a commercial non-organic potato farm, you’d probably see them spray herbicide onto the crop about a week before harvest. They give their plants a certain amount of time to die down, then they harvest. They need to kill off the green tops so they don’t make the mechanical harvesting of potatoes too difficult. The green tops clog up the machine and it’s just more rubbish to deal with during the harvest.

Australian Oilseeds Federation and the Australian Sunflower Association have been successful in securing permission to use all registered glyphosate products as a pre-harvest desiccant, and for the control of late season annual grasses and broadleaf weeds in sunflower.

In sugarcane weeds have been estimated to cause 12 to 72% reduction in cane yield depending upon the severity of infestation. So it is no wonder that sugar cane farmers use herbicides on their crop.

So it appears that many farmers use herbicides on many crops. It does not seem that many farmers desiccate wheat in the area where I live in Australia, but it is definitely used by some. Peanuts, canola, sugar beets, maize, and many more food crops are often sprayed. But one crop that surprised me is how chick peas are routinely desiccated.

Chick peas normally ripen unevenly and many farmers desiccate them prior to harvest.

Between 1996–2011, the widespread use of Roundup Ready GMO crops increased herbicide use in the U.S. by 527 million pounds—even though Monsanto claimed its GMO crops would reduce pesticide and herbicide use. Over the recent years the public has not been told the truth and has been told falsified data on Roundup’s safety. It was marketed to parks departments and consumers as “environmentally friendly” and “biodegradable”, to encourage its use it on roadsides, playgrounds, golf courses, schoolyards, lawns and home gardens.

It is commonly believed that Roundup is among the safest pesticides. Despite its reputation, Roundup was by far the most toxic among the herbicides and insecticides tested. This inconsistency between scientific fact and industrial claim may be attributed to huge economic interests, which have been found to falsify health risk assessments and delay health policy decisions.

Dr Stephanie Seneff, along with another researcher, Anthony Samsel, are delving into how glyphosate wrecks human health. They say the two key problems with glyphosate

1. It causes nutritional deficiencies
2. System toxicity

Their report, published in the journal *Entropy*, argues that glyphosate residues, found in most commonly consumed foods in the Western diet courtesy of GE sugar, corn, soy and wheat, “enhance the damaging effects of other food-borne chemical residues and toxins in the environment to disrupt normal body functions and induce disease.” Interestingly, your gut bacteria are a key component of glyphosate’s mechanism of harm. They have also found that people who are sick have higher levels of glyphosate in their bodies than healthy people. They’ve also found the following health problems which they attribute to exposure to Roundup and/or glyphosate and have found that glyphosate worsens all modern diseases

## How this impacts our health

**ADHD.** In farming communities, there’s a strong correlation between Roundup exposure and attention deficit disorder (ADHD), likely due to glyphosate’s capacity to disrupt thyroid hormone functions.

**Alzheimer’s disease.** In the lab, Roundup causes the same type of oxidative stress and neural cell death observed in Alzheimer’s disease. And it affects CaMKII, an enzyme whose dysregulation has also been linked to the disease.

**Anencephaly** (birth defect). An investigation into neural tube defects among babies born to women living within 1,000 metres of pesticide applications showed an association for glyphosate with anencephaly, the absence of a major portion of the brain, skull and scalp that forms during embryonic development.

**Autism.** Glyphosate has a number of known biological effects that align with the known pathologies associated with autism. One of these parallels is the gut dysbiosis observed in autistic children and the toxicity of glyphosate to beneficial bacteria that suppress pathogenic bacteria, along with pathogenic bacteria’s high resistance to glyphosate. In addition, glyphosate’s capacity to promote aluminum accumulation in the brain may make it the principal cause of autism in the U.S.

Glyphosate also disrupts sulfur metabolism – causing a sulfur and sulfate deficiency. Certain microbes in your body actually break down glyphosate, which is a good thing. A byproduct of this action is ammonia, and children with autism tend to have significantly higher levels of ammonia in their blood than the general population. The same can be said for those with Alzheimer’s disease. In your brain, ammonia causes encephalitis, i.e. brain inflammation. It is interesting that dementia and autism have so much in common.

Another devastating agent in the body is formaldehyde, which a recent nutritional analysis discovered is present in genetically engineered corn at a level that is 200 times the amount that animal studies have determined to be toxic to animals. Formaldehyde is able to destroy DNA and can cause cancer.

One of the most sprayed crops is soy. Sadly most of the baby formulas use soy protein isolate which poses different health problems than stated here. But studies on autistic children fed soy-based formula reveal there was a 2.6 fold higher rate of febrile seizures, a 2.1 fold higher rate of epilepsy and a 4 fold higher rate of simple partial seizures in the autistic children fed this formula

Some of the biomarkers for autism are disrupted gut bacteria; inflammatory bowel, low serum sulfate, methionine deficiency, serotonin and melatonin deficiency, defective aromatase, zinc and cobalamin deficiency, urinary p-cresol, mitochondrial disorder, seizures and glutamate toxicity in the brain. These can all be explained as potential effects of glyphosate on biological systems.

Dr Seneff’s research reveals that because the autism rate has risen so quickly there is no doubt that it has an environmental cause. Genes cannot mutate fast enough to account for such a rapid rise. Since 2010 there has been a 23% increase - 1 in 88. Since 2007 there has been an increase of 78%. 30 years ago it was 1 in 10,000. It is projected by 2030, it will affect 1 in 2 children.

