

# Back to Eden

Personal Care Products  
Infertility/ sun dimming  
How Christ Ministered  
Who is in Control?  
Products  
Coming class/ epsom salts

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This issue: Spring 2017 No 72

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The skin is a remarkable organ of the body that protects us against pathogens and injuries from the environment. We probably don't think about it too much until we damage it in some way. Then we may look to a bandage or bandaid or to an ointment or body lotion.

But what is in these products? We must always remember that our skin has the ability to absorb what we put on. So the skin has many tiny microscopic pores that act like little mouths, and take into the body all the lotions, creams, makeup, toners, plus the hundreds of personal care products. These are absorbed through the skin and taken directly into the blood stream.

The ingredients in most personal care products are largely unregulated by industry and can contain known cancer causing agents. Phalates, parabens, formaldehyde are all being absorbed into our bodies, and many are causing incredible damage to our health.

Not only do they impact our health, but they have an accumulative and detrimental impact on our environment. Are we careful in selecting our soap, shampoo, conditioners, perfumes, deodorants, makeup, toothpastes, and the many more personal care products we daily use. Do we know what to substitute in their place? Can we substitute home made products in their place?

Then there are feminine products. Even nail polish has been found to be harmful, and chemicals from it leach into our bodies. From mouth wash to mascara, from hair dye to baby wipes (very toxic), all these products with chemical ingredients are causing our bodies and environment harm.

Trust that you enjoy this issue that looks at some of the personal care products that many people use. Be very careful with what you put on your skin. This article did not cover makeup, specific hand creams, talcum powders, body soaps, plus the many more products that people are using due to the lack of space here, but you need to be careful with these as well. Remember, they can destroy your health. Someone once said, if you can't eat it, it should not be put on your skin.

From Kaye and the Back to Eden team.

## Personal Care Products....

The skin is our body's largest organ. It weighs three to four kilos and laid out flat, it would cover an area of about two square metres. It is constantly sloughing off dead cells and replacing them with new cells.

The pores of our skin require four essential things to function properly and remain healthy. Without oxygen cells die within three minutes, without water within a few days and without nutrition in a few weeks. But cells will die in a matter of minutes (or at the most a couple of hours) if wastes are not cleansed and removed promptly.

The skin needs to be carefully and thoroughly cleansed so the pores may do their work of freeing the body from impurities. Like a marvelous machine, all of the body systems must work together. When they do not function properly, putrefaction is the result. Whatever wastes do not pass from the body within twenty four hours, the blood then reabsorbs this pollutant. The liver, lungs, kidneys and skin must try to eliminate this waste.

Many people do not realize the detrimental effect the use of petroleum products (vaseline, etc) and mineral oils have on their skin.

Try this test: The next time your hands feel dry and you are about to apply hand lotion, instead put on some vaseline, mineral oil or baby oil, etc., in the palm of your hand, then spread it over your hands as you would do with hand lotion. Next pour over your hands and see what happens. It runs right off. Oil and water do not mix. The water cannot penetrate the barrier. Oxygen cannot get in and toxins cannot get out. The same thing happens to a degree each time you use products containing petroleum products.

Mineral oil comes from crude oil (petroleum) used in industry as a metal cutting

fluid. It may suffocate the skin by forming an oil film. Healthy skin needs oxygen, and to release carbon dioxide and toxins, and should not be inhibited. Holding large amounts of moisture in the skin can "flood" the biology and may result in immature unhealthy, sensitive skin that dries out easily.

## Antiperspirants and deodorants

We are wonderfully created. If our bodies were not designed exactly the way they are, we could overheat and die within the normal course of the day. Our bodies are designed to deal with adverse conditions in unique ways. When we get hot, certain parts of our body produces sweat to throw off wastes and helps cool us down. Antiperspirants actually block the pores so the sweat can't get out. So then the toxins are recycled and reabsorbed into the system. This then places a burden on other organs to rid the body of them.

Every day millions of people are applying deodorants and antiperspirants. These stop the body's natural defenses and cause toxins to be reabsorbed by the body. Unfortunately deodorants contain a combination of strong and harmful chemicals. These chemicals are absorbed through your skin. Here are just three of these chemicals.

**Calcium Hypochlorite;** an algicide and bactericide for swimming pools, a water purifier, fungicide and bleaching agent. It can cause severe irritation of the nose, throat and skin, and is a human mutagen. It is a dangerous fire risk.

**Formaldehyde;** a confirmed carcinogen and mutagen. It is poisonous if swallowed. The effects on the body are watering eyes, changes in ability to smell, aggression, and lung damage, a skin and eye irritant. (If you check the label and can't find the word formaldehyde, there are 26 other names manufacturers use to disguise it.)

**Lineleytrimethylammonium bromide;** this is used in germicide, deodorants,

algicides and slime control products. A severe skin and eye irritant. Highly toxic if swallowed.

These chemicals help prevent the body from sweating and thus stops it from cleansing itself. The toxins are trapped in these areas, especially the armpit area. Fatty breast tissue is very efficient at storing these poisons.

A report in a women's health newsletter made this alarming statement. "You are eight times more likely to develop breast cancer next to where you apply your deodorant. Did you realise that if you develop breast cancer, there is a 50% chance the tumor will appear in the area closest to your underarm."

## Aluminium

There is much debate about the presence of aluminum in antiperspirants, deodorants and other personal care products used by many on a daily basis. Aluminum is a metal, the third most common element in the environment and a toxin to the body. It is found in some processed foods, antiperspirants, antacids, cosmetics, paper products, drink cans, foil, cookware, toothpaste, salt and many more hidden sources.

What happens when these and thousands of other chemicals build up in our bodies over decades of use? What happens when they interact with one another?

Aluminum is a great example to these questions. To reach the brain, aluminum must pass through the blood-brain barrier, and elaborate structure that filters the blood. Elemental aluminum does not pass this barrier, but aluminum compounds found in many consumable products do. Aspirin is commonly buffered with aluminum hydroxide or glycinate. If you drink some orange juice, the citric acid transforms these compounds into aluminum citrate, and is five times easier to pass through to the brain. If the aluminum in food combines with malto, a sugar like additive used in many baked goods, its capacity to pass the blood-brain barrier increases by as much as ninety times. (from Natural Health, May-June 1993)

## What's in your shampoo?

Many people shampoo their hair a few times a week and may not realize the toxic mix they are absorbing through their skin. When you shampoo your hair, the 20 blood vessels, 650 sweat glands and 1,000, nerve endings soak in the toxins. These toxins are absorbed through your skin, they bypass your liver and enter the bloodstream and tissues directly....with no filtering.

