Turmeric …
its amazing benefits

Turmeric (Curcuma longa) and several other species of the curcuma genus grow wild in the forests of Southern Asia including India, Indonesia, Indochina, nearby Asian countries, and some Pacific Islands including Hawaii. All of these areas have traditional culinary and medicinal uses going back many years into history.

In the Indian Ayurveda system of herbal medicine, turmeric is known as strengthening and warming to the whole body. Turmeric is eaten as a food both raw and cooked throughout Asia. While turmeric root looks much like ginger root, it is less fibrous and is more chewable, crunchy, and succulent. The fresh root (not the powder) has a somewhat sweet and nutty flavour mixed with its bitter flavour. As a result, it is not unpleasant to eat and not difficult to chew. It is sometimes chewed plain or chopped up and put in salads raw. Traditional use includes mashing or grinding it in a mortar to make a paste to mix with other spices for flavoring in curries. In modern times, the most common use is of the dried root powder as the base of most curries in India and other nearby countries.

The old herbals of Europe make little if any mention of turmeric. Marco Polo refers to turmeric as Indian saffron used for dying cloth. Michael Castlemann writing in 1991 says: “The ancient Greeks were well aware of turmeric, but unlike its close botanical relative ginger, it never caught on in the West as either a culinary or medicinal herb. The ancient Greeks used turmeric as a test for alkaloids and boric acid.”

American chemists used turmeric paper, but not even the botanically oriented 19th century Eclectic physicians had much use for turmeric itself, except to add color to medicinal ointments.”

In one western herbal book from the early 20th Century, A Modern Herbal, Maude Grieve gives a botanical description and the constituents of the herb as if the herb was of some importance. She then under Medicinal Actions and Uses says: “Turmeric is a mild aromatic stimulant seldom used in medicine except as a coloring. It was once a cure for jaundice. Its chief use is in the manufacture of curry powders. It is also used as an additive of mustard and a substitute for it. Turmeric paper is used as a test for alkaloids and boric acid.” This disregard of turmeric as an important nutritional and medicinal herb continued in western herbalism up until the late 20th Century.

However, its emergence as a prominent healing herb in the Western world was starting to grow. Daniel B. Mowrey tells the story: “Serious research on turmeric began in Germany, in the early 1920’s. Sesquiterpenes in the essential oil of turmeric were isolated in 1926 and to them was ascribed the therapeutic activity. Later, a team of scientists compared the effects of whole extract, the essential oil, and the water-soluble extract. In 1936, curcumin was compared to whole extract and several isolated constituents. The results of the experiment show that turmeric acts in the following ways: Turmeric stimulates the flow of bile; several constituents have this

property. The increased flow of bile depend in part on the contraction of the gallbladder and in part on the increase in bile secretion; the stimulation of bile depends mostly on the presence of essential oil; the flavonoids cause the contraction of the gallbladder and thereby increase the effective emptying of this organ."

While studies were being pursued in European, primarily German laboratories, Asian researchers were independently validating the same properties of turmeric. But their interest extended to the liver protective and curative principles of turmeric and in a series of brilliant papers they reported important findings in that area.

So far what has clearly been demonstrated is that turmeric possesses anti-hepatotoxic activity similar to other liver-protective herbs such as milk thistle and licorice. Other research has helped establish the effects of turmeric on the blood. For example, as many of the common curry herbs do, curcumin prevents large fluctuations in blood cholesterol after meals. The potent anti-inflammatory activity (in the essential oil and in curcumin) of turmeric has been substantiated in other research. Like other non-steroidal anti-inflammatory agents (such as licorice root), curcumin appears to act through some sort of adrenal mechanism (when the adrenals are removed, turmeric has no effect).

In the mid-20th century, western herbalists began taking note and considering turmeric for herbal use – initially in Germany. It was gradually becoming better known, although some herbalists thought it was a gastric irritant.

Few modern herbalists recommended turmeric through the 1980’s and when they did it was for limited or special uses such as liver tonic or menstrual regularity. However, by the early 1990’s a chorus of prominent western began promoting the use of turmeric for several major health problems. Herbalists started to wake up and realize that turmeric really heals.

Turmeric, the main spice in curry, is arguably the most powerful herb on the planet at fighting and potentially reversing disease. It has so many healing properties that currently there have been 6,235 peer-reviewed articles published proving the benefits of turmeric and one of its renowned healing compounds curcumin.

This puts turmeric on top of the list as one of the most frequently mentioned medicinal herbs in all of science and the next most popular studied herbs include garlic, cinnamon, ginseng, ginger and milk thistle.

Of the 6,000+ studies referencing curcumin, the most interesting finding is that when turmeric is compared to conventional medicine its benefits equal that of many pharmaceutical medications.

In fact, a number of studies have even reported that using curcumin is more advantageous than certain prescription drugs.

How turmeric potentially reverses diseases.

Turmeric is now found to be more beneficial than medications. Although the list is much longer, here are ten drugs that pale in comparison to turmeric in potentially reversing disease. As you read this, keep in mind that one of the most powerful advantages curcumin has over the traditional medical approach is the lack of side effects. The drugs are: Anti-inflammatory drugs, Anti-depressants (Prozac), Chemotherapy, Anti-coagulants (Aspirin), Pain killers, Diabetes drugs (Metformin), Arthritis medications, Inflammatory bowel disease drugs, Cholesterol drugs (Lipitor), Steroids.

Here are the top evidence-based health benefits of turmeric.

Anticoagulants/Antiplatelets

Medical intervention generally includes the following medications to slow and prevent blood clotting:

Aspirin, Clopidogrel (Plavix), Diclofenac, Enoxaparin (Lovenox), Ibuprofen (Advil, Motrin, others), Naproxen, Warfarin (Coumadin), and others.