In a paper published in the *Journal of Organic Systems* in 2014, researcher Nancy Swanson shows the correlation between genetically modified crops, glyphosate and the deterioration of health in America. She shows on graphs many different diseases (eg thyroid cancer, autism, kidney disease, urinary and bladder cancer) and how the rate of increase in these disease correlates very closely to the usage of GMOs and glyphosate.

**Birth defects.** Roundup and glyphosate can disrupt the Vitamin A (retinoic acid) signaling pathway, which is crucial for normal fetal development. A study from Paraguay revealed that the babies of women living within one kilometre of fields sprayed with glyphosate were more than twice as likely to have birth defects. In Argentina congenital defects quadrupled in the decade after Roundup Ready crops arrived in Chaco. This province uses roughly eight to ten times more glyphosate per acre than in America.

A study of one farming family in the U.S. documented elevated levels of glyphosate and birth defects in the children, including an imperforate anus, growth hormone deficiency, hypospadias (an abnormally placed urinary hole), a heart defect and a micro penis.

**Bones.** In some of the first studies in the 90s involving rats, 30-36% of glyphosate was passed through the animal’s gut wall and into their bodies. A similar study on hens and goats got likewise results. In the rat study, seven days after the glyphosate was administered, the remaining glyphosate levels were found in the rats’ bones. In a WHO publication, “the glyphosate isotope was widely distributed throughout the body, but was primarily found in bone.” It seems that glyphosate will enter human organs and bones and will accumulate, creating a toxic environment for the human body.

**Brain cancer.** In a study of children with brain cancer compared with healthy children, researchers found that if either parent had been exposed to Roundup during the two years before the child’s birth, the chances of the child developing brain cancer doubled.

**Breast cancer.** Glyphosate induces human breast cancer cells growth via estrogen receptors. The only long-term animal study of glyphosate exposure produced rats with mammary tumors and shortened life-spans. Another alarming study, published in the journal *Food and Chemical Toxicology* show that even in ridiculously low concentrations, glyphosate can accelerate the growth of human breast cancer cells

In a study done by Seralini at Environmental Sciences Europe in 2014 did experiments on rats that were exposed to GMOs, GMOs plus Roundup, and Roundup alone. All the female rats had increased risk of mammary tumors. Males had significantly increased risk of liver and kidney disease. Sex hormone disruption were experienced by both sexes plus they all had oxidative stress and shorter life spans. But the amazing result of this experiment is that it did not become apparent in the rats until after four months. Now experiments done by Monsanto had stopped their experiments at 90 days. What this showed is that these tumors often do not occur until later in the rat's life. In human terms, this can indicate that tumors will start appearing later in a persons life.

**Cancer.** House-to-house surveys were done of 65,000 people in farming communities in Argentina where Roundup is used, there known there as the fumigated towns. They found cancer rates two to four times higher than the national average, with increases in breast, prostate and lung cancers. In a comparison of two villages, in the one where Roundup was sprayed, 31% of residents had a family member with cancer, while only 3% of residents in a neighboring village without spraying had one. The high cancer rates among people exposed to Roundup likely stem from glyphosate's known capacity to induce DNA damage, which has been demonstrated in numerous lab tests.

A Canadian study published in 2001 by the University of Saskatchewan showed men exposed to glyphosate more than two days a year had twice the risk of developing non-Hodgkin's lymphoma compared to men who had never been exposed.

#### **Celiac disease and gluten intolerance.**

There are parallels between the characteristics of celiac disease and the known effects of glyphosate. These include imbalances in gut bacteria, impairment in enzymes involved with detoxifying environmental toxins, mineral deficiencies and amino acid depletion.

**Chronic kidney disease.** Increases in the use of glyphosate may explain the recent surge in kidney failure among agricultural

workers in Central America, Sri Lanka and India. Scientists have concluded, "Although glyphosate alone does not cause an epidemic of chronic kidney disease, it seems to have acquired the ability to destroy the renal tissues of thousands of farmers when it forms complexes with hard water and nephrotoxic metals."

**Colitis.** The toxicity of glyphosate to beneficial bacteria that suppress clostridia, along with clostridia's high resistance to glyphosate, could be a significant predisposing factor in the overgrowth of clostridia. Overgrowth of clostridia, specifically *C. difficile*, is a well-established causal factor in colitis.

**Depression.** Glyphosate disrupts chemical processes that impact the production of serotonin, an important neurotransmitter that regulates mood, appetite and sleep. Serotonin impairment has been linked to depression.

**Diabetes.** Low levels of testosterone are a risk factor for Type 2 diabetes. Rats fed environmentally relevant doses of Roundup over a period of 30 days spanning the onset of puberty had reduced testosterone production sufficient to alter testicular cell morphology and to delay the onset of puberty.

**Heart disease.** Glyphosate can disrupt the body's enzymes, causing lysosomal dysfunction, a major factor in cardiovascular disease and heart failure. It causes a sulphate deficiency – cause of heart disease. Sulfur is extremely important for detoxifying toxic chemicals of both sulfate and glutathione.

**Hypothyroidism.** House-to-house surveys of 65,000 people in farming communities in Argentina where Roundup is used, known there as the fumigated towns, found higher rates of hypothyroidism.