Reading the ingredient list on the label of your shampoo bottle may seem like reading a foreign language. Many of these chemical ingredients in your shampoo are linked to cancer, asthma, neurological problems, skin irritation and other health problems.

We can never assume that because a product is for sale in the marketplace, it is safe. Deceptive advertising seems common place with many companies, as many products are labeled natural and yet contain hazardous ingredients.

### 10 Commonly Used Chemicals in Shampoos

Some of the basic ingredients in shampoo include surfactants, preservatives, fragrance, color as well as active or inactive ingredients that can include stabilizers, thickeners, and products to nourish or strengthen your hair. This is by no means a complete list of chemicals or their side effects.

#### 1. Diethanolamine (DEA)

DEA or Diethanolamine is a wetting agent used to create a rich lather that many consumers expect in their shampoo. DEA reacts with other chemicals in the shampoo and can create an extremely potent carcinogen called NDEA (nitroso diethanolamine). NDEA is easily absorbed through the skin and is linked with bladder, esophagus, liver and stomach cancer.

To eliminate your exposure to NDEA, avoid these ingredients: Cocamide DEA or Cocamide Diethanolamine, DEA Lauryl Sulfate or Diethanolamine Lauryl Sulfate, Lauramide DEA or Lauramide Diethanolamine, Linoleamide DEA or Linoleamide Diethanolamine, Oleamide DEA or Oleamide Diethanolamine, or any product containing TEA or Triethanolamine.

#### 2. Sodium Lauryl Sulphate (SLS)

SLS is a detergent and a surfactant used to break down surface tension allowing the shampoo to become a more effective cleanser. SLS is also linked to Nitrosamines a potent carcinogen that causes your body to absorb nitrates, another known carcinogen. Over 40,000 studies in PubMed science library include information on the toxicity of this chemical. Potentially, SLS is perhaps the most harmful ingredient in personal care products. It is used in testing labs as the standard ingredient to irritate skin. A study from the Medical College of Georgia indicate that SLS is systemic, can penetrate and be retained in the eye, brain, heart, liver etc., with potentially harmful long term effects. It could retard healing, cause cataracts in adults, and keep children's eyes from developing properly.

#### 3. Sodium Laureth Sulphate (SLES)

SLES is a concern as it can become contaminated with Dioxane. This is dependent on the manufacturing process. Dioxane is a suspected carcinogen. Because the liver has a difficult time metabolizing this effectively, it remains in the body for an extended period. Research has shown that SLES may cause potentially carcinogenic nitrates and dioxins to form in shampoos and cleanser by reacting with commonly used ingredients found in many products. Large amounts of nitrates may enter the blood stream from just one shampooing. SLES is the alcohol (ethoxylated) form SLS. It is slightly less irritating but may cause more drying. Both SLS and SLES enter the bloodstream. It also can be found in detergents, hand lotions, bubble bath and shaving creams. There are 29 other names by which SLS can be disguised by manufacturers.

#### 4. Propylene Glycol

Although this ingredient is used in anti-freeze for your car radiator, you can also find it in moisturizers, hand sanitizers, baby products, conditioners, and shampoos. Safety regulations warn users to avoid skin contact, yet it remains in many cosmetics. It is linked to liver abnormalities and kidney damage. It is used to keep products from freezing and is also an emulsifier and thickening agent. It can be found in floor wax, pet food, laundry detergents, baked goods, beer, cheese, condiments, confectionary, frozen dairy desserts, fats, flavourings, frostings, gelatins, gravies, jams, margarine, oil, relishes, salad dressings, seasonings, syrups, soaps and perfumes.

#### 5. Benzalkonium Chloride and Benethonium Chloride

These chemical functions as a preservative, antimicrobial and surfactant in shampoo. They are also associated with severe skin, eye, respiratory irritation and allergies. On a global scale, millions of metric tons of these chemicals are produced every year and work their way from the chemical plants into many products. While there remains controversy about the biodegradability of these chemicals, there is little controversy that the massive annual production has overwhelmed the capacity of the environment to eliminate them. It is associated with significant health risks. These include asthma, chronic dermatitis and other immune system disorders.

#### 6. Formaldehyde

Quaternium-15 is a formaldehyde-releasing preservative. There are 85 studies in the PubMed science library that include information on the toxicity of this chemical. On a scale of 0-10, this product rates an eight on the Skin Deep database. The

European Union has determined that this ingredient 'may not be safe' in cosmetics. Quaternium-15 (systematic name: hexamethylenetetramine chloroallyl chloride) is used as a surfactant and preservative in many cosmetics and industrial substances. It can cause contact dermatitis, a symptom of an allergic reaction, especially in those with sensitive skin.

#### **7. Cocamidopropyl Betaine- (CAPB)**

Skin Deep lists this as a moderate overall hazard, associated with irritation and allergic contact dermatitis. According to PubMed, the increasing rates of sensitization led to CAPB's being named Allergen of the Year in 2004. It is a chemical found in many personal care products, including shampoo, toothpaste and body wash. The chemical is derived from coconuts and is used to make products produce more foam. Because cocamidopropyl betaine originates from coconut oil, some personal care products labeled as natural still contain it.

#### **8. Methylchloroisothiazolinone - CMIT**

This common preservative is found in many liquid personal care products, and has been linked to lung toxicity, allergic reactions and possible neurotoxicity, and there is some cancer concern. It is found in shampoo, conditioner, hair color, body wash, lotion, sunscreen, mascara, shaving cream, baby lotion, baby shampoo, hair-spray, makeup remover, liquid soaps and detergents.

#### **9. Methylisothiazolinone - MIT**

This widely used preservative is often found in antibacterial products. Unlike some synthetic chemicals, however, this one isn't just a mild skin irritant. A recent study found the chemical may actually be linked to nerve damage, and it's also known to be toxic in several other ways. Methylisothiazolinone can be very irritating. For this reason, it is mostly used in rinse-off products. The concentrations in leave-on products are restricted to a minimal amount to lessen the risk of a negative reaction.

#### **10. Fragrance**

Artificial Fragrances can contain hundreds, even thousands of chemicals, including phthalates. Since fragrances are protected as a trade secret, the full ingredients do not have to be listed on the label. Fragrances are a major cause of allergic reactions.

#### **How do I find safe shampoos?**

You may need to research the company, checking out whether they are using synthetic ingredients or organic. There is no regulation for the word natural. So just because something states it is natural it doesn't mean it is safe. Natural and organic are not the same. Natural can mean the

product was derived from a natural source, while the term organic means that the plant was grown without the use of toxic chemicals and pesticides, however just because some organic products were used, doesn't mean the entire product is organic.