Unfortunately, for people with conditions that are treated by these drugs (i.e. deep-vein thrombosis and pulmonary embolism), this approach may not always be the wisest decision. Ibuprofen overdose is one such common problem. In addition to common side effects like excessive bleeding and hemorrhage, the risks associated with anti-coagulants abound and include everything from back pain to headaches to difficulty breathing.

Turmeric, on the other hand, has relatively no known side effects unless taken in extremely excessive amounts. Additionally, ever since several groundbreaking studies in the mid-1980s, the curcumin in turmeric has been suggested by researchers as actually being a better option for those with vascular thrombosis.

Anti-depressants

Although few studies have been conducted on humans, dozens of research trials have proven that turmeric is especially effective in correcting depression symptoms in laboratory animals. The journal Phyotherapy Research published the results of an amazing, innovative study this past year. The study took 60 volunteers diagnosed with major depressive disorder (MDD), such as manic depression, and split the group to determine how patients treated by curcumin fared against fluoxetine (Prozac) and a combination of the two.

Not only was it discovered that all patients tolerated curcumin well, but they discovered curcumin was as effective as Prozac in managing depression. According to the authors, “This study provides first clinical evidence that curcumin may be used as an effective and safe therapy for treatment in patients with Mild Depression.”

Anti-inflammatories

Arguably, the most powerful aspect of curcumin is its ability to control inflammation. The journal Oncogene published the results of a study that evaluated several anti-inflammatory compounds and found that aspirin and ibuprofen are least effective, while curcumin, is among the most effective anti-inflammatory compounds in the world.

This news should have reached every household in the world after the study was conducted because curcumin puts people at risk for almost every disease process known to man. Diseases today such as cancer, ulcerative colitis, arthritis, high cholesterol and chronic pain can be the result of inflammation. As you will see below in several other articles related to chronic illness, keep this in the back of your mind: Turmeric’s key to disease reversal may be its ability to keep inflammation at bay.

Arthritis management

Because curcumin is known for its powerful anti-inflammatory and pain reducing characteristics, a study was conducted on 45 rheumatoid arthritis patients to compare the benefits of curcumin in turmeric to arthritis drugs (diclofenac sodium), that put people at risk of developing leaky gut and heart disease. The study split these volunteers into three groups: curcumin treatment alone, diclofenac sodium alone, and a combination of the two. The results of the trial were eye-opening:

The curcumin group showed the highest percentage of improvement in overall [Disease Activity Score] scores and these scores were significantly better than the patients in the diclofenac sodium group.


More importantly, curcumin treatment was found to be safe and did not relate with any adverse events. This study provides the first evidence for the safety and superiority of curcumin treatment in patients with active RA, and highlights the need for future large-scale trials to validate these findings in patients with RA and other arthritic conditions.

Published by Phytotherapy Research in 2012, the results of this study has encouraged more human research to evaluate the amazing effects curcumin-rich plants like turmeric has on people suffering from various different types of arthritis.

**Cancer treatment**

Of all the various topics scientists have tackled in regards to the curcumin and disease reversal, cancer (of various types) is one of the most thoroughly researched topics. In the words of global authorities like Cancer Research UK, A number of laboratory studies on cancer cells have shown that curcumin does have anticancer effects. It seems to be able to kill cancer cells and prevent more from growing. It has the best effects on breast cancer, bowel cancer, stomach cancer and skin cancer cells.

A 2007 American study that combined curcumin with chemotherapy to treat bowel cancer cells in a laboratory showed that the combined treatment killed more cancer cells than the chemotherapy alone.

The American Cancer Society states, “Laboratory studies have also shown that curcumin interferes with cancer development, growth, and spread. Researchers have reported that curcumin blocked the formation of cancer-causing enzymes in rodents.”

Recently, curcumin has received a great deal of focus because of its ability to reduce tumor size and kill cancer cells. Promising studies are underway on the effects of curcumin on pancreatic cancer. Plus studies are ongoing in the positive effects of curcumin on multiple myeloma. It may prevent metastases from occurring in many different forms of cancer and reduce the risk of childhood leukemia.

Bottom line: Turmeric works incredibly well to help naturally treat cancer and is especially effective at treating breast cancer, colon cancer and skin cancer.

**Diabetes management**

For lowering blood sugar and reversing insulin resistance there’s arguably no better natural treatment than adding turmeric into your diet.

In 2009, Biochemistry and Biophysical Research Communications published a study out of Auburn University that explored how supplementing with turmeric can help reverse diabetes. The study discovered that curcumin in turmeric is literally 400 times more potent than Metformin (a common diabetes drug) in activating AMPK which improves insulin sensitivity which can help reverse Type 2 Diabetes.

In addition to correcting the causes of diabetes, curcumin has also been proven to help reverse many of the issues related to insulin resistance and hyperglycemia. Take, for instance, diabetic neuropathy and retinopathy. One of the most common complications of diabetes is damaged blood vessels which cause blindness. A study found that supplementing with curcumin can delay this horrible complication of diabetes because of its anti-inflammatory and antioxidant properties.

**Gastrointestinal treatments**

Oftentimes, people with digestive and stomach complaints become intolerant to medical interventions because the stomach flora is already compromised and drugs can literally tear up the mucosal lining.

An in-depth analysis of all the studies evaluating curcumin’s ability to manage inflammatory bowel disease (IBS, Crohn’s disease, and Ulcerative Colitis) found that many patients were able to stop taking their prescribed corticosteroids because their condition improved so dramatically by taking curcumin!

For many patients with IBD (inflammatory bowel disease) corticosteroids reduce their pain symptoms, but damage the intestinal lining over time actually making the condition worse. However, supplementing with curcumin did not have these side effects and, because of its anti-inflammatory properties, actually helped heal the gut and supported the growth of good bacteria (probiotics).

