

Back to Eden

True Emotional Healing
Chicken - feminizing males
Morning sickness protects
Products
Recipe, Coming class
Meeting - Barbara O'Neill

PO BOX 850 LAVINGTON 2641

KAYE SEHM 02 6025 5018

This issue: Summer 2018 No 73

Information contained in this newsletter is for advice only. If you choose to use any remedies or follow the advice in these newsletters, you do so at your own risk.

e mail: backtoeden@aapt.net.au

www.kayesrecipesandremedies.com

This newsletter is bringing you something a little different. This topic is something I am very interested in. I see how many people, even later in life, are living a life, making decisions based on situations and occurrences that happened in their childhood. They are emotionally damaged. They think they have everything under control, then all of a sudden an external source will cause them to react to situations in a way that pressures them. Why do they react or get angry? why are they so fearful? they feel lonely, unloved, insignificant, hurt, unaccepted to name just a few feelings. Where do the roots of these emotions come from?

It is important to realize that healing from all diseases, (it doesn't matter what causes the disease), closely links our physical body with what we think. Our mind has an amazing impact on our bodies. So many diseases have as their root, many unresolved emotional problems.

Yet, how do we get rid of this emotional baggage? Do we really need years of counselling? Could it be as simple as asking God to heal? It doesn't take years of therapy, but a heart that believes God can heal. It may take a few hours (sometimes a few days), but it is fixable.

I have loved learning about this. I am excited that God is in the business of healing. He cares for your heart and wants you to be free and whole. I am in the process of getting together material that will enable people to walk through and release the emotions and pain that cripples many. Feel free to contact me for details of this. It is centred around God's ability to heal.

Don't forget to read about our special guest speaker, Barbara O'Neill. Ten years ago we had Barbara here in Albury as a speaker. Since then Barbara has become a sought after international speaker. She has appeared on a number of television programs and is accomplished as a lecturer. It was not easy to fit in a visit here in Albury, but, after booking nearly a year in advance, we finally have arranged to have her here for two nights in February. See back page for details.

From Kaye and the Back to Eden team.

True Emotional Healing....

A fundamental truth of our healing and following the eight health laws is learning to trust in God. For some people this comes easier than others. Others have suffered emotional damage when someone has hurt them deeply. How can we heal of these? Do we need to be healed of these to be healthy? The latest cutting edge medical research has made a startling discovery proving that 87% of all diseases are a result of what goes on in our thought life! A massive amount of research has now shown that the mind-body connection is real. These statistics give the amount as being 87%, however in future publications this figure may go up to 95% which is a more recent statistic.

Scientific research on the brain now shows that everything that goes on in our thought life is converted into a physical reaction in our body. This research shows that what we think affects us emotionally, intellectually and physically. For every thought that we meditate on, there is a physical reaction in the body in the form of electrical currents travelling along the nerves in the brain and the production of various hormones and chemicals that flow throughout the entire body in response to those thoughts. What you think affects your whole body. Your endocrine system (hormones), nervous system, immune system, gastrointestinal system, heart and blood vessels, bones and muscles are all directly affected by the thoughts that you meditate on long term.

In this article I want to show you how the Bible is able to do marvelous things to our minds and body. It fits in very nicely with the law of health that teaches we need to trust in God. This entire article is based on the information that medical science is now providing and how it ties in with what God told us in His Word thousands of years ago. Many people are aware that

the Bible teaches moral principles. It tells us be careful what we think, to bring every thought into captivity under the obedience of Christ (2 Corinthians 10:5) and think on whatever is true, honest, just, pure, lovely, of good report and praise worthy (Philippians 4:8), your brain is going to convert these thoughts into a reaction that is going to produce health in your body. As you think in your heart, so will you eventually become.

What now is exciting is that the latest discoveries of science is now lining up with God's Word. Research conducted by Dr. Caroline Leaf and other respected scientists has shown that the brain really can change, grow and get better. Running closely with the science of thought is a new science called epigenetics. Epigenetics shows that our thoughts and perceptions remodel our genes and not the other way around. Now the reality of the scripture "As a man thinks in his heart, so is he" (Proverbs 23:7) begins to hit home. Epigenetics shows us the power of our thought life and how it affects who we are. A phenomenal discovery is that our genes can be switched on and off by the thoughts we choose to meditate on. This has changed the conventional understanding that our genes control and determine who we are and what we become.

Recent research disproves the myth that our genes shape us. Our thoughts affect which genes are switched on and therefore we shape our genes. This means that we are not, nor have we ever been victims of our biology. What this means is we need to start taking responsibility for our choices and our health and can no longer blame it on our genes.

Since science says 87% of diseases are a result of what goes on in our thought life, it is necessary for us to understand how our brain works, how thoughts form and how they become toxic leading to the development of disease in our body. This research reveals that all cancers, cardiovascular disease, diabetes, gastrointestinal, immune

disorders, allergies, nerve disorders, skin disorders, gynecological diseases, muscle and bone diseases plus more, all have a cause to them, and most (around 90%) of these have a foundation in how we think. What we meditate on long term will be manifested in the form of sickness in our body.

What is memory?

The brain is made up of nerves that can be described as each looking like a tree. Each nerve has a trunk (axon) and branches (dendrites). As you take in information, the brain processes and stores this information by building branches on these nerves. As you continue to meditate on a particular thought, more branches grow, the connections between those branches and the nerve gets stronger and the memory becomes permanent. Thus the more you meditate on a thought, the more you reinforce it. The more branches you have on a particular nerve, the stronger or more intelligent that memory is.

The nerve cells with only a few branches are weak or poor memories. So we can liken these cells to a tree that has few branches. Yet the lush tree (nerve) with lots of branches on it, the stronger and more intelligent that memory will be. We have been given brains that have incredible storage capacity with infinite capacity for learning. The brain performs 400 billion actions per second, of which you are conscious of about 2000.

A part of the brain, the hypothalamus, is important for learning. It connects the mind to the body. It takes every thought you are thinking and converts it into a physical reaction. It is the chemical factory of the brain and it determines the type and amount of chemicals that are released into the body in response to your thoughts and emotions.