## **What feminine hygiene products are you using?**

I can remember back many years ago hearing about some women who had died and the cause was found to be toxicity from their tampons. It seems that tampons made from certain non-natural fibres were found to harbor deadly bacteria and release a sufficient quantity of chemicals to kill or injure over a thousand women.

The worst offenders were Procter and Gamble's ultra-absorbent Rely tampons. According to the book *Soap Opera: The Inside Story of Procter and Gamble*, the company dismissed consumer complaints about the tampons for years. A 1975 company memo disclosed that Rely tampons contained known cancer-causing agents and that the product altered the natural organisms found in the vagina. Rely tampons were taken off the shelves in 1980, but many women claim they left a legacy of hysterectomies and loss of fertility.

Among health-conscious women, the toxicity of mainstream tampons has long been an issue of concern. Many women who carefully avoid cottonseed oil in their diet are now becoming aware that they should not be using toxic GMO cotton in their tampons.

Some women are realizing the rayon/viscose used in Tampax is made from wood pulp. There are no such thing as rayon trees and trees don't magically turn into rayon- it takes hundreds of chemicals to do this. The chlorine bleaching of wood pulp is where the greatest danger lies. The process creates chlorinated hydrocarbons, a hazardous group of chemicals with byproducts that includes dioxins, some of the most toxic substances known. There are no safe levels dioxins, they are impossible to break down and so keep building up in our tissues.

Fast forward to today. Now glyphosate, the chemical found in Monsanto's "RoundUp" herbicide used on genetically modified cotton crops, is being discovered in 80% of feminine hygiene products.

A research team from National University of La Plata in Argentina headed by Damian Marino revealed their research findings in 2015. Note carefully that such research would never be conducted in a U.S. uni-

versity because they've been infiltrated and bought off by Monsanto.

"A team of Argentine scientists found traces of glyphosate in 85% of personal care and feminine hygiene products containing cotton and commonly purchased in drugstores and supermarkets," writes Revolution News.

"The study looked at a sampling of products from pharmacies and supermarkets in the area of La Plata, and analyzed cotton swabs, gauze and articles for feminine use. The results from all commercial products detected 85% glyphosate and 62% AMPA (metabolite or derivative of glyphosate). Almost 100% of the cotton produced in Argentina is transgenic and glyphosate applications are made while the cocoon is open."

Also reported by Revolution News: "The report left us shocked," said Dr. Medardo Ávila Vázquez, a conference participant and from Cordoba. "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."

Glyphosate is known to cause cancer, but propagandists are paid to cover up the truth. Glyphosate is a known cancer-causing chemical. The World Health Organization has classified it as "probably carcinogenic," and many other studies clearly link it to an endocrine disruption process that leads to cancer.

The EPA conspired with Monsanto for decades to deceive the public into thinking glyphosate was harmless, even after knowing the molecule was extremely dangerous. Glyphosate has even been found to promote cancer at parts per trillion concentrations, meaning that even low-level exposure from tampons might lead to deadly cancers in women. (The GMO industry says women who are concerned about GMOs are "anti-science" and too stupid to understand technology.)

It is inarguable that the human vagina readily absorbs chemicals found in tampons. When those tampons are made from GMO cotton -- the vast majority of cotton that's commercially grown -- they almost always contain glyphosate that gets absorbed through vaginal walls and enters the bloodstream. This means that even beyond glyphosate contamination in food, women must now consider the possibility that they are being poisoned from glyphosate in the vagina via genetically modified cotton used

in tampons and other hygiene products.

This brings another factor to what we are using in our feminine hygiene products. Plus, don't forget our tissues, cotton wool and I don't want to think about our toilet paper.

Before finishing this section, I would like to let you know what a Naturopath told a family member of mine. The Naturopath has had several female patients change to using organic tampons or pads. She related that they reported a significant reduction in period pain. Plus one of her patients used reusable cloths, and this particular patient reported no period pain. I am unsure if this will work for everyone, but it would be worth a try. So many young women are suffering with intense period pain. Could this help? If you feel it makes a difference, please write and let me know. I'll pass it on.

## Using hand sanitizer

Recent studies have suggested that hand sanitizer is bad for you. Triclosan, the active ingredient in hand sanitizer, can kill off the good bacteria on your hands and allow anti-biotic resistant bad bacteria to grow. Now a study finds that using hand sanitizer can actually increase the skin's absorption of a dangerous chemical.

Bisphenol A (BPA) is used to make clear plastic packaging for food and plastic bottles for drinks. BPA disrupts the bodies hormones in a way that disrupts the endocrine system. Studies have linked high amounts of BPA to hormone disorders, cancer, heart disease, infertility and even diabetes.

Most commonly used hand sanitizers contain chemicals that increases the ability of certain compounds to penetrate deep under the skin. Researchers at the University of Missouri used thermal receipt papers, the kind used in many cash registers across the country. The thermal paper contains very high amounts of BPA. They found that using hand sanitizer before touching the receipt paper increased the absorption of BPA by up to a hundred-fold. BPA also lingers on the skin, so if a person eats right after using sanitizer on their hands, he or she would be effectively getting a double dose of the chemical, once through the skin, and the second time by eating it.

The levels of BPA seen in the study are high enough to increase the risk of disease for adults and the risk of developmental abnormalities in children. The researchers say until BPA is replaced with a safer alternative, people should simply avoid using hand sanitizers. And if someone needs to use it, he or she shouldn't eat right away.

I can recall when hand sanitizers were introduced on the market. We were told that all you had to do was rub a drop of that viscous liquid on your hands and they are free from 99.9% bacteria. But, it was invented to use in a scenario where there's no clean water and soap available. Is its constant use warranted?

### Here are 8 things about sanitizers you should know before using them constantly:

**Check the alcohol content:** The bottle says it kills all the germs on your hands. But there is a catch here. For it to act properly, the concentration of the alcohol in the bottle needs to be above 60%. If it isn't you might as well rub some sweet smelling liquid on your hands. Since the rampant sale of this 'miracle', there have been a number of products that are cheaper and promise to give you the same effects. Beware, look at the ingredients and check for the percentage of alcohol. 59% is not good enough. Cheaper is not always better.

**Not so good for kids:** We all know that kids come with the increased liability of touching unclean things and putting their hands in their mouths. And helicopter moms have found the new age solution to their woes – hand sanitizers. But, if you have ever read the fine print behind the bottle you will see a warning telling you to keep it away from kids. That is because your child could be seriously harmed if he/she ingested it. There have been a number of reported incidences of alcohol poisoning in children due to hand sanitizers. While in the case of adults a person would need to swallow large quantities for something untoward to happen, for children a small amount is enough. Added to the risk is the fact that kids tend to put things in their mouths – and the sweet, fruity fragrance only makes them want to consume it even more. So, keep your kids away from the stuff and if you do use hand sanitizers make sure you make them use it in front of you.