**Cholesterol regulators**

One of the reasons heart disease is such a problem in the U.S. is that people are developing pre-diabetes (excessive blood sugar) at an alarming rate. In turn, diabetics and non-diabetics alike are suffering from a common complication called oxidative stress, which damages the inside of blood vessels. Because of this damage to the arteries, cholesterol begins to build up to patch up the damaged areas which leads to high levels of LDL cholesterol.

Traditionally, statin drugs (like Lipitor) are widely known to harm the kidneys and liver and cause a number of deadly side effects. They do bring cholesterol down but never address that actual cause which is oxidative stress that is caused by high blood sugar levels and inflammation. Thankfully, medical doctors are becoming more and more aware of the dangerous side effects of statin-drugs and prescribing natural alternatives like curcumin and fish oil instead.

A study done by Drugs in R & D found that curcumin was equal or more effective than diabetes medications at reducing oxidative stress and inflammation in the treatment of high cholesterol. Studies like these are causing pharmaceutical companies to try and design a synthetic form of curcumin that unfortunately, will not work as well as the real thing.

**Painkillers**

One of the more widely accepted properties of curcumin in scientific communities is its ability to manage pain. Just this past year the European Journal of Pharmacology published research that discovered curcumin naturally activates the opioid system in diabetic rats. Typically manipulated by drugs, this natural process serves as the body’s inherent pain-relieving response.

Not being limited to diabetic pain conditions, an interesting study also published late last year gives us a clue as to the wide array of pain conditions that can be treated by curcumin. Take, for instance, severe burns. Typically, burn victims are treated by dangerous opioids and nonsteroidal anti-inflammatories. However, because of its anti-inflammatory benefits, U.S. Army Institute of Surgical Research suggests that, curcumin should be used to treat burns instead of these conventional medications.

The trend should be coming clear at this point. Therapeutic use of turmeric and other curcumin-rich plants are displacing conventional medical treatments and proving it’s a legitimate natural painkiller.

**Steroids**

Lastly, we’ll take a look at how turmeric benefits the many conditions normally treated by corticosteroids such as: Psoriasis, Lupus, Rheumatoid arthritis, Scleroderma, Chronic pain.

In a 1999 breakthrough clinical study, it was found that curcumin has the ability to cure chronic inflammation of the eye. Typically this condition was only treated with steroids but today it’s common for medical doctors who practice functional medicine to prescribe curcumin instead.
Turmeric can stain the skin yellow for some time.

Conditions. The downside of this is that it can stain the skin and your clothes.

Some have found it to help in the treatment of psoriasis and other inflammatory skin conditions. The downside of this is that it temporarily stains the skin.

What cannot be overstated, however, is that although statistically “comparable” to steroids in managing and reversing chronic disease, “The lack of side effects with curcumin is its greatest advantage compared with corticosteroids,” as stated by the authors in the above study out of K.G. Medical College.

To give you a sense of the amount of suffering alleviated by curcumin, the following is a sample of steroid side effects listed by the UK’s National Health Services (NHS):

- Acne
- Asthma
- Cancer
- Cataracts
- Delayed wound healing
- Diabetes onset
- Glaucoma
- Hypertension (high blood pressure)
- Increased appetite (oftentimes leading to increased weight)
- Indigestion
- Insomnia
- Kidney and thyroid issues
- Mood disturbances (including aggression, irritability, and rapid mood swings mimicking bipolar disorder)
- Muscle weakness
- Nausea
- Risk of infection
- Stunted growth in children
- Tachycardia (rapid heartbeat)
- Thinning skin (leading to easy bruising)

Ultimately, when taking into account the large amount of deadly complications drugs puts your body at risk for, it is easy to see how taking therapeutic curcumin is superior to most medicines. If you have any of the diseases above, you will want to consider this natural approach first. For those of you who aren’t sick, taking turmeric will serve you well as a preventative measure.

More benefits

It is an anti-oxidant and natural liver detoxifier which is great for all health problems. It helps the memory and brain function and helps prevent and slow the progression of Alzheimer’s disease by removing amyloid plaque buildup in the brain. It has shown promise in slowing the progression of multiple sclerosis in mice. Plus it can be used to aid in fat metabolism and help in weight management. It aids in digestion, is anti-parasitic and anti-bacterial. It is a blood purifier and can clear the skin so is an excellent way to speed up wound healing and assist in repairing damaged skin. Some have found it to help in the treatment of psoriasis and other inflammatory skin conditions. The downside of this is that it can stain the skin yellow for some time.

HIV: Curcumin is believed to have anti-viral properties, along with anti lymphemic properties that could be useful to HIV patients.

Liver problems: Turmeric steps up the production of three enzymes which are chemical “knives” that break down potentially harmful substances in the liver, offers similar protection for people who are taking medications such as methotrexate and other forms of chemotherapy which are metabolized by, or shuttled through, the liver.

Skin problems: It helps reduce inflammation such as that caused by acne, when it’s ground into a powder and applied as a poultice to the skin. It will draw boils and is used in India to stop facial hair growth. The only problem is the yellow colour as it temporarily stains the skin.

Athlete’s foot: A paste made from turmeric—or, in some cases ginger, a close relative of turmeric can be used to destroy the guilty fungus. Use it for bunions, those painfully inflamed deformities that occur on the side of the foot or big toe. Its anti-inflammatory action helps reduce the swelling that makes bunions so painful.

Don’t forget turmeric as a poultice

Turmeric and curcumin can be used as topical agents in cancer therapy. A study took some store bought turmeric, made a tincture out of it, dried it and put it in Vaseline (its better to use coconut oil), and then had cancer patients rub it on their cancer three times a day. These were folks with cancers of the mouth, breast, skin, vulva, and elsewhere. These were all people with recurrent ulcerating tumors that had failed to respond to surgery, radiation, and chemo. And these open cancers can ulcerate right through the skin and can stink and itch and ooze. There was nothing else modern medicine had to offer. So they rubbed on some turmeric poultice to see what happened. It produced remarkable relief. A reduction in smell was noted in 90% of the cases even in extensively ulcerated cases of breast cancer, and a reduction in itching in almost all cases as well. It relieved the severe itching in two of the vulva cancer patients. Most of the lesions dried up and in many cases this relief lasted for months, all from just rubbing on the harmless spice turmeric.