When we have a negative thought (fear, anxiety, worry, unforgiveness, bitterness, anger, rage, self-hatred etc), the hypothalamus responds by producing either insufficient or excessive quantities of certain chemicals which become toxic and harmful on your body. This alters the structure of the memories that are built into the cortex.

You can build good memories by the same process. Scientist have discovered that when you sit and study the Bible, electrical currents in your brain are converted into thoughts. If you accept these thoughts, chemicals carrying this information shoot into the cortex of the brain and you begin to build memory. If you reject the thought, it will not penetrate the brain any further.

Every single thought will produce different quantities of chemicals. Depending on which type of thought it is (toxic, or positive) it will cause the nerve cells to have a different structure, a different electromagnetic field around it. It actually can be seen under a microscope. If it looks heavy and dark it can be described as looking like a tree with thorns on it. Every single thought whether it is toxic or positive goes through the same cycle when it forms. The only difference is that the thoughts release different chemicals

What about emotions?

The chemicals that carry the information from your thoughts also carry the emotion you experienced when you had those thoughts. These emotion chemicals are released as you remember the thought, which may be days or even years after the event. So every time you think a negative thought eg bitterness against someone, your hypothalamus secretes chemicals that shoot into the part of your brain where all the pre-existing memories are located. These chemicals are building more toxic thorn trees.

When you think back on this memory and dwell on it, you re-activate the memory and the toxic chemicals begin to make you sick. If you hold on to bitterness, the chemicals and sequence of hormonal reactions that occur can lead to breast cancer. Fear and anxiety will release different toxic chemicals that that can lead to over 100 incurable diseases such as angina, heart failure, high blood pressure, allergies and asthma. A thorn tree of anger, rage can cause aneurysms, stroke, varicose veins and haemorrhoids. Low self-worth can cause depression, addictions, migraines, autoimmune diseases and weight gain. It is important to emphasize that these toxic emotions can resurface years later by just bringing back the unpleasant memory.

If these toxic-type of thoughts dominate your thought life every time you think on the specific topic, the chemical reaction will occur in your body that will make you sick. So the way to avoid sickness is to change our thinking. Also, every time you think about that negative thing, you reinforce that negative stronghold, making the thorn tree stronger.

The same applies to a healthy memory that was for example built from meditating on the Word of God. Whenever it is reactivated by thinking on those scriptures again, the leaves on the lush tree cause the release of chemicals such as endorphins, encephalin, serotonin and dopamine which are all very healthy for you. They uplift you, make

you feel good and bring about healing. Bathed in these positive biochemical the intellect flourishes and with it comes mental and physical health.

Removing toxic thoughts

Science has now discovered something very encouraging. You may have spent your entire life of 40, 50 or 60 years putting toxic thoughts into your brain and building negative strongholds. You may have a whole forest of toxic thorn trees in your brain but it has been shown that in just 4 days of thinking correctly you can remove the thorns from the toxic thorn trees and you can create new healthy memories over them within 21 days. You can literally detoxify your brain and change its whole neuro-chemical structure through your thought life.

For example, if you decide to reject those thoughts of unforgiveness, hatred, bitterness, anger etc, through genuine repentance, releasing and forgiveness, you can change that memory and the structure of those thorn trees. It has been scientifically proven that if you choose to reject those toxic thoughts and purposefully meditate on good thoughts such as the Word of God, the chemicals released from those good thoughts will flow through the thorn trees and literally remove the thorns. For example, when you repent of your bitterness and you forgive, the chemicals released from those thoughts will literally cut the thorns off that thorn tree of bitterness in the pre-frontal cortex. The memory will always be there, you will always remember it, but because you have forgiven, that tree of bitterness will no longer affect you or make you sick because it no longer has the thorns that release those toxic chemicals.

This applies to any other toxic thorn tree such as fear, anxiety, worry, a low self-esteem, guilt, self-hatred, anger, jealousy, rejection etc. When you make a decision to reject those toxic thoughts and change your thinking to the way that God thinks as described in His Word, a new healthy memory will be built on top of that old toxic thorn tree and the emotional sting will be removed at the same time. You can change and grow your brain at will through thinking. You can choose to deal with those toxic thorn trees and build new healthy memories over them. In science this process is called "retranscribing those memories neuroplastically." The Bible calls this "renewing the mind".

The heart brain

We know that the brain has about 100 billion nerve cell inside the brain. But Science

now tells us we have a smaller brain inside the heart. Our heart has its own independent nervous system of around 40,000 cells which is called the "brain in the heart". It works hand in hand with the pre-frontal cortex which is the decision part of the brain. The heart brain literally advises the free will and pre-frontal cortex what to do. Science believes it is the real intelligence behind the intuitive thoughts and feelings you experience. This mini-brain of the heart literally functions like a conscience.

It is quite impressive what the heart brain does. It knows what is good for you, and advises and helps you make the right decision. If your mind is calm and at peace, you will hear the voice of the heart and will know what is right. However if there is a chaotic war of fearful, angry and anxious thoughts going back and forth and toxic thorn trees being re-activated, this will drown out the voice of your heart.

Your heart advises the will what to do, but your free will ultimately makes the choice. If you reject the angry thought, the heart will secrete a chemical called ANF (Atrial Natriuretic Factor). This is the peace chemical that calms your whole body down and make you feel at peace. It is very good for you – it produces health in your body, motivates you and helps your brain to function more efficiently. So it is beneficial to us to listen to this voice.

If you don't listen to this voice, the heart doesn't secrete ANF. Instead the heart causes an imbalance in the whole body chemistry which leads to the body becoming toxic which leads to disease. The whole body goes out of rhythm and pulls every other organ into this abnormal rhythm that eventually leads to disease. So the quality of your life and health is affected by our thought life. So we must be careful in what we think - 2 Corinthians 10:4-5; Philippians 4:8.

Discerning the Source of our Thoughts

We have looked at how Science, along with the Bible, tells us we are what we think. But we shall now look at where our thoughts comes from. Who taught us to be afraid and anxious? Why do some people hate themselves? Have low self-worth? Can't forgive? Who taught us to lust, to lie, to be angry, jealous, unforgiving and bitter? Where do those crazy thoughts we sometimes think come from?