**Can lower your child's immunity:** In a study published in the Science Daily, carried out by the Northwestern Research Center found that a child's immunity is seriously affected by the use of hand sanitizers. They found that more kids were falling ill due to innocuous and preventable diseases after the long term use of the agent. The study specifically looked for the production of inflammatory products; called C-reactive protein (CRP) in the children's urine samples. They concluded that ultra clean environments during the early stages of a child's life lowers their immunity to such a level that their body's

defence mechanism is in a constant fighting mode, which leads to weakened immunity. This causes serious effects when they grow older as well, these adults have a weak immune system and an extremely sensitive inflammatory response that makes them vulnerable to various diseases as adults.

**Triclosan in some sanitizers can wreak havoc on your health:** Some hand sanitizers don't have alcohol content and use triclosan instead. Triclosan is an anti bacterial and anti fungal agent and is commonly used in a variety of soaps and cleaning agents. But, did you know that it is an active ingredient in pesticides? Another thing to consider is the fact that the compound has been widely touted as an agent that causes the formation of super bugs or antibiotic resistant bacteria. Triclosan, as a component, is capable of quickly being absorbed into the skin and entering the blood stream, once there, it is known to cause various side effects like cancer, allergies, hormonal and neurological ill effects and muscle weakness. More importantly, it is known to cause infertility.

**What affects microbes can affect us too:** One of the often used compounds in hand sanitizers is Benzalkonium Chloride. Its main function is to dissolve the outer covering of the bacterial cells, in turn killing them. But this compound is about as bad for our cells as it is for the microbes. The compound has been found to increase the irritation within the mucosal lining and can aggravate allergic reactions. According to some studies it is also highly toxic to fishes and birds as well.

**That sweet smell can be highly toxic:** That odour of sanitizers that you love so much is due to the inclusion of a compound called phthalates. These compounds easily leach into foods and then into your body. So using a sanitizer instead of soap before your meal might not be that good an idea. Moreover, in a study conducted by the CDC (centre for disease control) it was found that children now showed 20 times more phthalate metabolite content in their bodies than any time in the past. A popular study called the Swan study, showed that women who were exposed to excessive phthalates gave birth to boys who suffered from a wrongly positioned anal opening and posed a higher risk of them being infertile or have lower fertility than normal.

**Does not clean all residue:** After using a hand sanitizer you might feel that your hands are clean, but it does not take off all the residue. Things like fats and sugar deposits do not get affected or cleaned without the use of soap. So using it as a method to clean your hands after eating

that yummy cheese popcorn will do you no good. In fact these residues tend to pick up more dirt, making your hands dirtier than before.

**Can damage skin:** While most hand sanitizers do claim to have moisturizing effects, too much or continuous use of the agent can damage the skin. In some cases it may even cause your hands to become rougher than normal. So, the next time you open your bag for the sanitizer, think again!

## Toothpaste

You might not think much about the ingredients in your toothpaste compared to the ingredients in your food or even other personal care products, but those pea-sized dollops on your toothbrush twice a day add up. Think how many tube of toothpaste you use over a lifetime, and even if you spit most of it out, some of the chemicals it contains make their way into your bloodstream.

Your mouth is actually one of the most absorbent places in your entire body. This is why some medications are administered sublingually, or under your tongue. While you're brushing and swishing, the ingredients in your toothpaste enter your mouth and gums, which are the gateway to every system in your body. This is why you need to be very careful when choosing toothpaste. Many popular brands contain questionable ingredients that you're far better off avoiding.

### 1. Triclosan

Colgate Total is another personal product that contains the antibacterial chemical called triclosan. It may help prevent gingivitis, but the benefit comes at a steep price. The chemical has been linked to concerns over antibiotic resistance and endocrine disruption that promote a wide variety of health problems, including breast, ovarian, prostate, and testicular cancer, preterm and low birth weight babies, precocious puberty in girls, and undescended testicles in boys.

Some animal studies showed that triclosan caused fetal bone malformations in mice and rats, which may hint at hormonal effects. Further, triclosan may interfere with a type of cell signaling in brain, heart, and other cells.

Toothpaste appears to be one of the most potent delivery vehicles for the chemical, as research found people who brushed their teeth with Colgate Total had more than five times as much triclosan in their urine as those who did not.

### 2. Sodium Lauryl Sulfate (SLS)

Many toothpastes contain surfactants

like sodium lauryl sulfate, sodium lauryl ether sulfate (SLES). Surfactants are chemicals responsible for the foaming action of the toothpaste, but they also interfere with the functioning of your taste buds by breaking up the phospholipids on your tongue. This enhances bitter tastes and is thought to be the reason why everything tastes so bad right after you've brushed your teeth.

SLS has even been linked to skin irritation and painful cold sores. Another problem is SLS is also registered as an insecticide and may have toxic effects to marine life, including fish, insects, and crustaceans.

### 3. Artificial Sweeteners

Aspartame and other artificial sweeteners are often added to commercial toothpastes. Aspartame is primarily made up of aspartic acid and phenylalanine. The phenylalanine has been synthetically modified to carry a methyl group, which provides the majority of the sweetness. That phenylalanine methyl bond, called a methyl ester, is very weak, which allows the methyl group on the phenylalanine to easily break off and form methanol. You may have heard the claim that aspartame is harmless because methanol is also found in fruits and vegetables. However, in fruits and vegetables, the methanol is firmly bonded to pectin, allowing it to be safely passed through your digestive tract. Not so with the methanol created by aspartame; there it's not bonded to anything that can help eliminate it from your body.

We are not able to break down methanol into harmless formic acid, instead the methyl alcohol travels through your blood vessels into sensitive areas, such as your brain, where the methanol is converted to formaldehyde. And since there's no catalase (an enzyme involved in removing toxic substances) present, the formaldehyde is free to cause enormous damage in your tissues. Symptoms from methanol poisoning are many, and include headaches, ear buzzing, dizziness, nausea, gastrointestinal disturbances, weakness, vertigo, chills, memory lapses, numbness, and shooting pains in the extremities, behavioral disturbances, and neuritis.

### 4. Fluoride

Many people are probably aware that most toothpaste and many mouth rinses contain fluoride because that's what dentists have recommended for years to prevent cavities. But did you know that most popular toothpastes contain enough fluoride to kill a small child within 2 to 4 hours? On a tube of toothpaste is a warning. "Keep out of the reach of children under 6 years of age. If you accidentally swallow more than used for brushing, get medical help right away".