To apply as a poultice over any inflammation or infection, mix with water (or melted coconut oil) to make a paste. Apply as a poultice directly over the affected area. Alternatively, it could be sprinkled directly on an open wound. Be careful though as turmeric can stain the skin and your clothes.

How to take turmeric

At the end of the day, the research speaks for itself and we cannot think of one reason why everyone shouldn’t be taking some form of turmeric every day. Whether as a supplement (as powder or capsules) or a spice to flavor your food, you will certainly be satisfied with turmeric benefits for your body. Do not exceed 1 – 2 teaspoons, three times a day. Regular intake of high doses of turmeric can lead to dehydration and constipation. So, drink plenty of water.

If you don’t like the taste of turmeric, you can take turmeric capsules, 400 – 600 mg once a day. Add it to tofu scrambles and frittatas. Toss it with roasted vegetables, add it to rice, try it with greens, use it in soups, blend it into a smoothie or make into a tea by simmering turmeric with milk and honey to make an earthy and comforting beverage.

Most of the studies on this herb are using turmeric extracts that contain mostly curcumin itself, with dosages usually exceeding 1 gram per day. It would be very difficult to reach these levels just using the turmeric spice in your foods. Therefore, if you want to experience the full effects, then you need to take an extract that contains significant amounts of curcumin.

Unfortunately, curcumin is poorly absorbed into the bloodstream. Some of the research says to consume black pepper with it, which contains a natural substance - piperine, that enhances the absorption of curcumin by 2000%. I have never recommended to take black pepper (because it is an irritant to our intestinal tract) so I am unsure of this combination. So I have tried to find more information on what to substitute for black pepper. Some research says as little as 1/20th of a teaspoon of black pepper can significantly boost curcumin levels. Interestingly, piperine and is found in ginger as well, although not as much as black pepper. Not sure that this will increase bioavailability, but it may be worth a try. I will give you the original recipe and you can work out what to try yourself.

But you can increase turmeric absorption by combining it with good fats (like coconut oil, olive oil, flaxseed oil, almond oil or sesame oil).

Golden Paste:

- ½ cup turmeric powder
- 1 cup water
- 1½ teaspoons black pepper (some people may want to omit this)
- 5 Tablespoons virgin coconut oil

In a stainless steel pot, cook the water, turmeric and black pepper until it forms a thick paste. Transfer to a jar, cool and store. Turmeric paste will keep for months in the refrigerator.
thick paste, stirring and cooking for about 7-10 minutes. Remove from heat and add virgin coconut oil, using a whisk to fully mix in the coconut oil. Transfer the Golden Paste into a glass jar with a lid, and store in the refrigerator for up to 2 weeks. You can freeze any left overs. You will use this paste to make your Golden Milk.

**Golden Milk:**

1 teaspoon Golden Paste
2 cups non-dairy milk
1/8 teaspoon vanilla (optional)
Honey to taste (optional)

In a stainless steel pot, gently heat, but do not boil, 2 cups of milk with 1 teaspoon of golden paste. A whisk is helpful to fully mix the paste into the milk. Add optional vanilla and honey.

Next time you think about having a cup of coffee, try some Golden Milk instead. Drinking a cup of Golden Milk every day could keep the doctor away! Golden Paste can also be used in smoothies, to make salad dressings, in curries, or any way your heart desires, and pets love golden paste too.

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**Turmeric Side Effects**

Some people have reported allergic reactions to turmeric, especially after skin exposure. Typically this is experienced as a mild, itchy rash. In addition, high doses of turmeric have been observed to cause: nausea, diarrhea, increased risk of bleeding, increased liver function tests, hyperactive gallbladder contractions, hypotension (lowered blood pressure), uterine contractions in pregnant women, increased menstrual flow. Also people suffering with congestive heart failure, gallstones, acute biliary colic or toxic liver disorders, obstructive jaundice and those taking anti-coagulant medication. Mild stomach upsets, indigestion, dizziness, etc. are reported as minimal side effects of taking turmeric in the long run.

People taking certain medications should also be careful when using turmeric in their food or supplementing with it. Turmeric may thin the blood and interfere with anti-coagulants like aspirin, clopidogrel and warfarin. It also can affect medications such as non-steroidal, anti-inflammatory drugs. As with any herb or supplement, use as directed.

If you’re in the position where you must be on prescription medications, don’t discount the need to include ample amounts of fresh, organic turmeric into your diets because it will help reduce the adverse affects of the medicine. A study that was published in the Journal of Pharmacy and Pharmacology describes how combing curcumin with prednisolone (a steroid) effectively reduces the side effects of this dangerous medication.

A short story that occurred some years ago. A young boy who was eight at the time, had an anaphalytic reaction to eating cashews, which he was allergic to. The boy came out of anaphalytic attack in about 2 seconds after taking about 1 teaspoon of turmeric mixed in water.

Everyone should be taking some form of turmeric every day. Whether as a supplement or a spice to flavour your food, you will certainly be satisfied with turmeric benefits for your body!

https://draxe.com/turmeric-benefits/
https://healthimpactnews.com

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**Who is in Control?**

**...the Enemy Unmasked**

F orty years ago I first heard about the coming New World Order. I believed that this entity would try to gain control in our world. I have believed this because Bible prophecy reveals this power would take eventually control of the world and would eventually invoke a death decree against all who would oppose it. Bible prophecy tells us that all the world would wonder after this beast power (Rev 13).

It is with concerned interest that I have been watching the political events of recent months concerning the American elections and have seen some amazing moves. It is evident that the Globalists (or New World Order) are now shifting into a higher gear. But why are they intent in attacking certain countries and controlling the population?