**Inflammatory Bowel Disease.** Also called Leaky Gut Syndrome. Glyphosate can induce severe tryptophan deficiency, which can lead to an extreme inflammatory bowel disease that severely impairs the ability to absorb nutrients through the gut, due to inflammation, bleeding and diarrhea.

**Liver disease.** Very low doses of some types of the herbicide Roundup can disrupt human liver cell function; the formulations toxicity may be tied to their "inactive" ingredients rather than the active weed-killing ingredient glyphosate. Liver enzymes are disrupted which leads to impaired bile flow that impacts on our vitamin D levels. French scientists report that a number of Roundup formulations tested at very dilute concentrations can alter hormone actions

and cause human liver cells to die within 24 hours of treatment.

In an experiment conducted by Monsanto scientists, rats fed the company's GM glyphosate-tolerant oilseed (canola) over four weeks developed large livers, often a sign of toxicity.

**Lou Gehrig's Disease (ALS)** - a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord). Sulfate deficiency in the brain has been associated with Amyotrophic Lateral Sclerosis (ALS). Glyphosate disrupts sulfate transport from the gut to the liver, and may lead over time to severe sulfate deficiency throughout all the tissues, including the brain.

**Multiple Sclerosis (MS).** An increased incidence of inflammatory bowel disease (IBS) has been found in association with MS. Glyphosate may be a causal factor. The hypothesis is that glyphosate-induced IBS causes gut bacteria to leak into the vascular system, triggering an immune reaction and consequently an autoimmune disorder resulting in destruction of the myelin sheath.

**Non-Hodgkin lymphoma.** A systematic review and a series of meta-analyses of nearly three decades worth of epidemiologic research on the relationship between non-Hodgkin lymphoma (NHL) and occupational exposure to agricultural pesticides found that B cell lymphoma was positively associated with glyphosate.

**Parkinson's disease.** The brain-damaging effects of herbicides have been recognized as the main environmental factor associated with neurodegenerative disorders, including Parkinson's disease. The onset of Parkinson's following exposure to glyphosate has been well documented and lab studies show that glyphosate induces the cell death characteristic of the disease.

**Pregnancy problems.** These include infertility, miscarriages and stillbirths. Glyphosate is toxic and kills human placental, embryonic and umbilical cells. Scientists believe this explains the pregnancy problems of agricultural workers exposed to the herbicide. It is toxic to human placental JEG3 cells within 18 hours with concentrations lower than those found with agricultural use, and this effect increases with concentration and time or in the presence of Roundup adjuvants. It is also associated with genetic damage (mutations), including chromosomal aberrations, even at low doses below those recommended as "safe."

**Obesity.** An experiment involving the transfer of a strain of endotoxin-producing bacteria from the gut of an obese human to

the guts of mice caused the mice to become obese. Since glyphosate induces a shift in gut bacteria towards endotoxin-producers, glyphosate exposure may contribute to obesity in this way.

**Reproductive problems.** Studies of laboratory animals have found that male rats exposed to high levels of glyphosate, either during prenatal or pubertal development, suffer from reproductive problems, including delayed puberty, decreased sperm production, and decreased testosterone production.

**Respiratory illnesses.** House-to-house surveys of 65,000 people in farming communities in Argentina where Roundup is used, there known there as the fumigated towns, found higher rates of chronic respiratory illnesses.

**Glyphosate and aluminium.** These bind together and so it is proposed that when you have glyphosate in your blood and you get a vaccine, the glyphosate binds to the aluminum in the vaccine and then it escorts the aluminum to either the pineal gland in the brain or the kidneys. In the pineal gland, the glyphosate delivers the aluminum to the brainstem where the very important brain stem nuclei is located.

Studies have shown that the pineal gland accumulates much more aluminum than other parts of the brain because it's outside of the blood-brain barrier. There's access to the blood in the pineal gland. The aluminum accumulates, and then you get things like sleep disorder, which is another one of these epidemics that's going up in step with glyphosate used on corn and soy crops. Dr Stephanie Seneff believes the aluminum and the glyphosate are working synergistically to cause harm.

**Nutritional deficiencies.** Glyphosate acts by chelating (tying up) certain metal ions, which are essential in plant enzymes, not only does it kill susceptible plants by stopping the enzymes from working, but it also ties them up in soil. This means that the soil may contain certain minerals, but they are not taken up into the plant. Glyphosate does not break down in soil and it can continue to tie up metal ions, e.g. manganese, magnesium, zinc, iron, copper in the soil, preventing plant uptake.

**Systemic toxicity.** Monsanto claims that Roundup is harmless to animals and humans because the mechanism of action it uses (which allows it to kill weeds), called the shikimate pathway, is absent in all animals. However, the **shikimate pathway** is present in bacteria, and that's the key to understanding how it causes such widespread systemic harm in both humans

and animals. We have many bacteria in our digestive tract, both beneficial and harmful bacteria. The bacteria in your body outnumber your cells by 10 to 1. For every cell in your body, you have 10 microbes of various kinds, and all of them have the shikimate pathway, so they will all respond to the presence of glyphosate.

Glyphosate causes extreme disruption of the microbe's function and lifecycle. What's worse, glyphosate preferentially affects beneficial bacteria, allowing pathogens to overgrow and take over. At that point, your body also has to contend with the toxins produced by the pathogens. Once the chronic inflammation sets in, you're well on your way toward chronic and potentially debilitating disease.