Thoughts enter our brain in two ways – from without and within. When they come from without they are received via the five senses. When they come from within, these

come from our thoughts, impressions and feelings that are received into the mind

What we must remember is that we have an unseen world around us. Very few people acknowledge this. The Bible is very clear that this is so (Ephesians 6:12). There is a spirit world all around us that we cannot see. We know belonging to this world is God the Father, Jesus Christ, the Holy Spirit, good angels, evil angels (sometimes called demons or evil spirits) and Satan. We know that God speaks to us through the Holy Spirit, but Satan also can speak to us.

I would like to suggest how this is done. This invisible kingdom is able to speak to us through theta brain wave activity. We have four brain waves – alpha, beta, delta and theta. Alpha waves integrate information from internal and external world. Delta waves allow you to go into a deep sleep. Beta waves connect between the soul and the body (external world). Theta waves connect between the soul and the spirit world (internal world) and allow a thought to move from the spirit world into your mind.

The theta wave activity is the only pathway anything spiritual can communicate with us. I believe that it is through the theta wave activity that you hear the voice of the Holy Spirit convicting you of truth and it is the way we comprehend our own human spirit deep in our heart. But equally as important is the knowledge that it is also the way the devil speaks to us.

It is very important we know that not only the Holy Spirit can speak to us, but also that Satan can do this as well. When we hear his voice it is spoken into our mind and he allows us to think that it is our own mind originating the thought. It is spoken in our mind in the "first person".

Satan speaks to us and places thoughts into our minds and deceives us into thinking they are our own thoughts. He is the one who puts thoughts into our mind such as: I hate myself, I am worthless, I'd be better off dead. He trains our thinking to have low self-worth, self-hatred, shame, guilt, to become depressed, become alcoholics, smoke, become sugarholics, take drugs, overeat - to name a few. The devil knows us so well, he knows all our weaknesses, he knows that if he can control our thoughts he has us, and can control us.

Think about homosexuals for a moment. Did you ever notice that they have the same tone of voice, walk and mannerisms with their hands? Did the homosexuals from all over the world get together in a convention and decide how to act and talk?

Jesus says evil thoughts come from within (Mark 7:21-23). Millions of people commit adultery, murder and are filled with strife that did not go to a school to learn these things. They were taught from within – by the invisible kingdom of Ephesians 6:12. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high place.

Satan put these thoughts in your mind. He was the one who taught you to hate yourself. He was the one who taught you to be fearful and anxious. He was the one who taught you to hate your brother. He was the one who taught you to lust, to have envy, to be jealous, to be bitter, unforgiving. He is the one who tells you that you need the alcohol, drugs etc. He tells you to be insecure, to doubt, that no-one understands you.

Satan puts the spirit of fear in you by placing thoughts in your mind, talking to you and tempting you through theta wave brain activity with feelings and thoughts, to think of all the things that could go wrong tomorrow. You get thoughts and feelings about what might happen. What is amazing is that most people do not realize that these are not your thoughts, they have been placed in your mind and you think they are yours. God never speaks to us in ways like this. 2 Timothy 1:7 says God has not given us a spirit of fear, but of power, love and a sound mind. Once you understand and know God's character, you know He would never speak to anyone like this. We must be able to discern between the voice of God and Satan. We must know and be able to hear God's voice. (John 10:27). We must know and be able to hear the voice of the Holy Spirit, but equally as important, we must not believe that every voice we hear in our mind is from God. Discerning whose voice is speaking to us is very important. To learn this you need to start by studying the character of Christ. If anyone needs help in this subject, please contact me.

Remember, the spirit world has an influence on your mind and emotions. 1 Corinthians 10:5 tells us to try everything, to examine everything, every thought that you are thinking and cast out that which is not good. We must realize that we need to replace these thoughts with truth. Sometimes it can take some time to get this message through to our minds. A great idea is to replace these thoughts with Bible promises.

The Conditions for Healing

James 5:14-16 tells us what to do if any are sick. In this article we are focusing

on healing of the emotions. Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Here is Scripture we see the relationship between sin and disease. God wants to heal us. Healing is a promise in His Word however, every promise has a condition. We cannot claim His promises without meeting His conditions. We must know that healing of sin in our lives is linked very closely to spiritual healing. Psalms 103:3 - Who forgiveth all thine iniquities; who healeth all thy diseases.

Repentance is the first condition for healing. Remember science is saying you must change your thinking to avoid 87% of diseases. The Bible definition of repentance is changing your thinking, being sorry for sin and turning from it. This is obvious as there is no point to being healed if you continue to harbor hatred, bitterness, unforgiveness, strife, envy, faultfinding, anger, condemnation, rage, resentment and self-hatred if you don't change the thinking that causes the toxic chemicals to be released that cause the diseases.

God wants to heal us, but more importantly He also wants us changed in our hearts. We can't continue in sin and ask Him to bless us. We have to choose not to sin. God wants us to understand the root cause behind disease comes as a result from wrong thinking patterns. And to be free from sin, we need to repent and change our thinking.

Exodus 15:26 And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I [am] the LORD that healeth thee. So here Scripture says that healing comes as a result of obedience.

Another place in the Bible that talks of the blessings that come from obedience and the curses that come from disobedience is Deuteronomy 28. It would be well worth looking up this chapter and read that the blessings and curses. The curses are similar to diseases we have in today's society.

A few of these curses include: Cursed shall

be the fruit of your body (infertility and miscarriages), pestilence, consumption, fever, extreme burning, botch of Egypt (ulcers and boils), emerods (hemorrhoids), scab, itch, madness, blindness, astonishment of heart (fear disorders, anxiety, panic attacks, phobias), oppression (depression), diseases of the feet and legs (arthritis, lame, gout), plagues of your seed (genetically inherited disease) failing of the eyes (cataracts, glaucoma and macular degeneration). It is amazing that these diseases were found in Egyptian mummies when they did autopsies on them last century.

No disease just happens – when there is a disease, the Bible calls it a curse (Proverbs 26:2). The curse is like a bird looking for a place to land, but it cannot unless it is given permission. What we have done is given Satan permission to put disease on us and kill us prematurely. When you see the disease, the bird has landed... because it has a right to.