I realize that unless you have been keeping an eye on current events, you may be surprised at my statements. Mainstream media wants people to remain asleep and just worry about what they plan to eat and what amusement they will watch. As long as people have food to eat and sports/movies/entertainment they won’t cause any problems. It is obvious that mainstream media has come under the Globalist’s control and does not report on what really is happening. It seems that the only place to see these stories is on the internet. Mainstream media want you to remain in ignorance.

In his book *The Enemy Unmasked*, Bill Hughes states “The United States of America is at the brink of total collapse. Once a great and powerful nation, the United States is now in a free fall to disaster from which she will never recover. A few more steps in its decline and it will be ruined.” How can this be true?

So why are these Globalists known under many different names? This is to confuse people so they are unsure who is manipulating the wars, policies, politics, and trouble. Some say the perpetrators are the Illuminati, others say the Jews. The list goes on – the Communists, Bilderbergers, the Council on Foreign Relations, the Trilateral Commission, the Committee of 300, the Mafia, the Round Table, the Club of Rome, the Free Masons, the CIA-FBI-Mossad, the Global Bankers, International Monetary Fund and World Bank, United Nations, World Trade Organisation, World Council of Churches, European Economic Community, along with The Lucis Trust, plus lots more. Having so many front organizations confuses people.

In his book, Bill Hughes tells that the one power behind all these fronts is the Jesuits or the Vatican. The Jesuits were established in 1540 to counteract the Protestant Reformation. When USA was established it was an experiment in government that was never tried before in history. The Jesuits set out to destroy every trace of Protestantism and its principles, including religious freedom, republicanism, representative government and an economy built around a strong middle class. They were determined to bring down Protestant America. (And still are.)

Hughes shows how America and many other countries have been infiltrated by these organization over many centuries, and they are getting ready to implement the last steps in their take over. We see the breakdown of the home, a strong women’s rights movement, a deterioration in the school system, moral decay, people relying on welfare, plus lots more changes. Who has orchestrated these changes to bring America to the brink of destruction? Sadly, it is the people we have trusted, those who have been given the responsibility to lead.
People high in the government and even Presidents and kings themselves have come under their control. In his book Hughes lists presidents, leaders, politicians, and many others in high positions.

Make no mistake, the Globalists plan to control every aspect of finance, technology and culture in order to achieve their selfish aims of world domination and depopulation. Following the BREXIT vote, the election of Donald Trump and the ending of the Renzi regime in Italy, the globalists are in full panic mode to regain control by eliminating every sector of freedom still remaining on our planet. They can see the popular vote rising against their agenda.

Here are just a few areas where NWO have declared war on humanity.

**The war on cash**

The war on cash is well underway, and the massive debt collapse now being engineered by the Globalists will be exploited to abandon (outlaw) all cash and force people into electronic currencies. Why the war on cash? Because cash offers too much freedom and anonymity to the very people the State wishes to control.

They want to track all transactions you make. Soon money may be frozen or taken out of circulation by the government (as is currently happening in India) for any reason, including completely fabricated accusations such as “you are working for the Russians.” This gives the government absolute power to confiscate wealth, punish dissidents, put targeted commercial operations out of business, or even hand out endless currency to its crony corporate friends in government. (Can you imagine the Pentagon announced that it cannot account for six trillion dollars that are lost?!) Confiscatory taxes can be automatically extracted from all your earnings, savings and transactions, without your consent or knowledge. This means governments no longer have to rely on you to report your earnings to the tax office. Savings and deposits can be subjected to negative interest rates. These rates are a key tactic that are to encourage people to spend more, save less, and take out loans. Once a government spends its way to debt oblivion, it can simply announce a massive nationwide “bail in” (opposite to “bail out”) that confiscates all the electronic currency and issues a new electronic currency worth much less, all at the click of a button. Many of the Media globalists are already pushing bans of $100 bills for this very reason. Their goal is the criminalization of cash as step one in their push for a global totalitarian police state.

**The war on the internet**

Google, Facebook, Twitter, Yahoo News and other internet gatekeepers have declared war on the internet in an attempt to control and suppress information they don’t want you to see. The aim of all this, of course, is to eliminate dissenting views altogether. It’s about silencing those with whom the left-wing tech giants disagree: They have no tolerance whatsoever for views, opinions or even scientific evidence that contradicts their own twisted beliefs.

The war on the internet also involves turning over domain name authority to globalist info-dictators. President Obama recently pushed hard and has surrendered the domain name authority ICANN to international control. This is all by design, of course. International bodies can now seize domain names or shut down Domain Name System for targeted websites, completely free from domestic legal action. If these internet tyrants wish to silence a website, they simply can fabricate any accusation they want, then cite that accusation to seize the domain name via ICANN. Suddenly, the entire website gets “memory holed” or replaced with whatever propaganda the globalists want to push. Free speech may soon be a thing in the past.

**The war on dissenting literature and news**

Radical leftists and globalists don’t merely want to silence opposing websites and monopolize the news; they also want to eliminate “offensive” books and literature from society. This effort, of course, involves all sorts of book burning initiatives disguised as “inclusiveness” or “tolerance.”

Mark Twain’s *Huckleberry Finn* book has already been targeted for elimination from human history due to its historically authentic use of racial terminology. For similar reasons, the Kurt Vonnegut book *To Kill a Mockingbird* has also been targeted for removal from libraries. The justification, as always, is that the book contains “offensive” content — a wisty-washy accusation rooted in astonishing ignorance, yet strongly upheld by the intolerant left as justification for burning whatever books they currently find “offensive.”

We need to be very careful of this as anyone who has conservative Christian beliefs and wants to share them can be labelled as enemies of the state. Even the Bible itself can be proclaimed as divisive and those sharing it will be silenced.