In children and youth, minimal ingestion of sodium fluoride causes salivation, nausea, vomiting, epigastric pain, and diarrhea. Large doses of the carcinogen may cause paralysis, muscular weakness and convulsions, followed by respiratory and cardiac failure.

It's no wonder that fluoride can cause death in humans! In addition to being one of the main ingredients in toothpaste as well as rat and cockroach poisons, sodium fluoride is also a key component in anesthetic, hypnotic, and psychiatric drugs and sarin nerve gas.

Fluorides have been used throughout history to alter the behavior and mood of human beings. It is a little known fact that fluoride compounds were added to the drinking water of prisoners to keep them quiet and to make sure they comply with authority, both in Nazi prison camps during World War II and in the Soviet gulags in Siberia. Surprisingly, fluoride has never been approved by the Food and Drug Administration (FDA) in the USA. Additionally, a 1990 study stated that fluoride has been shown to NOT reduce cavities and scientists are now linking fluoride to dental deformity, arthritis, allergic reactions and about 10,000 unnecessary deaths each year from cancer.

### 5. Propylene Glycol

Propylene glycol is a type of mineral oil that, in the industrial grade, is used in antifreeze, paints, enamels, and airplane de-icers. The pharmaceutical-grade form is used in many personal care products, including toothpaste, as a surfactant. Research on the safety of propylene glycol in personal care products is lacking, although it's a known skin, eye, and lung irritant and may cause organ system toxicity. This is clearly not a substance you want to be brushing your teeth with.

### 6. Diethanolamine (DEA)

DEA is found in many foaming products such as toothpaste. It's a known hormone disrupter and can react with other ingredients to form a potential carcinogen called NDEA (N-nitrosodiethanolamine), which is readily absorbed through the skin and has been linked with cancers of the stomach, esophagus, liver, and bladder.

The bottom line, by all means consider what you apply to your skin carefully and if the ingredients look like they are edible then it is a good bet that the product is safe...but for best results, don't eat it!

[http://www.naturalnews.com/051669\\_tampons\\_glyphosate\\_GMO\\_cotton.html](http://www.naturalnews.com/051669_tampons_glyphosate_GMO_cotton.html)  
<http://atlanta.cbslocal.com/2015/06/15/study-warns-hand-sanitizer/>  
<http://articles.mercola.com/sites/articles/archive/2015/09/09/toxic-toothpaste-ingredients.aspx>

## These 10 things can make you infertile!

Few things can come as a much more rudier shock than the news that you are infertile. Most of us want to leave our legacy in this world by producing offspring, and to have that gift taken away from us can seem the end of the world. If you want to remain fertile, then beware of these 10 factors!

### Laptops

While a laptop may be your go-to device for everything from ordering a meal to earning your salary, scientists have said that keeping a laptop on your thighs can affect your sperm quality and make you infertile. A study published in the journal *Fertility and Sterility* suggests that ejaculated sperm (of men working with a laptop) was significantly damaged.

### Obesity

The list of diseases linked to obesity is long. It is also the leading cause of infertility in both men and women. In men, it can affect the sperm count and in women, it makes miscarriages likelier and also interferes with their menstrual cycle. If you are obese, it is important that you fight the condition and get back in great shape. It may take months of hard work, but will keep you happy for years after. Not only will it make you healthier, it will be great for your self-confidence too.

### Smoking

Like obesity, the list of diseases linked to smoking is long. Its harmful effects are well publicized and are prominent in public consciousness. A report by the British Medical Association showed that smokers may have up to a 10-40 percent lower monthly fertility rate.

### Triclosan soaps and deodorants

A common antibacterial and antifungal ingredient called triclosan has been linked to infertility and other hormonal conditions in its users. There's also enough evidence to suggest that the compound doesn't have greater efficacy than regular soap which would mean it would be a good idea to check your soap and deodorant ingredients the next time you're at the supermarket!

### Tight underwear

There is now evidence to suggest that men, who wear tight underwear, that they are not good for their sperm. The logic behind it is simple – the scrotum is a little below the body because it needs to be cooler than the rest of the body but tight underwear raises the temperature which affects sperm production. Even though certain studies have not proved this theory, it is better to be safe than sorry!

### Soy-based food

Soybean is a rich source of protein, and is great for your health but scientists have found a link between soya-rich diets and lower sperm counts. While it is not something that you should completely avoid if you have a healthy sperm count, it is definitely something that you should not make a staple in your diet.

### Low fat dairy foods

While ice-cream and milk are actually good for your fertility, a study has found that women consuming too much of low fat dairy foods are 85% more likelier to have ovulation problems. So be wary the next time you buy these products to cut down on calories.

### Mobile phones

Mobile phones have become just as important as clothes and food in today's day and age. And, even though scientists are still arguing if mobile phones can make you infertile, you should not keep them too close to your groin area as radiation can affect the quality of your sperm!

### Sweets

Sweets are omnipresent in our country and distributed with joy at many parties or happy occasions but eating too many of them is bad for your sperm. The reason for this is while there's a spike in insulin when you consume sweets, and once the sugar high is gone you feel drained and exhausted. To counter that, our adrenal glands release adrenaline and cortisol which if stimulated too often can lead to a miscommunication with your endocrine system. Definitely not good for fertility.

<http://www.thehealthsite.com/pregnancy/infertility/10-things-that-could-cause-infertility/>

## Why the Sun seems to be 'dimming'

We are all seeing rather less of the Sun, according to scientists who have been looking at five decades of sunlight measurements. They have reached the disturbing conclusion that the amount of solar energy reaching the Earth's surface has been gradually falling. Paradoxically, the decline in sunlight may mean that global warming is a far greater threat to society than previously thought. The effect was first spotted by Gerry Stanhill, an English scientist working in Israel.

Comparing Israeli sunlight records from the 1950s with current ones, Dr Stanhill was astonished to find a large fall in solar radiation. "There was a staggering 22% drop in the sunlight, and that really amazed me." Intrigued, he searched records from all around the world, and found the same story almost everywhere he looked. Sunlight was falling by 10% over the USA, nearly 30% in

parts of the former Soviet Union, and even by 16% in parts of the British Isles. Although the effect varied greatly from place to place, overall the decline amounted to one to two per cent globally every decade between the 1950s and the 1990s. Dr Stanhill called it "global dimming", but his research, published in 2001, met a sceptical response from other scientists.

It was only recently, when his conclusions were confirmed by Australian scientists using a completely different method to estimate solar radiation, that climate scientists at last woke up to the reality of global dimming. Dimming appears to be caused by air pollution. Burning coal, oil and wood, whether in cars, power stations or cooking fires, produces not only invisible carbon dioxide - the principal greenhouse gas responsible for global warming - but also tiny airborne particles of soot, ash, sulphur compounds and other pollutants.