Disease does not just drop out of the sky and land on us. Satan does not have any right to afflict our lives because he wants to. For the devil to bring in disease, there must be open doors through disobedience or sin – either in your personal life or in your family tree. Some disease is in our lives because we have opened the door and there is not a hedge of protection around us. This hedge can only happen if we walk in obedience with God

What to do to rid your body of disease

Remember, there are specific toxic thinking habits behind each specific diseases We need to examine ourselves, consider what "root of sin" that may be in our life. 2 Chronicles 7:14 If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

In this scripture God says that the condition of healing of our land is to turn from our wicked ways. Hearing is conditional, not automatic. This means that healing is conditional, but disease is also conditional. Remember, the curse does not come from God, it comes from Satan eg fear does not come from God, so the diseases that come from fear are not from God.

If we understand that disease is a consequence of sin, then it is common sense that you need to get rid of sin in order to get rid of disease. How do we get rid of sin? The answer is always starts with repentance and accepting Christ.

Healing from addictions

Many want to change their habits, but fail because they try to change the external without changing the internal (the mindset) which is at the foundation of the problem. You must deal with the root issues involving the negative thoughts in your mind. Then external change will follow.

Addictions are a growing problem worldwide. We can see many addictions, like alcohol, smoking, drugs, pornography, food, white sugar, TV, gossip, gambling etc. Most don't know there are physical mechanisms behind addictions.

Alcohol increases levels the neurotransmitter dopamine which is the pleasure chemical in the body that stimulates the reward centre in the brain. Alcoholics have a new neurotransmitter that is formed in their brains (tetrahydro-isoquinoline, THIQ) which is formed by the reaction of alcohol with various other chemicals. There are also new receptors developed in an alcoholic's brain. When the neurotransmitter THIQ stimulates these receptors, they produce a permanent craving for alcohol. When taking any addictive substance – drugs, alcohol, cigarettes, sugar etc, all of these increase the dopamine levels and gives a pleasurable feeling

There are spiritual and emotional battles that can lead us into addictions. Addictions don't develop because you take a drug or drink alcohol, but they happen because you have a problem. Without exception, the need to be loved, insecurity, and a low self-worth are behind every addiction. If you doubt that God loves you, you don't like yourself (filled with guilt, shame, self-disapproval, self-rejection, self-hatred etc) and if you are not loved and accepted by others, you are going to start to look for love in the wrong places, and that can even be a chemical.

This need for us to be loved was built in to us by God. The need to give and receive love is part of who we are as humans. But if people don't receive true unconditional love as a foundation, they are always looking for love in the wrong places.

A person with an addiction has a need to be loved that arises from a lack of love, care and nurturing in childhood (especially with a father) or in marriage and/or most importantly a lack of a genuine love relationship with God the Father (in knowledge and experience). People with an addiction are also attacking themselves in their thoughts with self-hatred, self-condemnation, guilt, self-rejection and self-bitterness.

Remember, your body translates thoughts into chemicals, so when you have low self-worth, with thoughts of self-disapproval, self-condemnation and guilt, the hypothalamus senses these spiritual problems and lowers the serotonin levels. You feel terrible, possibly even becoming clinically depressed. Here is where you must remember that Satan wants to control your thought life, filling your mind with unloving thoughts that will lead to a chemical imbalance with low serotonin. There is no way you can increase serotonin naturally, so you get caught up in the trap of taking a drug to increase the serotonin.

The mouth was designed as contact place for love and security. Children, when insecure start to suck the thumb. The lips are for nurturing. We know there is a strong emotional component to breast feeding or kissing somebody. So what actually happens when you smoke a cigarette or eat food? The mouth and whatever you put in it (food, cigarettes, alcohol, sugar etc) is designed to bring you emotional security that triggers a release of dopamine, the pleasure chemical. But it doesn't last, and they will need to reach for it again, and the negative cycle perpetuates.

Many people who have addictions also tend towards promiscuity. Do you know what is behind fornication and adultery? The need to be loved. The root behind pornography? The need to be loved.

Deliverance from addictions

It starts with making a choice. God cannot heal and deliver you against your will. But God can help you if you ask Him. It starts with repenting, which means renewing your mind and changing your thinking.

If you give up an addiction by using your will power, you are not really delivered or set free because you still have the same spiritual problem. Often people lay one addiction down and take up another eg give up smoking, but start eating too much. The original Alcoholics Anonymous (in the 1930s) program had 80% success rate when they relied on the power of God to deliver them. Now, its success rate is down to 2% because they have taken God out of the program.

You cannot be delivered from any addiction without an intimate love relationship with God. Everyone has an emptiness, a void within, that only God can fill. You have a deep spiritual root within, a need to be loved. The answer to your need to be loved, which is the root of your addiction, is intimacy with the Father.

Learn to pray

Every day, sit at the Father's feet, talk to Him, listen to His still small, very gentle and soft voice. Stop listening to the lies that Satan says that you are not good enough, others don't love you etc. First seek to know God's face, read the Word, spend time with Him. Praying back to God texts of Scripture are helpful. The following are a few examples that can get you started.

The prayer of my heart for you is that your need to be loved would be filled through the revelation and experience of God the Father's love for you. I encourage you to take the time right now to pray this prayer taken from Ephesians 3 v 14 – 20:

“Father, I ask You to grant me out of the rich treasury of Your glory to be strengthened and reinforced with mighty power in my inner man by the Holy Spirit Himself indwelling in my innermost being and personality. May Christ through my faith actually dwell and make His permanent home in my heart! May I be rooted deep in love and founded securely on love, that I may have the power and be strong to apprehend and grasp with all the saints (who are God's devoted people), the experience of that love, what is the breadth and length and height of it; That I may really come to know practically through experience for myself the love of Christ, which far surpasses mere knowledge that is without experience; that I may be filled through all my being with all the fullness of God, may have the richest measure of the divine Presence, and become a body wholly filled and flooded with God Himself! Father, You by Your power that is at work within me are able to carry out Your purpose and do superabundantly, far over and above all that I dare ask or think, infinitely beyond my highest prayers, desires, thoughts, hopes or dreams.”

Pray that you would get to know the Father more: Exodus 33 v 13: “Father show me Your ways, that I may know You progressively become more deeply and intimately acquainted with You, perceiving and recognizing and understanding You more strongly and clearly.” Exodus 33 v 14 “And the Lord said, My Presence shall go with you and I will give you rest.” Believe it. Receive it.