**The Globalists’ war against humanity now in high gear**

What the Globalists want is to eliminate 90% of the human population. Globalists don’t merely wish to control billions of sheeple (this term is used for people who don’t think for themselves but act as dumb sheep and just follow the crowd). They ultimately want to eliminate them. Totalitarian control is simply one tactic toward that final aim.

Globalists hold deep hatred for humanity. Because they despise humanity as a whole, they also hate the individual members of it. This is why they hold such animosity toward liberty, individual preparedness and self-reliance. It’s the common thread behind everything they oppose: Vaccine choice, home schooling, free speech, independent media, alternative living and those who believe in health based scientific truth.

Anyone who is a free-thinking individual, is the enemy of the Globalists. They are working overtime to either control you or destroy you. There is no room in their long-term plans for any individual who thinks critically and questions them. The only humans they are willing to tolerate are obedient workers, and even these only for another generation or so. For now, they demand your obedience. Until you realize this, you have no chance to overcome it. The Holocaust of history is nothing compared to the Holocaust they have planned for humanity.

**The puzzle comes together**

I have brought you here some information as to the aims of the NWO. Will they win? I can say with certainty - No! But what happens before this time will amaze and disturb many. How can we with certainty say that it will not happen? Because of Bible prophecy.

There are two superpowers represented in Revelation 13. Next issue I will show how to prove from the Bible who these powers are. It is of the utmost importance that we know who these powers are and how they will affect us. Even though I said the NWO will not win, the Bible has prophesied a time of trouble of a scale never seen before in our world’s entire history.

This is of the greatest comfort that all this is prophesied. What is happening in the world today has not caught God by surprise. He is in control and knows what is to happen in the future. But He wants us to prepare for this time. We have to know for sure that we are on His side. Because this is the only side that wins.

Does Blood Sugar Relate to Hair Loss?

It seems that many problems are caused by high blood sugar. This even relates to your hair growth and hair loss. When you are eating high glycemic carbohydrates, it shoots your blood sugar very high. High blood sugar is extremely common and most people don’t even know they have it. There are no symptoms to high blood sugar. When your blood sugar is very high, your pancreas frantically excretes insulin to bring those sugar levels back to normal. High blood sugar is very dangerous and stressful for your body. Sugar is very disruptive to our hormones, When you master the glycemic index, you master the hair loss diet.

When you are consuming high glycemic carbs like cake, biscuits, breads, lemonade and sweets, your pancreas creates way too much insulin. When you experience stress in your daily life, you make cortisol. These two master hormones converge to make a new chemical, especially in women that act like androgens, which are male hormones. As a result, these androgens turn on receptor sites in your hair follicle susceptible to Dihydrotestosterone, or DHT, and is the main cause of hair loss in women (as well as men) causing the hair to thin and fall out. This phenomenon does not occur in all women. It is more common in middle age, late 30s and up, and especially those with fine hair.

In a discussion on thinning hair, in Women’s Bodies, Women’s Wisdom, Dr. Christiane Northrup, M.D. advises us to pursue a diet that controls blood sugar and insulin and also decreases inflammation. She states that stress hormones and high insulin combined tip hormone production toward excess androgens which are male hormones. The excess body fat caused by a sedentary lifestyle and a heavily processed food diet is the number one issue in combating androgenic hair loss. She advises us to remove heavily processed carbohydrates and eat whole, natural foods which are digested slowly and will keep blood glucose levels even.

High Blood Sugar Equals Hair Loss. You can avoid this occurrence by eating a low glycemic diet that promptly and permanently reduces blood sugar. A low glycemic diet lowers blood sugar and provides an optimal environment for dense hair growth. Another problem of a high glycemic diet is that it creates facial hair in women. By controlling your sugar, you are also controlling your testosterone levels. Testosterone is present in both sexes. This information goes for both men and women.

This androgenetic switch can happen very fast. If you notice your hair growing back after you start your hair loss diet routine, and you decide to abandon the program, your hair will promptly start to fall out again. Diet can very rapidly affect hormonal levels in your body.

The foods you eat act as a pharmaceutical or a drug. Food needs to be treated with great respect. You must be diligent and very cautious about the food choices you make each and every day, especially after the age of thirty five.

Excessive abdominal fat also acts as an androgen factory, which can greatly increase hair loss. Remember, central obesity, which is abdominal fat, is metabolically active. Abdominal fat acts as its own endocrine system, sending your hormones completely out of balance.

If you follow these hair loss diet guidelines, within a few months you will notice your hair gradually start growing back. But it will grow back very slowly. Hair can grow back, even the very small hairs in the front that make up the hairline can grow back.

No matter what your stage or type of hair loss, eat foods containing lots of B Vitamins to methylate hair loss genes. B vitamins are found in rich, dark, green leafy vegetables. Another essential vitamin choline is found in abundance in nuts, seeds, beans and legumes. Drinking lots of vegetable juices is very beneficial.

Five common household chemicals to avoid

The modern world is full of environmental toxins. It is estimated that there are over 80,000 toxic chemicals used regularly in the US. There are over 500 chemicals stored in our body and the average individual has at least seven pesticides tested in their urine. It is imperative to minimize our exposure to as many dangerous chemicals as possible in order to maintain our health. Unfortunately, many of these we are spraying, rubbing and consuming every single day.

There are thousands of chemicals found in everyday household and personal hygiene products people are using every day. These chemicals affect our neurology, our endocrine system (hormones), our immune system and our detoxification pathways. These chemicals accumulate in our system over many years and alter our physiology and genetic expression.

Five of the many types of chemicals that are endangering the human species include phthalates, parabens, sodium lauryl sulfates, artificial colors and triclosan.

Phthalates

Phthalates are a group of chemicals used in hundreds of products, which promote the elasticity and softness of plastics. Common phthalates include dibutyl phthalate (DBP), dimethyl phthalate (DMP), and diethyl phthalate (DEP). They are found in nail polish, perfumes, lotions, hair sprays, and other various perfumed cosmetics. Also alarmingly noted is that these same chemicals used in many cosmetic products are also found in, plastic wrap, wood furnishing, lubricants, insecticides, and detergents.