This visible air pollution reflects sunlight back into space, preventing it reaching the surface. But the pollution also changes the optical properties of clouds. Because the particles seed the formation of water droplets, polluted clouds contain a larger number of droplets than unpolluted clouds. Recent research shows that this makes them more reflective than they would otherwise be, again reflecting the Sun's rays back into space.

Scientists are now worried that dimming, by shielding the oceans from the full power of the Sun, may be disrupting the pattern of the world's rainfall. There are suggestions that dimming was behind the droughts in sub-Saharan Africa which claimed hundreds of thousands of lives in the 1970s and 80s.

There are disturbing hints the same thing may be happening today in Asia, home to half the world's population. "My main concern is global dimming is also having a detrimental impact on the Asian monsoon," says Professor Veerhabhadran Ramanathan, professor of climate and atmospheric sciences at the University of California, San Diego. "We are talking about billions of people."

By David Sington

<http://news.bbc.co.uk/2/hi/science/nature/4171591.stm>

It seems to me that very few people are looking up in the sky and seeing the obvious, the part that chemtrails have in dimming the sun. They are talking about pollution but somehow miss chemtrails. Have you ever noticed the silvery haze that seems to be present most days. Why are there rarely clear blue skies? Do you wonder about our unstable weather? For those interested in how weather is being manipulated, check out the following web site. Very interesting!

<http://www.geoengineeringwatch.org>

# Spiritual

## How Christ Ministered...part 17

God is interested in our health. Follow these suggestions for good health. Remember, this was published in 1905 - and is still relevant today

Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste must be removed. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue.

Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, with many the appetite has become perverted. Often it demands food that damages health and causes weakness instead of strength. We cannot safely be guided by the customs of society. The disease and suffering that is everywhere are largely due to popular errors in regard to diet.

In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs selected Adam his food. "Behold," He said, "I have given you every herb yielding seed, . . . and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food." Genesis 1:29. After leaving Eden, under the curse of sin, man received permission to eat also "the herb of the field." Genesis 3:18.

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet.

But not all foods wholesome in themselves are equally suited to our needs under all circumstances. Care should be taken in the selection of food. Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow. Some foods that are adapted for use at one season or in one climate are not suited to another. So there are different foods best suited for persons in different occupations. Often food that can be used with benefit by those engaged in hard physical labor is unsuitable for persons of sedentary pursuits or intense mental application. God has given us an ample variety of healthful foods, and each person should

choose from it the things that experience and sound judgment prove to be best suited to his own necessities.

Nuts and nut foods are coming largely into use to take the place of flesh meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. Care should be taken, however, not to use too large a proportion of nuts. It should be remembered, too, that some nuts are not so wholesome as others. Almonds are preferable to peanuts, but peanuts in limited quantities, used in connection with grains, are nourishing and digestible.

When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach.

Persons who have accustomed themselves to a rich, highly stimulating diet have an unnatural taste, and they cannot at once relish food that is plain and simple. It will take time for the taste to become natural and for the stomach to recover from the abuse it has suffered. But those who persevere in the use of wholesome food will, after a time, find it palatable. Its delicate and delicious flavors will be appreciated, and it will be eaten with greater enjoyment than can be derived from unwholesome dainties. And the stomach, in a healthy condition, neither fevered nor overtaxed, can readily perform its task.

If we plan wisely, that which is most beneficial to health can be secured in almost every land. The various preparations of rice, wheat, corn, and oats are sent abroad everywhere, also beans, peas, and lentils. These, with native or imported fruits, and the variety of vegetables that grow in each locality, give an opportunity to select a diet that is complete without the use of flesh meats.

Wherever fruit can be grown in abundance, a liberal supply should be prepared for winter, by canning or drying. Small fruits, such as currants, gooseberries, strawberries, raspberries, and blackberries, can be grown to advantage in many places where they are but little used and their cultivation is neglected. For household canning, glass, rather than tin cans, should be used whenever possible. It is especially necessary that the fruit for canning should be in good condition. Use little sugar, and cook the fruit only long enough to ensure its preservation. Thus prepared, it is an excellent substitute for fresh fruit.

Wherever dried fruits, such as raisins, prunes, apples, pears, peaches, and apricots are obtainable at moderate prices, it will be found that they can be used as staple articles of diet much more freely than is customary, with the best results to the health and vigor of all classes of workers.

There should not be a great variety at any one meal, for this encourages overeating and causes indigestion. It is not advisable to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress and inability to put forth mental effort. It is better to have the fruit at one meal and the vegetables at another. The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied.

It is wrong to eat merely to gratify the appetite, and care should be taken regarding the quality of the food and the manner of its preparation. If the food eaten is not relished, the body will not be so well nourished. The food should be carefully chosen and prepared with intelligence and skill.

For use in breadmaking, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthy conditions.

The use of soda or baking powder in breadmaking is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system. Many housewives think that they cannot make good bread without soda, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, it would be more palatable.

In the making of raised or yeast bread, milk should not be used in place of water. The use of milk is an additional expense, and it makes the bread much less wholesome. Milk bread does not keep sweet so long after baking as does that made with water, and it ferments more readily in the stomach. Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small and so thoroughly baked that, so far as possible, the yeast germs shall be destroyed. When hot or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal without yeast or leaven, and baked in a well-heated oven, are both wholesome and palatable.

*To be continued in next issue*

*Edited from Ministry of Healing chapter 22*

# Who is in control?

## ...The Superpowers that form an alliance

What a strange year we have had! Things are happening that defy reasoning. Events in politics, in nature, in society, all so amazing. Across the world, people are wondering, what is happening!

It seems that these events accelerated after the last US elections at the end of 2016. I have told you in past issues that the Bible prophecies in Revelation 13 that there will be two superpowers that will rise in the near future. I wrote about one of these powers, the United States (see last issue for a lead up to this issue).

The United States is a nation that has been blessed by God. It has prospered in so many ways and has been a pioneer in providing freedom and genuine care for people around the world. Broadly speaking, the people of America are kind, honest and fine people, and many have a fundamental belief in God. It is quite interesting to think that the Bible predicts many of the lamblike qualities (young, innocent, peace-loving, Christian nation) would be lost. It will start to speak “like a dragon”, it would talk tough.

The United States will exercise “all the authority of the first beast”. This means it will become a global superpower. This nation even has the ability to enforce religion and determine who can buy and sell (Rev 13:12,17).

Last issue I showed how the beasts could be identified. They are the organizations called the Papacy and the USA. This is not the ordinary people within the Catholic Church and USA, but the system that runs them.