“Father, I repent for buying into the devil's lies that You do not love me. I repent for not loving myself and for having self-hatred and a low self-esteem. I ask You please forgive me. I have forgiven and released all others who have wronged and hurt me. Father I open my heart right now to receive Your perfect love and the love of the Lord Jesus Christ as a work of the Holy Spirit.”

“Father, I ask You to normalize and restore my proper brain function. Satan has caused me to be overtaken with the spirit of alcoholism/drugs/addiction and I know that only Jesus has the power to restore and heal me. He has the power to stop my body craving for any substance. Father, I have a covenant of divine healing with You (Isaiah 53 v 5). You forgive all my sins and heal all my diseases (Psalm 103 v 3). Therefore on the authority of Your Word and in the Name of Jesus, I claim and declare healing and complete wholeness in my mind, brain and body. In faith I declare that I am free from the bondage and captivity of (name the addiction)! (Isaiah 61 v 1 – 3).”

God is able to heal us, willing to do so, and desires that we are healed, physically, emotionally and spiritually.

Taken from Healing Begins With Sanctification of the Heart. Dr M K Strydom

Read these incredible statements that were written over 150 years ago that are now being confirmed by science - way ahead of their time.

“Satan is the originator of disease, and the physician is warring against his work and power. Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here.” *Counsels on Health 324*

“The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death. Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease the cause of which is wholly imaginary. Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. “A merry [rejoicing] heart doeth good like a medicine.” Proverbs 17:22. In the treatment of the sick the effect of mental influence should not be overlooked. Rightly used, this influence affords one of the most effective agencies for combating disease.”

Ministry of Healing 241 E G White

Chicken Consumption and the Feminization of Male Genitalia

Genetics may play a role in penis size. For many, both men and women, find both penile length and girth, somewhat or very important.

What does this have to do with diet? “Phthalates are [chemical] compounds that are used in a wide range of consumer products, [including pesticides, paints, and PVC plastic]. However, the contribution of dietary intake to phthalate exposure has not been well defined.”

What the problem with phthalate exposure? “Effects on sexual health and development have been observed in recent human studies.” We’ve known phthalates affect the genital development of lab rats, but for the first time ever, human data has been published.

In a study they measured the levels of phthalates flowing through the bodies of pregnant women, and then later measured the size and characteristics of their infant sons genitals after birth between ages 2 months to 3 years. The women who had the most exposure had up to 10 times the odds of giving birth to sons with one or both testicles incompletely descended, their scrotum categorized as small and/or “not distinct from surrounding tissue,” and a significantly smaller penis volume, a measure of penis size taking into account both length and girth. In other words, the more phthalates pregnant women are exposed to, the increased likelihood of testicular maldescent, a small and indistinct scrotum, and smaller penis size.”

They conclude: “These changes in male infants, associated with prenatal exposure to some of the same phthalate metabolites that cause similar alterations in male rodents, suggest that commonly used phthalates may undervirilize humans as well as rodents.”

So what foods should pregnant women stay away from to avoid the phthalate-related syndrome of incomplete virilization?

The urine levels of thousands of Americans all across the country were measured, along with their diets, to find out food most significantly correlated the phthalate exposure within the body. They looked at dairy, eggs, fish, fruit, poultry, potatoes, tomatoes, vegetables in general, and red meat. Statistically, the most significant result in their analysis was poultry consumption.

So for example, “In one analysis, while total dairy consumption was significantly associated with one of the phthalate chemicals, called MCP, and eggs with another, poultry consumption was a significant predictor of levels of all of the individual DEHP metabolites, MEHP, MEHHP, MEOHP, MECCP, etc., etc., etc.. “suggesting... that an increase of one ounce of poultry per day is associated with an increase in one of the phthalate metabolite levels of approximately 5.7%. A single chicken breast is nearly 8 ounces.

Maybe it was just leaching into the meat from the plastic wrap packaging? Probably not. “the finding that egg consumption is significantly associated with levels of phthalates too, suggests that chickens themselves may be contaminated and that food is not being contaminated just through packaging and processing.

So if there is one thing pregnant women may want to avoid during pregnancy to protect their son’s normal development it would be to avoid poultry.

<https://nutritionfacts.org/video/chicken-consumption-and-the-feminization-of-male-genitalia/>

Morning Sickness May Protect Mother and Child

“Since the beginning of time, pregnant women have been known to suffer...nausea and vomiting during pregnancy.” “The term ‘morning sickness’ is actually misleading,” since women can feel sick all day long. And sometimes, it can get so serious women have to be hospitalized.

Researchers at Harvard’s Brigham and Women’s Hospital found that saturated fat seemed to be a primary dietary risk factor for severe sickness. Five times the odds for each 15 grams’ intake of saturated fat, like a quarter-pound cheeseburger’s worth. The reason saturated fat intake may be such a strong risk factor could be through its effect on estrogen, as “saturated fat has been shown to increase circulating levels of estrogen.”

Why would we evolve to have such a negative reaction to saturated fat? Why would we evolve to get sick at all? “Pregnancy sickness is a universal phenomenon, with nausea and vomiting affecting 70 to 85% of all pregnant women.” If you include food aversions in the definition, then the incidence is more like 100%. “Because pregnancy sickness is such a common phenomenon, one must question why this is so. Is there a purpose for such a potentially devastating condition?” Well, in the past,

pregnancy sickness was dismissed as all just in women’s heads, but “recent...studies have reconsidered pregnancy sickness as an embryo-protective mechanism, an evolutionary adaptation to protect the baby.”

Protect the baby from what? Maybe from meat. “Meat is the principal source of pathogens for humans. Meat is also the most common type of food avoided by pregnant women.” So, the development of an aversion to meat during pregnancy could be protective, as “meat may have toxins that are mutagenic, carcinogenic, and teratogenic”—meaning birth defect-causing. Tainted meat may also be contaminated by pathogens, and “pregnancy is a time of relative immunosuppression.” Normally, we can fend off most meat pathogens; however, by design, pregnant women are immunosuppressed to not reject the developing embryo, since half the baby—from the father’s side—is foreign.