Nicknamed, ‘gender-benders,’ these chemicals are causing the males in many species to become feminized. Phthalates also promote an early onset of puberty, fertility issues, and even possible birth defects.

Parabens

Parabens are used as preservatives in many cosmetic products, including makeups, lotions, shaving products, and most skin care products.

Studies have indicated that parabens can increase the risk for cancer - particularly breast cancer. Parabens are absorbed through the skin and have been identified in biopsy samples from breast tumors. This chemical also has a negative impact on reproductive functions in the body.

Sodium lauryl sulfate

This chemical is a foaming agent detergent, which is located in most household shampoos, soaps, and tooth pastes, in addition to other beauty products.

Sodium Lauryl Sulfate is known for being an irritant to the eye and skin. It may also form into a carcinogen when combined with other toxic chemicals.

Artificial colors

Harmful chemicals that are used to synthesize artificial colors may have FD&C or D&C on their labels, followed by a number. They are “derived from petroleum or coal tar sources.”

The ingredients used to create these chemicals that produce artificial colors are considered to be toxic and carcinogenic, and they may even contribute to ADHD.

Triclosan

Stay clear of products containing the chemical ingredient, triclosan, too. This chemical is commonly found is antibacterial soaps, tooth pastes, and deodorants. Its purpose is to limit the growth of bacteria in the products.
The Creator chose for our first parents the surroundings best adapted for their health and happiness. He did not place them in a palace or surround them with the artificial adornments and luxuries that so many today are struggling to obtain. He placed them in close touch with nature and in close communion with the holy ones of heaven.

The plan of life which God appointed for our first parents has lessons for us. Although sin has cast its shadow over the earth, God desires His children to find delight in the works of His hands. The more closely His plan of life is followed, the more wonderfully will He work to restore suffering humanity. The sick need to be brought into close touch with nature. An outdoor life amid natural surroundings would work wonders for many a helpless and almost hopeless invalid.

And for those who are weak in moral power, the cities abound in dangers. In them, patients who have unnatural appetites to overcome are continually exposed to temptation. They need to be placed amid new surroundings where the current of their thoughts will be changed; they need to be placed under influences wholly different from those that have wrecked their lives. Let them for a season be removed from those influences that lead away from God, into a purer atmosphere.

Institutions for the care of the sick would be far more successful if they could be established away from the cities. And so far as possible, all who are seeking to recover health should place themselves amid country surroundings where they can have the benefit of outdoor life. Nature is God’s physician. The pure air, the glad sunshine, the flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving, life-giving.

Physicians and nurses should encourage their patients to be much in the open air. Outdoor life is the only remedy that many invalids need. It has a wonderful power to heal diseases caused by the excitements and excesses of fashionable life, a life that weakens and destroys the powers of body, mind, and soul.

To the chronic invalid, nothing so tends to restore health and happiness as living amid attractive country surroundings. Here they can sit or lie in the sunshine or in the shade of the trees. They have only to lift their eyes to see above them the beautiful foliage. A sweet sense of restfulness and refreshing comes over them as they listen to the murmuring of the breezes. The drooping spirits revive. The waning strength is recruited. Unconsciously the mind becomes peaceful, the fevered pulse more calm and regular. As the sick grow stronger, they will venture to take a few steps to gather some of the lovely flowers, precious messengers of God’s love to His afflicted family here below.

 Plans should be devised for keeping patients out of doors. For those who are able to work, let some pleasant, easy employment be provided. Show them how agreeable and helpful this outdoor work is. Encourage them to breathe the fresh air. Teach them to breathe deeply, and in breathing and speaking to exercise the abdominal muscles. This is an education that will be invaluable to them.

Exercise in the open air should be prescribed as a life-giving necessity. And for such exercises there is nothing better than the cultivation of the soil. Let patients have flower beds to care for, or work to do in the orchard or vegetable garden. As they are encouraged to leave their rooms and spend time in the open air, cultivating flowers or doing some other light, pleasant work, their attention will be diverted from themselves and their sufferings.

The more the patient can be kept out of doors, the less care will he require. The more cheerful his surroundings, the more helpful will he be. Shut up in the house, be it ever so elegantly furnished, he will grow fretful and gloomy. Surround him with the beautiful things of nature; place him where he can see the flowers growing and hear the birds singing, and his heart will break into song in harmony with the sounds of the birds. Relief will come to body and mind. The intellect will be awakened, the imagination quickened, and the mind prepared to appreciate the beauty of God’s word.

In nature may always be found something to divert the attention of the sick from themselves and direct their thoughts to God. Surrounded by His wonderful works, their minds are uplifted from the things that are seen to the things that are unseen. The beauty of nature leads them to think of the heavenly home, where there will be nothing to mar the loveliness, nothing to taint or destroy, nothing to cause disease or death.

Let physicians and nurses draw from the things of nature, lessons that teach of God. Let them point the patients to Him whose hand has made the lofty trees, the grass, and the flowers, encouraging them to see in every bud and flower an expression of His love for His children. He who cares for the birds and the flowers will care for the beings formed in His own image.

Out of doors, amid the things that God has made, breathing the fresh, health-giving air, the sick can best be told of the new life in Christ. Here God’s word can be read. Here the light of Christ’s righteousness can shine into hearts darkened by sin.

Men and women in need of physical and spiritual healing are to be thus brought into contact with those whose words and acts will draw them to Christ. Here they can learn of the Medical Missionary — Jesus Himself, who is able to heal both soul and body. They are to hear the story of the Saviour’s love, of the pardon freely provided for all who come to Him confessing their sins.