The Bible predicts that the United States will form an alliance with the Papacy. It will mix church with state as it “causes the earth and those who dwell in it to worship the first beast”. The first Beast, the Papacy, was a mixture of church and state. The United States will encourage its people to make an “image to the beast” v14. Here we find a return to a church/state government – a mirror image of the papacy during the Middle Ages. Cast your mind back to the persecutions that were done during this time in the “name of the church”.

Now a very important principle to understand is that, in the matter of religion, every person is accountable to God only, and should never be forced by a state or law, whom to worship. God Himself asks us to choose to worship Him. He never, ever, compels anyone to worship Him. He only ever accepts freewill worship. The state should never get involved in religion and tell people what to do. Church and state do not mix. Ever!

## Part 13 of a series

The “war on terror” has changed the world. Government laws are now impacting on religious practices and teaching. The boundaries between church and state have become blurred. World governments are now looking to the religions of the world to join with them in stamping out fundamentalism. The Bible predicts that the last world government will be a combined force of church and state.

The final global issue will revolve around worship. The world will be divided. Many people will obey the state religion through worshipping the beast and receiving its mark. Those who remain true to God will worship the Creator (Rev 14:7) and obey all of God’s Commandments (Rev 14:12).

It is interesting to note that the Commandment that revolves around worship and obedience to the Creator God is the Sabbath. (See Exodus 20 for a list of the Commandments). If a law was enforced to “return to God’s law” and worship on Sunday, the day chosen by the mainstream church, who would you worship and obey? Would you choose Sunday?

A counterfeit religious revival will sweep the world (Rev 13:13,14). Religious healings will happen and will be so convincing, that they will bring the nations of the world together in unity (Rev 16:14). To many people these miraculous signs will be evidence that this false teachings of the world is the true Bible religion.

As the United States gains greater power it exercises greater control. The greatest tragedy is that it will be God’s true people who will be opposed most vehemently. All throughout history of mankind, God’s people are always blamed for any trouble that come on the world. Many have been thrown in prison, forced “underground” to escape persecution. (See Matthew 10 and read the instructions Jesus gave to His Disciples before sending them out)

It is interesting to note that we have now come to a time in world history where world governments have the ability to stop people buying and selling. This may have seemed far-fetched years ago, but the amazing advances in technology have enabled the world governments to move towards personal identity cards and a cashless economy. “Big Brother” has arrived. Everything is set up for the final scenario where the government will determine who will “buy and sell”.

The United States has traditionally been known for its fairness and love of freedom. But in recent years there have been shocking

revelations of torture and death by the United States military and government. One only has to listen to what is happening in American politics and it is easy to see how corrupt the “Deep State” is. We must remember that there are many players behind the establishment of Globalism and the New World Order (NWO); it is not just the United States. The plan for the NWO was set in place centuries ago. Globalism and the NWO is a long term paradigm shift in the way the world interacts. The global impact on this change has resulted in some positive outcomes, but also some seriously concerning outcomes.

### Some of the aspects causing concern include:

- The unlimited power of one nation, the United States
- International Big Business controlling the global economy
- The environmental breakdown, overuse of pesticides and chemicals, GMOs
- The negative impact on local industry and job loss
- Exploitation of the poor
- Accelerated exposure to global conflict, terrorism and warfare
- The power of mainstream media to control media releases, promote NWO agenda
- Censorship on alternative media that releases stories that oppose mainstream media
- Big pharma influence of the medical system, vaccinations etc
- Life controlled by technology
- The ability to spy on everyone in the world
- Family life under attack, marriage breakdown, children rebelling
- Educational system failing children, being dumbed down
- Reduced religious freedom and civil liberties

Revelation 13 concludes with both superpowers, the United States and the Papacy reaching a climax of power simultaneously. This results in the implementation of the Mark of the Beast. The Bible says that if you receive the Mark of the Beast you will be safe from the government, but unsafe with God. If you refuse the Mark of the Beast you will be safe with God but unsafe with the government. In such a difficult time as this it is important to “obey God rather than men” Acts 5:29.

The only way to survive this is to have a living relationship with Jesus. A friendship that involves prayer from your heart and a daily Bible study so you can discover more about God and His will for your life. Abiding in Jesus also incorporates keeping the Commandment (John 15:10).

The times ahead are serious. The issue that divides the world will be worship linked with obedience. Many people will be deceived by the demonstration of false miracles and finally a death decree will be put in place against anyone who refuses to worship and obey the combined power of church and state. We must always remember God is in control. He is allowing all this to happen. Why?

*Continued in next issue*

## 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** 100g.....\$9  
Incredibly undervalued herb. An effective tonic, rich in vitamins and minerals.
- Afalpa 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** 250g.....\$25
- 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.
- Magnesium Chloride flakes** 250g.....\$7 450g.....\$12 1kg.....\$24  
Ideal for baths or making magnesium oil.
- Practical Home Healing by Margaret Wright** \$20  
A handbook on simple home treatments and remedies that can be successfully applied at home
- Back to Eden Vegetarian Recipe Book** \$25  
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.
- Back to Eden Health Training Manual** \$30  
This book teaches how to use God's Health Plan, use simple remedies, hydrotherapy and herbs to relieve suffering. Plus other invaluable information for a knowledge of health.. A great tool to use in learning how to become a true medical missionary.
- Entire Set of Back to Eden DVDs - 14 DVDs for \$50 or single DVD \$4 each**  
7 sets of recorded DVDs for sale as an entire collection. No colour label or presentation folder. Each disc will be in an individual plastic sleeve. 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.
- 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 \$9 postage; up to 3kg costs \$15 postage; up to 5kg costs \$18

## Recipes

### Kale Soup

- 2 c leek or onion, chopped finely
- 1 c celery, chopped finely
- 1 c frozen peas
- 1 c broccoli, chopped finely
- 1 c spinach, chopped finely
- 2 c kale, remove centre stalks and chop finely
- 2 c potatoes, chopped finely
- 2 t Celtic sea salt
- 1 litre water
- ⅓ - ½ can coconut cream
- 2 T lemon juice

Place all ingredient except coconut cream and lemon juice in a pot and simmer until cooked. Use a stick blender to puree a little. Add coconut cream and lemon juice.

Optional: Can substitute greens with different green vegetables.

### Polenta Bites

- 1 onion, finely diced
- 1 clove garlic, crushed
- 3 cups water
- 2 t Celtic sea salt
- 1 c polenta
- 2 T coconut oil
- ¼ c sliced black olives, diced finely
- 3 T sundried tomatoes, finely diced
- 2 T fresh oregano, chopped (or use dried herbs – oregano, basil etc))

Sauté the onion and garlic until clear. Add the water, salt and polenta and simmer until all the water is absorbed, around 15-20 mins. Mix in coconut oil, olives, sundried tomatoes and oregano.