So, maybe morning sickness evolved as a way to get us to stay away from meat during this vulnerable time. This would be consistent with a “profound overrepresentation” of taboos against meat eating during pregnancy in sample societies around the world. If this theory is true, then we should be able to make five predictions. If nausea and vomiting in pregnancy is there to be protective, then women who have it should have better pregnancy outcomes. And, indeed, women who experience nausea and vomiting are significantly less likely to miscarry, or suffer a stillbirth.

Another prediction would be that the triggering foods contain things that can be particularly harmful to the baby. And, indeed, “of all food types, animal protein (including meat, poultry, eggs, and seafood...) is the most dangerous. Meat is the source of a wide range of pathogens that pose a grave threat to pregnant women and their developing babies.”

Nausea and vomiting in pregnancy should also coincide with when the embryo is most vulnerable. That’s between like, you know, weeks 5 and 15, when all the critical organ structures are being formed—which is right when nausea and vomiting is peaking, which is right when pregnant women find meats, fish, poultry, and eggs most aversive.

And, finally, if this theory is true, one would expect a lower frequency of morning sickness among plant-based populations. And, yes, the few societies where you don’t see such morning sickness problems are the ones that tend to have only plants as dietary staples, rather than meat.

<https://nutritionfacts.org/video/morning-sickness-may-protect-mother-and-child/>

Who is in control?

...How conservative Christians elected Donald Trump

Part 14 of a series

For quite some time now I have been very interested in understanding the relationship between Bible prophecy and current world events. The Bible has a number of prophecies about world events that will usher in last days events. It is obvious that current world events are being played out that are very revealing to us and by us understanding these, we can see where we are in world history and also we can know some things that will happen in advance. This does not mean that we know every detail, but it shows important points we need to look for.

One of these facts that I believe we should know about is how America's role in world events is spelled out in the Bible. To followers of Bible prophecy, the election of Donald Trump as America's president was very interesting. Today, America is actually in the process of fulfilling Bible prophecy. Revelation 13 tells us that America, the second beast mentioned, will enforce worship laws on the whole world. She will cooperate with the first beast or the Roman Catholic Church to accomplish this. And America will take on the characteristics of a dragon and will persecute those who do not go along with her worship demands and laws.

After the election of Donald Trump, mainstream media were in shock. They were almost all predicting that their pet candidate, Hillary Clinton, would win whom they themselves had worked so hard to get elected. Yes, that's right, the mainstream media was determined to make sure Hillary was the next president. But something happened that was entirely out of their control which changed the course of the election and for that matter, the direction of the United States.

George Barna, a most respected Christian pollster and researcher, has recently written a book entitled *The Day Christians Changed America*, in which he gives insights into the secrets behind Donald Trump's surprise victory in the U.S. elections in 2016. In Revelation 13:11, John the Revelator writes about his vision. "And I beheld another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a dragon. And he exerciseth all the power of the first beast before him, and causeth the earth and them which dwell therein to worship the first beast, whose deadly wound was healed."

In other words, the second beast, which is the United States, will cause the whole world to

follow and worship the first beast, or the Papacy. Not only that, the United States will exercise "all the power" of the first beast. What kind of power is that? The Papacy, during the dark ages, had persecuting power. It was able to persecute all those who refused her Sunday worship or her other doctrines. If America is going to have that much power, she must become very great again. During his campaign Mr. Trump used a slogan that reflected on this principle. The "Make American Great Again" catchphrase inspired millions with the idea that America could be restored to her previous glory once again. But the Bible says that she will actually have so much power that she will be able to persecute those who refuse to obey her coming worship laws.

Who is going to bring in worship laws? Conservative Christians, we are told, will drive the new America to the depths of despotism by removing the religious freedom from some (namely Sabbath keepers) in an effort to bring America back into God's favor. But this movement is really organized by the enemy (Satan) to get America to support his own worship.

Who are the dignitaries of the church? In the United States, these are the evangelicals or conservative Christians. They will invite Roman Catholic bishops and priests to join them in pressing for Sunday legislation. And also notice that it is about securing public favor. So, the public will demand a Sunday law, and legislators will comply to keep their support, which is a form of bribery. Liberty of conscience will be sacrificed on the altar of expediency, and men and women who keep God's holy Sabbath will be brought into great trial and persecution. After all, the dragon, or Satan is wroth with God's true church, the woman, because it keeps the commandments of God, particularly the Sabbath commandment, and has the testimony of Jesus, which is the Spirit of Prophecy. See Revelation 19:10. So, we are coming up against a relentless enemy. We must be aware of his tactics.

The roots of Mr. Trump's stunning win go many years back. Liberals in the mainstream media have been making steady progress on their agenda to change the culture of America away from conservative values into a bastion of cultural liberalism. Under President Obama, he pushed America so hard to the left that there was inevitably going to be a conservative reaction. President Obama's agenda was to do all he could to take a chainsaw to the pillars of American society. With a supportive

mainstream left-leaning media, President Obama relentlessly pursued his agenda to seriously bend America in a direction quite the opposite from its historical track. These things included changing the way America related to homosexuals and same-sex marriage, even bigger welfare programs including Obamacare and other socialist policies.

But eight years was just too short of a time to make all the massive changes President Obama attempted and Hillary Clinton (Democrat) was the best candidate to carry on with his plans to erode the moral underpinnings of society. But under Obama, conservatives began to wake up and realize that America was being changed dramatically, and forever. They became especially angry at the social reconstruction that had taken place, and they were deeply disturbed by the bold and abrasive agenda that had struck at the heart of American morality.

Meanwhile, the Republican Party had a problem. They did not have a superstar to lead the party to victory. Then consider Donald Trump, who had no history in politics. Political leaders, celebrities, mainstream media pundits, all of them, were convinced that it was impossible for a man like Donald Trump to win the election.

The mainstream media were no longer objective. They treated Mrs Clinton as the winner-in-waiting, and Mr. Trump as the "hapless loser," driving the "clown car" of the Republican Party. The Republican Party, for its own part, had a difficult time rallying behind Donald Trump, first because he was so abrasive, and second because the faith constituency also had a hard time with his lifestyle, brash ways, and secular mindset. He just wasn't their candidate. Yet no other candidate could deal with the liberal left who were aggressive, determined and unrelenting. Only "The Donald" could stand up to her political power and the fine-tuned campaign machinery and at the same time deal with the hostile and hard-hitting left-stream media. Mr. Trump's unshakable confidence in himself, and his fighting qualities, for better or for worse, was and remains the key to returning America back to its conservative and, I might add, to its religious and prophetic destiny.