**It creates excess toxins.** Dr. Seneff argues that glyphosate interrupts your gut bacteria's metabolic pathways the same way it does a plant's. Furthermore, it adversely affects our gut's population of beneficial bacteria more dramatically than it does our gut's population of pathogens. This allows the pathogens in our guts to overgrow, creating excess toxins. So many people have problems with their gut and digestion.

**Endocrine disrupter.** The aromatase, which is the basis for estrogen and testosterone, gets disrupted through the glyphosate or the Roundup. Female animals that were fed Roundup had more testosterone and the males had more estrogen. They were feminizing the males and virilizing the females.

**It is an antibiotic.** Now, glyphosate is a broad-spectrum antibiotic. And, it's selective. It kills the beneficial gut bacteria, but not the E. coli, salmonella, and botulism bacteria which is commonly found in poultry and cows. This creates a big dysbiosis, a huge imbalance in the bacteria. Roundup or glyphosate has been blamed for an epidemic of botulism because botulism is now found everywhere.

**Is toxic to humans.** It inhibits the cytochrome P450 (CYP) enzymes which should detoxify xenobiotics - chemical compounds (eg drug, pesticide, or carcinogen) that are foreign to a living organism. This works synergistically with disruption of the conversion of aromatic amino acids by gut bacteria. This causes an impairment in serum sulfate transport as well as a sulphate deficiency.

## What about POEA which is listed as an inert ingredient?

One specific inert ingredient, polyethoxylated tallowamine, or POEA, was more deadly to human embryonic, placental

and umbilical cord cells than the herbicide itself – a finding the researchers call “astounding.” POEA, a surfactant or detergent is derived from animal fat. Inert ingredients are often less scrutinized than active pest-killing ingredients. But some inert ingredients have been found to potentially affect human health. Many amplify the effects of active ingredients by helping them penetrate clothing, protective equipment and cell membranes, or by increasing their toxicity. For example, a Croatian team recently found that an herbicide formulation containing atrazine caused DNA damage, which can lead to cancer, while atrazine alone did not.

POEA helps herbicides penetrate plants' surfaces, making the weed killer more effective. “POEA helps glyphosate interact with the surfaces of plant cells” POEA lowers water's surface tension--the property that makes water form droplets on most surfaces--which helps glyphosate disperse and penetrate the waxy surface of a plant.

In a French Study (Chemical Research in Toxicology January 2009) researchers show that glyphosate, POEA and all four Roundup formulations damaged embryonic, placental and umbilical cord cells. Umbilical cord cells were especially sensitive to POEA. Glyphosate became more harmful when combined with POEA, and POEA alone was more deadly to cells than glyphosate.

## More problems - ecology

Most research has examined glyphosate alone, rather than combined with Roundup's inert ingredients. Researchers who have studied Roundup formulations have drawn conclusions similar to the French study. For example, in 2005, University of Pittsburg ecologists added Roundup at the manufacturer's recommended dose to ponds filled with frog and toad tadpoles. When they returned two weeks later, they found that 50 to 100 percent of the populations of several species of tadpoles had been killed.

Glyphosate is acutely toxic to fish and birds and can kill beneficial insects and soil organisms that maintain ecological balance. Glyphosate residues in soil can persist over a year. Glyphosate has been measured up to 1 km away from its application site.

A group of over 250 environmental, health and labor organizations has petitioned the EPA to change requirements for identifying pesticides' inert ingredients. The groups claim that the laws allowing manufacturers to keep inert ingredients secret from competitors are essentially unnecessary. Companies can determine a competitor's

inert ingredients through routine lab analyses. “The proprietary protection laws really only keep information from the public.”

Health regulators look the other way. Government officials and health regulators more often than not simply ignore these independently funded studies even if published in peer-reviewed journals. Monsanto and other large chemical agricultural companies are quick to counter and discredit adverse scientific findings.

The EPA continues to align itself with Monsanto’s safety claims and limits glyphosate’s risks to kidney, reproductive and carcinogenic damage; and the warning only applies for very long-term exposure to high levels of the toxin. Anything under that is considered harmless. It is well documented that glyphosate promotes soil pathogens and is already implicated with the increase of more than 40 plant diseases. The very reason it works is that it disrupts the plants defenses against disease by immobilizing vital nutrients.

## In water, rain and air

The EPA continues to approve small amounts of glyphosate as safe in drinking water to children. Its safety level is 0.7 micrograms per litre. This was determined back in 1994, and after 20 years of further research into glyphosate’s biomolecular activities and health risks, the level has remained the same. A review of existing data sponsored by Moms Across America found that out of 21 drinking water samples analysed, 13 had glyphosate levels between 0.08 and 0.3 ug/L, well below the EPA’s limit, but significantly above the European Union’s limit of 0.1 mc/l.

## What about residue

Monsanto’s own studies of residues in food crops found glyphosate in lettuce over five months after treatment (the lettuce was planted four months after treatment). Monsanto also found glyphosate in barley over four months after treatment (the barley was planted one month after treatment). “Significant residues,” according to the World Health Organization, have been identified from pre-harvest use of glyphosate on wheat (to dry out the grain). Bran contains between 2 and 4 times the amount of whole grains. Residues are not lost during baking. In other words, significant amounts of glyphosate residues are routinely found on foods — even foods, like wheat, that are not GMO. This residue stays on food for more than a year, even if it has been processed, dried or frozen. Dr. Seneff argues that these residues do have a cumulatively negative effect on the body, that the effect is “insidious” and “manifests slowly over time.”