Use a spatula to spread mixture ½ to 1 cm thick in a lined baking tray while the mixture is still hot. Sprinkle with herbs or extra salt if required). Cool and refrigerate at least 1 hour to set. Cut into bite-sized pieces and place on another baking tray.

Bake at 180° until edges become crispy and golden. You can flip them over and crisp up the other side if desired.

These are nicest cooked fresh on the day you want them, but they can be freshened up before serving by heating in a sandwich press or oven.

# Epsom Salt Uses and Benefits

## What is Epsom salt?

Epsom salt, named for a bitter saline spring at Epsom in Surrey, England, is not actually salt but a naturally occurring pure mineral compound of magnesium and sulfate. Long known as a natural remedy for a number of ailments, Epsom salt has numerous health benefits as well as many beauty, household, and gardening-related uses. Studies have shown that magnesium and sulfate are both readily absorbed through the skin, making Epsom salt baths an easy and ideal way to enjoy the associated health benefits. Magnesium plays a number of roles in the body including regulating the activity of over 325 enzymes, reducing inflammation, helping muscle and nerve function, and helping to prevent artery hardening. Sulfates help improve the absorption of nutrients, flush toxins, and help ease migraine headaches.

## What are the health benefits of using Epsom salt?

The wonders of Epsom salt have been well known for hundreds of years and, unlike other salts, has beneficial properties that can soothe the body, mind, and soul. Some of the countless health benefits include relaxing the nervous system, curing skin problems, soothing back pain and aching limbs, easing muscle strain, healing cuts, treating colds and congestion, and drawing toxins from the body. One of the simplest ways to ease stress and stress-related problems is to soak in a tub full of hot water with a few cups of Epsom Salt.

## Eases stress and relaxes the body

Stress drains the body of magnesium and increases levels of adrenaline. When dissolved in warm water, Epsom salt is absorbed through the skin and replenishes the level of magnesium in the body. The magnesium helps to produce serotonin, a mood-elevating chemical within the brain that creates a feeling of calm and relaxation. Research shows that magnesium also increases energy and stamina by encouraging the production of ATP (adenosine triphosphate), the energy packets made in the cells. Experts believe that bathing with Epsom salt at least three times a week helps you to look better, feel better and gain more energy. Magnesium ions also help you relax and reduce irritability by lowering the effects of adrenaline. They create a relaxed feeling, improve sleep and concentration, and help muscles and nerves to function properly.

## Relieves pain and muscle cramps

An Epsom salt bath is known to ease pain and relieve inflammation, making it ben-

eficial in the treatment of sore muscles, bronchial asthma, and migraine headaches. In addition, it has been known to heal cuts and reduce soreness from childbirth. Mix a thick paste of Epsom salt with hot water and apply to get soothing comfort. Try soaking your aching, tired (and smelly) feet in a tub of water with half a cup of Epsom Salt. Epsom salt softens skin and will even neutralize foot odour.

## Helps muscles and nerves function properly

Studies show that Epsom salt can help regulate electrolytes in your body, ensuring proper functioning of the muscles, nerves, and enzymes. Magnesium is also known to be critical in the proper use of calcium, which serves as a main conductor of the electric impulses in your body.

## Helps prevent hardening of arteries and blood clots

Epsom salt is believed to improve heart health and help prevent heart disease and strokes by improving blood circulation, protecting the elasticity of arteries, preventing blood clots, and reducing the risk of sudden heart attack deaths.

## Makes insulin more effective

Proper magnesium and sulfate levels increase the effectiveness of insulin in the body, and can help to lower the risk or severity of diabetes.

## Relieves constipation

Numerous studies have revealed that Epsom salt can be used to treat constipation. Taken internally, Epsom salt acts as a detoxifying agent for colon cleansing. The salt acts like a laxative by increasing water in the intestines and can bring about temporary relief from constipation. However, it is warned that Epsom salts should not be used to relieve constipation without the consultation of a physician.

## Eliminates toxins from the body

The sulfates in Epsom salt help flush toxins and heavy metals from the cells, easing muscle pain and helping the body to eliminate harmful substances. Your skin is a highly porous membrane and adding the right minerals to your bathwater triggers a process called reverse osmosis, which actually pulls salt out of your body, and harmful toxins along with it. For a detoxifying bath, at least once weekly add two cups of Epsom Salt to the water in a bathtub and soak for 10 minutes.

## What are some uses of Epsom salt?

Whether you like a relaxing soak or wish to enhance your beauty effortlessly, making Epsom salt a part of your daily routine can add a whole lot of goodness to your way of life. To experience the numerous health benefits of Epsom salt,

# Back to Eden Health Programs

There will only be one Back to Eden Health Education classes this term.

Please carefully note the date

## Tuesday morning:

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

Tues **31st October** last program for year - followed by lunch \$10  
Time: 10.00 till finished  
bookings essential  
phone Kaye on 0260255018

take relaxing, stress-relieving Epsom salt baths three times weekly by adding 2 cups of Epsom Salt to a warm bath and soaking for at least 12 minutes. For the added benefit of moisturizing your skin, add 1/2 cup olive oil or baby oil. Do not use soap as it will interfere with the action of the salts. Try to rest for about two hours afterward. If you have arthritic joints, move them as much as possible after an Epsom salt bath to prevent congestion in the joints.

For a foot bath, pamper weary feet by adding 1/2 cup of Epsom salt to a basin of warm water. Relax and soak feet for 20 minutes. If you like, rub away any calluses using a pumice stone. Dry feet, then add two drops of peppermint essential oil to your favorite natural moisturizer, like shea or coconut butter, and rub in thoroughly to lock in the moisture. If you are pregnant or have any health concerns, check with your doctor before using Epsom salts.

## More Epsom Salt Uses:

**Athlete's foot:** Soak feet in an Epsom salt bath to help relieve the symptoms of athlete's foot.

**Remove splinters:** Soak affected skin area in an Epsom salt bath to draw out the splinter.

**Treat toenail fungus:** Soak your affected toes in hot water mixed with a handful of Epsom salt three times a day.

**Soothe sprains and bruises:** Add 2 cups of Epsom salt to a warm bath and soak to reduce the pain and swelling of sprains and bruises.

**Ease discomfort of gout:** Ease the discomfort of gout and reduce inflammation by adding 2-3 teaspoons of Epsom salts into a basin and immersing the affected foot/joint. The water should be as hot as it is comfortable. Soak for about 30 minutes.

<https://www.seasalt.com/salt-101/epsom-salt-uses-benefits/>