Remember that the United States will enforce worship on the rest of the world. That means that the United States has to become much more religious than it currently is, and be able to enforce religious worship laws on its own citizens before it can enforce a universal worship law on all other nations. This suggests that America's destiny is not leftist, but rightist. And the liberals are having a fit that this prophecy is being fulfilled. Most of them have no interest in Bible prophecy, so they do not understand what is coming upon us all. They think they can carry on with their plans to make America more and more liberal and

hope America will swing back to them.

But the election hinged on something else, something that most political observers ignored, misunderstood, or under-estimated; the role of conservative religious people. Religious conservative voters knew they had to do everything they could to make sure that Hillary didn't get elected, or else she would continue the high-speed leftist trajectory that President Obama had begun. They had seen the numerous changes that were thrust on them.

Among the Christian conservatives there was a largely unheralded group known as SAGE Cons, an acronym for Spiritually Active, Governance Engaged Conservatives. They received no attention from the media, pollsters, or political professionals. Yet despite their political invisibility, SAGE Cons tipped the balance to the Trump side. Initially, they were not interested in Trump. In fact, his character issues and lack of policy wisdom repulsed them. So, about 40 of them met with Mr. Trump at his home in Trump Towers early in the campaign. This opened the door for continuing conversations with the group. Eventually, Mr. Trump said or did enough to make James Dobson feel justified in saying he was "born again," and that he was a "baby Christian." They only had two choices, Hillary or Donald. And they certainly did not want Hillary. So, they had to accept someone that was less than ideal, but then train him to think like them.

While you have perhaps never heard of them in the mainstream media SAGE Cons are a larger voting block than blacks, Hispanics, gays, college students or any of the other smaller segments that the liberal media tend to highlight and exaggerate. Only a very few religious conservative leaders supported Mr. Trump. Something dramatic needed to happen. And it did. It was an event that nobody saw coming. The reality for the Trump team was inescapable. He had to woo the conservative religious groups or he would not make it to the White House.

So in June, they held an "invitation-only" gathering. The organizers originally wanted 200 open-minded leaders to show up. By the day of the event, just over 1000 religious leaders showed up. Ben Carson, Franklin Graham, Jerry Fawell Jr all spoke. Then Mr Trump spoke. He said exactly the things these evangelicals wanted to hear. Mr. Trump attacked the Johnson Amendment, which prohibits political endorsements by tax-exempt organizations. He also promised to end the politically correct speech that prevents people from praying or using religious expressions in public.

Then came one of his most important comments from a prophetic point of view. He told them they needed to band together as Christians, that they were a very powerful

group if they did so. He then spoke about the US Supreme Court Justices, the military, Israel, economics, borders, and Obamacare. Instead of the planned 45 minutes, Mr. Trump had been on stage for two hours. The mood in the room had changed from doubt and skepticism to optimism and hope. Christian leaders left the Marriott Marquis on June 21 seeing a future quite different from when they went into the meeting. Many leaders declared that they had seen the light and now supported Mr. Trump. Others were more cautious and had to think about their plan of action and still others shifted from "undecided" to being secret Trump supporters. Many shifted their position to "Clinton is untenable, Trump is imperfect, but we have to choose somebody, and Trump is the logical choice."

But perhaps the one event that pushed evangelicals over the edge in support of Mr. Trump was his choice of Mike Pence as his running mate. Pence was raised a Roman Catholic, but converted to Evangelicalism. He had established his conservative evangelical credentials as Governor of Indiana, and was widely respected. A striking two out of three SAGE Cons admitted that placing Pence on the Republican ticket gave them more confidence in a Trump administration and therefore, they were more comfortable in voting for him.

Mr. Trump had famously labeled mainstream media "fake news." And research revealed that conservative Christians were not getting their news from CNN and other mainstream media sources. They no longer trusted them because it was obvious that the mainstream media was pushing Hillary so hard – too hard, perhaps – that it was impossible to get unbiased information from them. SAGE Cons believed that the mainstream media was unfair and biased. They were fed up with them. So, they took matters into their own hands and developed their own conservative news sources. Millions of voters felt that the media was manipulating them. They resented being lied to by Hillary and her media minions. Mr. Trump had an uncanny sense of how to expose the underpinnings of the Clinton campaign.

On Election Day, even SAGE Cons left the polls thinking that Hillary would win, but they turned out in massive numbers and voted for Mr. Trump anyway. And to the shock of the liberals, the mainstream media, and even to the SAGE Cons themselves, Mr. Trump won the Electoral College.

So, how did it happen? We've seen how the Marriott meeting had a major impact in changing the minds of evangelicals about Mr. Trump. But that was only the beginning. There was still much work to do before the election. And the evangelicals went into action. While some of them were uncomfort-

able partnering in the past, working through the United in Purpose events and connections made cooperation more palatable.

Conservative ministries communicate regularly with their followers. Once the message was sorted out, engaging conservative Christians was easy through ministries with which they were familiar. To understand the magnitude of this activity, let me give you one unique detail. Between social media postings, emails, and website listings that included articles, videos, and blogs, the partner organizations initiated nearly one billion unique digital contacts with targeted voters. That's almost a billion contacts. That was no small accomplishment, when you think about it.

Can you see what can happen when conservative Christians unite around a given cause? They can really do anything, including enacting legal worship laws, if they want to. The Bible says not your trust in the arm of flesh. That's what these people are doing and it will eventually lead them to do things that are currently unthinkable. Traditional media also got into the action. The National Religious Broadcasters became heavily involved, print publishers, television networks and other Christian media outlets joined in the effort as well, evangelical leaders, many different Christian groups had a very important role in getting Donald Trump elected. Mainstream media ignored it to their own embarrassment. In fact, their behavior made it clear how opposed to general biblical values the mainstream media really is.