## Much of our food has now become poison

What the biotech industry, spearheaded by Monsanto, has managed to do is turn food into poison, quite literally, and in more ways than one. Genetic Engineering of a crop itself can pose significant health concerns. Glyphosate toxicity is another. Glyphosate has a number of devastating biological effects - it may very well be one of the most important factors in the development of a wide variety of modern diseases and conditions, including autism. In 2015, glyphosate was deemed “probably carcinogenic” to human health by the World Health Organization (WHO).

Countries that currently ban glyphosate - or are in process of doing so: The Netherlands, Brazil, Germany, Sri Lanka, El Salvador, Switzerland, Argentina, Bermuda, Columbia and France.

## Summary

The production of glyphosate has led the world down a dark road. The human body was intended to eat unmodified, natural food. Chemical-laced, genetically engineered science has manufactured a new-age frontier of food that is wiping out small organic farmers. Food production is globalized. Glyphosate is a danger to the future of all of mankind, who seek an herbicide-free environment to grow pure and wholesome food.

In the nearly 20 years of intensifying exposure, scientists have been documenting the health consequences of Roundup and glyphosate in our food, in the water we drink, in the air we breathe and where our children play. Yet, government bodies continue to permit more glyphosate into the eco system. Before 1985, detectable levels of glyphosate in animals was nearly non-existent. By 1985, glyphosate levels were appearing in animal meat tissue, fat, eggs and milk. Now the “acceptable” daily limit set by the EPA has been increased 20 times.

We need to be aware of what is in our foods and realize that we must take responsibility for what food we put into our bodies.

<http://articles.mercola.com/sites/articles/archive/2013/06/09/monsanto-roundup-herbicide.aspx>  
<http://glyphosate.news/2016-03-09-glyphosate-toxicity-to-humans-an-overview.html>  
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[http://www.bcg.org.au/cb\\_pages/bcg\\_news\\_50th\\_edition.php](http://www.bcg.org.au/cb_pages/bcg_news_50th_edition.php)  
[http://www.gmfrecymru.org/pivotal\\_papers/human\\_urine.html](http://www.gmfrecymru.org/pivotal_papers/human_urine.html)

## The Chicken Pox vaccine and its connection to shingles

About 20 years ago the chicken pox vaccine was approved for the market. What had been regarded as a relatively benign childhood illness had been reinvented as a life-threatening disease. Then the vaccine was introduced. But this has now created a new epidemic – not in children but in adults. Vaccinating children for chickenpox may very well be causing a shingles epidemic in adults.

Years ago, most children had contracted chicken pox and had acquired a natural immunity before they became young adults. Chicken pox is caused by the varicella zoster virus, which is related to the herpes virus family and is associated with herpes zoster (shingles).

After you recover from chickenpox, the virus can remain dormant in your nerve roots for many years, unless it is awakened by some triggering factor such as physical or emotional stress. When awakened, it presents itself as shingles rather than chickenpox.

Nature has developed a plan to protect us from the shingles virus. After contracting and recovering from the virus as a child, your natural immunity will be boosted by coming into contact with infected children who are recovering from the chickenpox. This natural boosting protects you from getting shingles later in life.

So, shingles can be prevented by receiving a hug from a grandchild who is getting or recovering from chickenpox. But with the advent of the chickenpox vaccine, there is less chickenpox around to provide that natural immune boost for adults.

Now we see that while chickenpox rates have declined, shingles rates have risen. But yet, amazingly the FDA have approved a shingles vaccine (Zostavax) for use in people over 60. So they have come out with a shingles vaccine to reverse the damages to your health by the earlier chickenpox vaccine. The cost of this vaccine is around \$200 (more money to Big Pharma) plus you normal visit to your doctor.

A few remedies if you get the incredibly painful shingles – use honey topically, or use the essential oils topically – tea tree, eucalyptus or frankincense. Mix 1/2 cup of apple cider vinegar in 2 cups of water and use a cotton cloth to moisten the affected areas. Mix aloe vera gel, raw honey and leek juice and apply to the rash. Sponge the blisters and rash with vitamin E oil, apple cider vinegar, goldenseal, and/or peppermint tea. Apply baking soda and water as a cold compress

<http://articles.mercola.com/sites/articles/archive/2010/11/02/chicken-pox-vaccine-creates-shingles-epidemic.aspx>

# Spiritual How Christ Ministered...part 12

## Revealing the principles of true healing

Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health. Many suffer in consequence of the transgression of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They should avoid the wrong habits of their parents and, by correct living, place themselves in better conditions.

The greater number, however, suffer because of their own wrong course of action. They disregard the principles of health by their habits of eating, drinking, dressing, and working. Their transgression of nature's laws produces the sure result; and when sickness comes upon them, many do not credit their suffering to the true cause, but murmur against God because of their afflictions. But God is not responsible for the suffering that follows disregard of natural law.

God has endowed us with a certain amount of vital force. If we carefully preserve the life force, and keep the delicate mechanism of the body in order, the result is health; but if the vital force is too rapidly exhausted, the nervous system borrows power for present use from its resources of strength, and when one organ is injured, all are affected. Nature bears much abuse without apparent resistance; she then arouses and makes a determined effort to remove the effects of the ill-treatment she has suffered. Her effort to correct these conditions is often manifest in fever and various other forms of sickness.