Under such influences as these, many suffering ones will be guided into the way of life. Angels of heaven co-operate with human instrumentalities in bringing encouragement and hope and joy to the hearts of the sick and suffering. Under such conditions the sick are doubly blessed, and many find health. The feeble step recovers its elasticity. The eye regains its brightness. The hopeless become hopeful. The once despondent countenance wears an expression of joy. The complaining tones of the voice give place to tones of cheerfulness and content.

As physical health is regained, men and women are better able to exercise that faith in Christ which secures the health of the soul. In the consciousness of sins forgiven there is inexpressible peace and joy and rest. The clouded hope of the Christian is brightened. The words express the belief, “God is our refuge and strength, a very present help in trouble.” “Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art with me; Thy rod and Thy staff they comfort me.” “He giveth power to the faint; and to them that have no might He increaseth strength.” Psalm 46:1; 23:4; Isaiah 40:29.
Products for Sale

Licorice Root Powder 200g........................$12
Licorice root is used to rebuild Adrenal Glands. Suggested maximum daily dose is 1½ tspns

Macra Root Powder 200g........................$17
A great price for this superfood. Great for a diverse range of conditions. Especially good for 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 100g.............................$9
Incredibly undervalued herb. An effective tonic, rich in vitamins and minerals.

Alfalfa 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

Cornsil 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 250g..........................$30
Use internally and externally to detox, heal and draw toxins from your body.

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

pH papers
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
A handbook on simple home treatments and remedies that can be successfully applied at home.

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).

Calculate postage: up to 500g costs $8 postage; up to 1kg costs $14 postage; up to 5kg costs $17 postage.

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 256018 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

CURRIED ZUCCHINI FRITTERS

1 medium onion, finely diced
3 zucchinis (approx 3-4 cups grated)
1 cup besan flour
½ cup water (optional)
1 teaspoon salt
1 teaspoon curry powder
1 teaspoon sweet chilli sauce
1 tablespoon black mustard seeds
1 teaspoon healthy curry powder
oil for frying (rice bran or coconut oil)

Sauté the onion in a little oil until clear. Grate the zucchini with a hand grater using the largest holes. Mix all the ingredients together in a mixing bowl. The moisture from the zucchini should make everything the right consistency, however you may need to add ½ cup water. Let the mixture sit for around 20 minutes in the fridge, then stir again. If you are in a rush this is not absolutely necessary but you will end up with a more consistent mix that will stick together better. Fry spoonfuls in a little hot pan for around 4-5 minutes each side or until golden brown and cooked through.

Serve immediately with a healthy salsa or chutney on the side.

Courtest Revive Cafe Cookbook

HEALTHY CURRY POWDER

1 tsp turmeric
1 tsp coriander
1 tsp garlic powder
1 tsp cumin
1 tsp salt
1 tsp curry powder
1 tsp fenugreek powder

Grind all together in food processor, store in an airtight container.

BANANA FREEZER ICE CREAM

Freeze bananas in chunks and store in a plastic bag in freezer. Add frozen bananas chunks to the food processor and blend. Occasionaly scrape down the sides and continue to blend until smooth, approximately 3-5 minutes. Scoop into a bowl and enjoy immediately as a soft serve ice cream. For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour after processing.

For variations, add diced pieces of any frozen fruit, but make sure you use a base of frozen bananas as this is what makes it creamy. Add a spoon of nut butter, frozen cubes coconut cream, carob powder to mix.

Drizzle with maple syrup if required. Sprinkle with flaked or chopped nuts.
Back to Eden
Health Programs

for 2017 - term 1

Back to Eden Health Education will be recommencing our normal Tuesday classes this year. We will try a new format with new information each class. Then watch for the special cooking programs that will feature a whole food plant-based diet.

Please carefully note the date, times and venues.

Tuesday mornings:
Where: Kaye Sehm’s home
496 Hague Street
Lavington NSW 2641

Dates:
Tuesday 21st February - Electromagnetic radiation
Tuesday 14th March - Roundup and glyphosate

Time: 10.00 till 12 noon
Cost $5

For more information phone Kaye on 0260255018

New Book just released

Health Training Manual

for training Medical Missionaries

Cost of Book $30 each
add postage if needed
postage of 1 book........add $14
postage of 2-5 books...add $15
postage of 5-8 books...add $20
160 pages - spiral bound

For some time now, I have been working on this Health Training Manual. This is particularly designed for those who have a missionary spirit and want to minister to those who are suffering.

This book empowers people with information they will need if they want to help others by using God’s Health plan and by using simple home remedies to help relieve suffering. Many of these remedies and skills have been almost lost through the years, but there is an increased awareness and desire to get back to simple drugless remedies.

It also teaches some basic Hydrotherapy treatments for different problems. Then there is a section on how to use of herbs and weeds, and what they are used to treat. Plus a short description on how to make herbal ointments and oils, sprouting, kefir and making sauerkraut is included.

The final section in the book includes important articles that have been published in the Back to Eden newsletters over the years. We need to know and understand these topics and be able to share them with others.

My desire is that the information in this book can be used to help people regain their health. The information in the book has been compiled over the years from the notes I use as I give classes on these subjects.

The books weigh 555g, so they have to be posted as a parcel. The postage of one book will cost the same as up to five books. (postage satchels can be filled up to either 3kg or 5kg). Maybe friends can order together, or buy extra copies as a gift.

May we learn to walk in our Master’s footsteps as we minister to people.

Entire set of Back to Eden DVDS

I have decided to offer my 7 sets of recorded DVDs for sale as an entire collection. But to cut the costs they will be without the colour label on the front of each disc and will not be in a presentation folder. These all add to the cost which you have to pay for. Each disc will be in an individual plastic sleeve.

There are 14 discs in the set. 7 discs cover the demonstration of healthy vegan recipes. The 7 other discs cover home remedies including poultices, simple hydrotherapy treatments, herbs, the Vegetarian advantage and the attack on our health.

Cost of set is $50 (weighs 273 gms, so postage is $8)
contact Kaye on 0260255018
or email backtoeden@aapt.net.au

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