Conservative Christians would have none of it. While the mainstream media continues their barrage of opinionated non-journalistic and sometimes savage attacks on Mr. Trump, it creates an environment that actually keeps these conservative Christians close to him. They love him because he continues to try to fulfill his campaign promises. He invites them into the White House. They are given opportunities to shape his thinking and consequently his policies both foreign and domestic.

Mr. Trump established a Faith Advisory Board with many key SAGE Cons to guide him as he navigates the presidential issues he and his staff face. They meet with him and influence his thinking about issues that are important to them. They are consolidating power in government, which will eventually lead to the fulfillment of Revelation 13 in which the 2nd beast, or the United States, becomes so powerful and religious that it begins to persecute those who do not worship in the legal way. This is hard for many people to understand. How will it be that America will become that strong? Only by uniting church and state, only by giving church leaders influence over the state, can America become

Concluded on p 10

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.
- Afalfa Leaf Tea** 150g.....\$12
Rich in vitamins, minerals and other nutrients that strengthen and maintain health.
- Calendula Flower** 100g.....\$9
Used as a tea for inflammation, or use as a base for ointments and oils
- Cornsilk Tea** 100g.....\$8
A great way to treat bladder infections
- Cayenne Pepper** 200g\$8
Can be taken internally to stimulate circulation, stop bleeding and used as a poultice on the skin to stimulate healing. Heat rating: 60,000 Scoville Heat Units
- Turmeric Powder** 200g.....\$8
Is an antioxidant, anti-inflammatory, blood detoxifier and has many anti-cancer properties plus many more uses
- Activated Charcoal Powder** 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
- Calculate postage: up to 500g costs \$9 postage: up to 3kg costs \$15 postage: up to 5kg costs \$18

Recipes

Seasoned Tofu Cubes

- 3 tbsp cornflour (GF if necessary)
- 2 tbsp onion powder
- 1 tbsp garlic powder
- 1 tspn celtic sea salt
- 350g firm organic tofu

Mix together cornflour, onion powder, garlic powder and salt. Cut tofu into 1 c cubes (or a little smaller if you want) and roll cubes into flour mix to coat. Fry lightly in lightly oiled frypan using coconut oil, turning regularly until most surfaces are lightly browned.

This makes the tofu slightly chewy. Can be added to any dish especially stir fries.

Toasted Sunflower Seeds

- 3 cups sunflower seeds
- 2 tspn olive oil (optional)
- 1 tsp celtic sea salt (optional)

Preheat oven to 180°C. Spread seeds out on a baking tray. Toast for 20 minutes, stirring half way through. Optional: sprinkle with olive oil and salt.

Delicious additions to salads, stir fries and dips.

Seedy Crackers

- ½ cup linseeds (ground)
- ½ cup sunflower seeds (ground)
- ½ cup ground pepitas (pumpkin seeds)
- ¼ cup chia seeds (not ground)
- 1 tspn celtic sea salt
- 1 tspn mixed herbs
- ½ tspn onion powder
- ¼ garlic powder
- ¾ cup water

Mix together all ingredients except water in a bowl, then add water. Mix well and press into a 38x26cm lined baking tray. You may want to lay the mixture on the baking paper on your bench, cover with gladwrap and roll out thinly. Score into squares or rectangles before baking. Bake for 150°C for 1 hour, until dry and crunchy.

Taken from **Wholesome Homemade** by Kasey Duke
www.eastward.edu.au
under maga books

Back to Eden presents

Natural Health Meetings

with Barbara O'Neill



Back to Eden is bringing Barbara O'Neill to the Albury area to speak in a series of Natural Health meetings. Barbara has a profound insight into Natural Health and is well known as the Health Director of Misty Mountain Health Retreat, a Naturopath and Nutritionist. She has worked in the area of natural health for 30 years and has raised eight children. Her experiences are vast and her knowledge is incredible, but she presents them with a practicality that will amaze you. Barbara's experience, knowledge and common sense style of lecturing have made her a popular and sought after speaker in Australia and internationally. Over the past few years she has appeared on many television programs that are seen around the world. Plus, her talks are very popular on You Tube. Her busy schedule speaking appointments have taken her as far as America, many Pacific Islands, England, Holland, Asia, Africa, New Zealand, India as well as all over Australia. She will weave into her talks some of her many experiences of helping the sick regain their health.

When: February 15 & 16

Times: **Thursday February 15 at 6.30 - 9.00**

Talk 1 Healing the Gut

Talk 2 Diabetes - a Lifestyle Disease

Friday February 16 at 6.30 - 9.00

Talk 1 Rewiring the Brain

Talk 2 Depression Recovery

Where: Lavington Public School Hall

Hague Street Lavington

Cost: \$10 per night or \$15 for 2 nights

Phone for information: Kaye 02 6025 5018

Limited Health Products will be for sale on the Thursday night only (no credit cards)

concluded from page 8

so great that it will force all nations to comply with its policies, particularly its worship policies. This is happening under our noses, as evangelicals take on more governing power.

Let us remember that we are living in amazing times when every Bible prophecy will be fulfilled. We are on the precipice of massive changes in terms of religious liberty. In the name of religious liberty, America will eventually seek to take away the very liberties that have made it great. If evangelical leaders become entrenched in government, do you think they will not touch religious freedom? Most of these religious leaders are Sunday keepers. They are all very committed to Sunday worship. When there have been enough

devastating disasters they will say that God is punishing America for its sins. Some of them are already saying that in the aftermath of three devastating hurricanes, shocking wildfires, and other natural disasters. What is to prevent them from taking the next step and advocating that everyone must go to church on Sunday?

Under Obama, Americans have been pushed far to the left. Remember, when a pendulum is taken far to the left, it will go equally as far to the right. It's not difficult to see where this is headed. Great changes are about to happen in America to fulfil Bible prophecy.

I have brought this topic before you because I feel it is of the utmost importance to see where we are headed. This is an edited ver-

sion of a talk from Keep the Faith website.

For those who want to hear or read the entire talk, see <https://ktfnews.com/monthly-messages/>

Back to Eden health classes

This term they are to be held at
Kaye's home,
496 Hague Street.
Lavington

Tues 27th Feb at 10am -12 noon
Tues 20th March at 10 am - 12 noon

Cost \$5
Details Phone Kaye 0260255018