When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness and then go to work intelligently to remove the cause. If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavour to adjust the difficulties by adding a burden of poisonous medicines.

Intemperate eating is often the cause of sickness, and in many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative

effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health.

Some make themselves sick by overwork. For these, rest, freedom from care, and a spare diet, are essential to restoration of health. To those who are brain weary and nervous because of continual labour and close confinement, a visit to the country, where they can live a simple, carefree life, coming in close contact with the things of nature, will be most helpful.

In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation.

But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness.

Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place. The skin, too, becomes inactive. Impurities are not expelled as they would be if the circulation had been quickened by vigorous exercise, the skin kept in a healthy condition, and the lungs fed with plenty of pure, fresh air. This state of the system throws a double burden on the excretory organs, and disease is the result.

Those who have broken down from mental labour should have rest from wearing thought; but they should not be led to believe that it is dangerous to use their mental powers at all.

Many are inclined to regard their condition as worse than it really is. This state of mind is unfavorable to recovery, and should not be encouraged.

Ministers, teachers, students, and other brain workers often suffer from illness as the result of severe mental taxation, unrelieved by physical exercise. What these persons need is a more active life. Strictly temperate habits, combined with proper exercise, would ensure both mental and physical vigour, and would give power of endurance to all brain workers.

When invalids have nothing to occupy their time and attention, their thoughts become centred upon themselves, and they grow morbid and irritable. Many times they dwell upon their bad feelings until they think themselves much worse than they really are and wholly unable to do anything. In all these cases well-directed physical exercise would prove an effective remedial agent. In some cases it is indispensable to the recovery of health.

Inactivity is the greatest curse that could come upon most invalids. Light employment strengthens the muscles, improves the circulation, and gives the invalid the satisfaction of knowing that he is not wholly useless in this busy world. He may be able to do but little at first, but he will soon find his strength increasing, and the amount of work done can be increased accordingly.

Exercise aids the dyspeptic by giving the digestive organs a healthy tone. To engage in severe study or violent physical exercise immediately after eating, hinders the work of digestion; but a short walk after a meal, with the head erect and the shoulders back, is a great benefit.

Notwithstanding all that is said and written concerning its importance, there are still many who neglect physical exercise. Some grow corpulent because the system is clogged; others become thin and feeble because their vital powers are exhausted in disposing of an excess of food. The liver is burdened in its effort to cleanse the blood of impurities, and illness is the result.

Those whose habits are sedentary should, when the weather will permit, exercise in the open air every day, summer or winter. Walking is preferable to riding or driving, for it brings more of the muscles into exercise. The lungs are forced into healthy action, since it is impossible to walk briskly without inflating them. Such exercise would in many cases be better for the health than medicine. Physicians often advise their patients to take an ocean voyage, to go to some mineral spring, or to visit different places for change of climate, when in most cases if they would eat temperately, and take cheerful, healthful exercise, they would recover health and would save time and money.

*Edited from Ch 17 Ministry of Healing E G white*

# Who is in Control?

## Part 10 of a series

...so many questions

Have you ever wondered why the government agencies don't pass laws to stop food manufacturers selling food and drinks contaminated with dangerous chemicals. Why is it that information that affects the health of each one of us or our families gets lost and is never heard by many people? Mainstream media is quiet on these topics. There is now so much information out there that prove and show the many different ways our health is broken down.

There are GMOs, glyphosate and excitotoxins to name just a few that scarcely are mentioned in mainstream media. All these have a detrimental effect on our health, but there are others that affect us. Here are just a few.

Take "diet" drinks. Many studies have linked them to metabolic syndrome, diabetes, heart problems and more. And now research has come out linking those who drink diet sodas as having the largest bellies.

Researchers from the University of Texas examined information of 474 senior adults and found that the waistlines of those who drank diet soda were 70% larger than those who didn't drink any. The more they drank, the more they grew. Those who drank two diet drinks per day had five times the increase in belly size than those who drink no soda.

Women who drink the most diet soda have a 61% higher risk of cardiovascular events such as heart attack and stroke than women who don't drink diet soda. Plus, the caramel colour used in sodas contain high levels of chemical compounds linked to cancer. The researchers also found a link between the use of artificial sweeteners such as aspartame and higher blood sugar.

Why are we not told of the dangers in many household products? Take toothpaste for example. Just one of the ingredients of the toothpaste "Colgate Total" contains an ingredient known as triclosan and is linked with cancer. This ingredient is also found in a number of antibacterial soaps and cosmetics.

Triclosan's bacteria-fighting ability has recently raised concerns about the safety of it. Colgate says that it has been approved as "safe" by the FDA, adding that they closely investigate all new scientific studies and are confident that their product is safe.

Others are not so inclined to agree, mostly because triclosan is associated with causing cancer and antibiotic-resistant superbugs. It was first used in the 1970s in hospitals as an antimicrobial agent. Not only is triclosan present in Colgate Total and many household soaps, but it can also be found in coolers,

odour-protected shoes and makeup.

The FDA, meanwhile, says on its website that soaps containing antibacterial agents like triclosan have not been "any more effective at preventing illness than washing with plain soap and water." But the agency stops far short of calling triclosan a danger and only suggests that consumers think about buying a different product.

Parents everywhere were recently shocked to learn that the No More Tears baby shampoo from Johnson & Johnson contained formaldehyde, which has been shown to cause cancer and is most well-known for its use in embalming dead bodies. But is a substance like formaldehyde safe to add to baby products? Evidence from research that has been done over the past few decades shows the problem with formaldehyde.

Back in 1987, the EPA had it classified as a carcinogen. There have been a number of studies that show that it does indeed cause cancer in both rats and humans and studies of people that work around embalming fluid like embalmers have shown that they have a higher rate of cancer than other groups

Late in 2015 a study from Argentina made headlines when researchers revealed that 85 percent of cotton-based feminine hygiene products contained glyphosate, the primary ingredient in Monsanto's herbicide Roundup. The findings are especially concerning considering that glyphosate was declared "probably" carcinogenic by the World Health Organization (WHO) last spring.

Feminine hygiene products weren't the only merchandise to contain glyphosate; sterile gauze made of cotton, as well as cotton swabs and wipes, was also found to contain the deadly toxin, according to Revolution News.

"Glyphosate was found in 85% of the products containing cotton bought in pharmacies and supermarkets including feminine care products like tampons and sanitary pads, sterile gauze pads, cotton swabs and wipes," according to reports. "We had focused our attention on the presence of glyphosate in food, but did not think the products we use in all hospitals and health centers in the country to cure patients are contaminated with a carcinogenic product. The authorities must give an immediate response to this situation," they said.

Why is all this information withheld from the general public? Yet common folk get sicker and sicker eating the food that is promoted in advertising campaigns and sold in the

supermarkets. Walk around in a food court in a shopping mall and you will see what most people eat.

An alarming study has found eating foods high on the glycemic index (GI), such as donuts, white bread and rice, increase the risk of developing lung cancer by 49 percent — particularly for non-smokers.

Researchers studied the diets of 4,320 people, and they were shocked to find non-smokers with diets high on the GI had nearly double the risk to develop the disease than those whose eating habits remained on the low end of the GI. Foods with high GI raise blood glucose and insulin, in turn causing increased insulin growth factors (IGFs), which are associated with greater risk for developing lung cancer.

What's more, a second study revealed Americans [and Australians] consume more than half their calories via "ultra-processed" foods, which directly contribute to health problems like obesity and heart disease. "Ultra-processed foods are products that contain several manufactured ingredients that are not generally used when cooking from scratch, including natural and artificial flavors or colours, artificial sweeteners, preservatives, and other additives," CBS News explained.

Obvious examples of ultra-processed foods include soft drinks; chicken and fish nuggets, as well as other reconstituted meat products; packaged snacks, both sweet and savory; packaged baked goods; and instant noodle products.

So we have a society that has not been warned about the dangers of the food that they are eating and what they are putting on their skin. Then when they come down with cancer they are told that the cause of cancer is unknown and it just happens to you.

I realize that to keep your health you will have to go against what most everyone else is doing. Many people will think you are odd or strange.

Generally people are trusting. They would find it very hard to believe that what they are being told via the media is not the whole truth. They want to believe their newsreader.

Despite all these problems we must realize that God knows all these things and He is still in control. He is allowing many changes happen in our world. Even though we may not be able to understand why, we can be assured that He knows and is in total control.

<http://synergyfitnessbootcamp.blogspot.com.au/2013/10/does-coke-really-make-you-fat.html>

[http://www.naturalnews.com/054327\\_triclosan\\_toothpaste\\_cancer.html](http://www.naturalnews.com/054327_triclosan_toothpaste_cancer.html)

<http://theunboundedspirit.com/johnson-johnson-admits-our-baby-products-contain-cancer-causing-formaldehyde/>

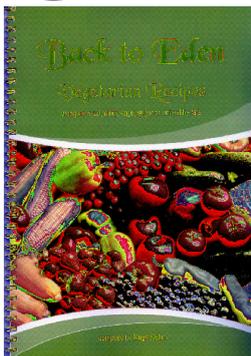
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<http://www.naturalblaze.com/2016/03/study-eating-white-bread-bagels-can-be-worse-than-smoking-49-increase-in-lung-cancer.html>

## 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.....\$17  
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.....\$43 150g.....\$23
- 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.
- 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](http://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.  
Recipes avoid many ingredients that are harmful to your health.

### TO OBTAIN YOUR COPY:

**Pick up:** at 496 Hague Street Lavington.  
**For postal orders:** send \$25 for each book plus postage, to Kaye Sehm 496 Hague Street Lavington NSW 2641  
**Phone orders:** phone Kaye on 0260 255018 to get account details for a direct debit.  
**Postage:** add \$4 for 1 book, \$8 for 2 books, \$12 for 3 books, \$14 for 4 - 7 books

**\$25**

## Recipes

### LENTIL SOUP

2 cups dry brown lentils  
2 cloves garlic, crushed  
½ cup chopped celery  
1 medium onion, chopped  
2-4 tablespoons olive oil  
2 cup diced carrots  
3 tablespoons tomato paste  
2 medium potatoes cut in small cubes  
440g can tomatoes, chopped  
½ teaspoon oregano  
2 tablespoons Celtic sea salt  
2 litres water

Cook lentils in water for approx 40 minutes. Add potatoes and simmer until nearly tender. Add rest of the ingredients and simmer about 30 minutes. Add more water if desired. This soup is delicious by itself, or pour over cooked potatoes, a bed of rice or poured over toast for a quick wholesome meal. Serves 12 cups.  
**Suggestions:** Turn this into a stew, use less water, approx 1½ litres water.  
Place all the ingredients into a slow cooker to cook this.

### GLUTEN-FREE FLAT BREAD

1 cup buckwheat  
1 cup quinoa  
½ cup linseeds  
1 teaspoon Celtic sea salt  
2 tablespoons coconut oil or coconut cream or olive oil  
4 cups water

Blend thoroughly until very smooth. Scoop this onto a sandwich press to make flat bread and cook. If you use this batter immediately the bread is quite thin. It still works, but the flat breads are much thinner. If you allow the mixture to stand for a few hours, it will thicken up. Make them small or large. You can even place a filling (such as salad) and roll them up.  
**Suggestion:** Make up all the batter but only cook up the amount of flat bread needed. Keep the remainder of the batter in a covered glass bowl in the fridge. It will keep for 4-5 days. Make up fresh each time, or you can make them up and freeze them, thawing them out in a toaster or the sandwich press.

# Back to Eden Health Programs for 2016 - term 3

Back to Eden Health Education will be continuing our health programs this term. A specially requested series of classes will be conducted on different practical home treatments and ways to detox. All these classes will cover different topics and different treatments. Come along and learn how to do these treatments. They will prove invaluable to you as you treat without using any chemicals or drugs.

Please carefully note the dates, times and venues.

**Tuesday morning: Classes will be conducted at**

Where:	Kaye Sehm's home 496 Hague Street Lavington NSW 2641	
Dates:	Tuesday <b><u>2nd August</u></b>	More Practical Home Treatments
	Tuesday <b><u>16th August</u></b>	Ways to Detox
	Tuesday <b><u>6th September</u></b>	Using Simple Herbs for Health
Time:	10.00 am, cost \$5	

Please phone to check and confirm dates if you plan to attend, especially if you are coming from a distance

You are welcome to attend any of our classes.

For more information phone Kaye on 0260255018 or Beat 60253584

## Fasting shown to regenerate stem cells, reverse immunosuppression after three days

I was very interested in reading of a study done at the University of Southern California in Los Angeles. They looked at ways to maintain a vibrant immune system and found it was as simple as simply not eating for a few days at a time twice a year. This time of fasting where no food is eaten for between two and four subsequent days at a time -- not only protects against immune system damage, but it also promotes immune system regeneration, particularly in patients who are already immuno-compromised.

Valter Longo, and Edna M. Jones Professor of Gerontology and the Biological Sciences at the USC Davis School of Gerontology and director of the USC Longevity Institute, looked at the effects of fasting in both mice and humans, observing that when these mammals fasted, their white blood cell counts decreased. The result was that their bodies "recycled" old immune cells, thereby triggering the production of new immune cells to replace them.

Over time, immune cells can become worn out and stop functioning at optimal levels. It was previously believed that there wasn't much that could be done to overcome this apart from stem cell treatments. However, this latest research shows that periodic fasting

cycles actually flip some kind of regenerative switch inside the body, altering the signaling pathways for hematopoietic stem cells, which generate both blood and immunity.

Valter Longo says "We could not predict that prolonged fasting would have such a remarkable effect in promoting stem cell-based regeneration of the hematopoietic (forms blood) system. When you starve, the system tries to save energy, and one of the things it can do to save energy is to recycle a lot of the immune cells that are not needed, especially those that may be damaged. What we started noticing in both our human work and animal work is that the white blood cell count goes down with prolonged fasting. Then when you re-feed, the blood cells come back. So we started thinking, well, where does it come from?"

Periodic fasting might help correct autoimmune disorders, including those brought about by vaccines. While the study focused primarily on chemotherapy patients whose immune systems are ravaged by this deadly poison treatment, the implications of the study also extend to other conditions like autoimmune disorders. By triggering the production of new, undamaged immune cells, fasting might help people who suffer from what the system has long claimed are incurable medical conditions.

As it turns out, prolonged fasting forces the body to use stores of glucose, fat and ketones as well as a significant portion of existing white blood cells. In essence, fasting acts as a type of detoxification, clearing out the old so it can be replaced by the new. The researchers say that the result is essentially the formation of a whole new immune system.

Specifically, prolonged fasting helps reduce levels of an enzyme known as PKA, or protein kinase A, which earlier research has found bolsters the regulation of stem cell self-renewal and pluripotency in addition to extending longevity. Prolonged fasting also helps decrease levels of IGF-1, a growth-factor hormone that's been linked to aging, tumour progression and cancer risk.

"PKA is the key gene that needs to shut down in order for these stem cells to switch into regenerative mode," says Longo. "It gives the OK for stem cells to go ahead and begin proliferating and rebuild the entire system. And the good news is that the body got rid of the parts of the system that might be damaged or old, the inefficient parts, during the fasting. Now, if you start with a system heavily damaged by chemotherapy or aging, fasting cycles can generate, literally, a new immune system."

[http://www.naturalnews.com/049794\\_stem\\_cells\\_fasting\\_immune\\_system.html#ixzz4BggWTU6Q](http://www.naturalnews.com/049794_stem_cells_fasting_immune_system.html#ixzz4BggWTU6Q)