

Back to Eden

Toxic Heavy Metals
Who is in Control?
How Christ Ministered
Products
Coming classes/ Book
China and Heavy Metals

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My husband Peter recently had the misfortune to have a small accident that required attention at the emergency department late one night. Some four hours later he had a deep nasty gash on his wrist stitched up. I was not home at the time and thankfully my son was able to help him at this time. The attending doctor gave him a tetanus shot as well as anti-biotics. Now those of you who know me would know that I would not purposefully take any shot and I choose to avoid them. It was over a week later that I arrived home and found Peter in reasonable spirits (he did miss me), his wrist was healing, but he told me that he was quite fatigued. Now this is not normal as Peter is normally energetic, very agile and fit for his age. He has told me many times he believes the fatigue is a result of the shots.

This whole experience has taken me down a path that is looking to find ways to detox from these vaccinations. Now, I am sure that some of you are also in the same situation as we recently found ourselves in. How do you help someone who has had to get vaccinations? Can you detox from the effects of vaccinations? Can we detox our children? What about those who have had to have a spell in hospital? As you read this article, you will realize that the same protocol to detox from vaccination is the same way we need detox from heavy metals.

This is the summary of my research. I am so thankful to God that I have been given the understanding and knowledge on how to counteract the situation we have found ourselves in. My desire is to share this information with others. I do not yet have all the knowledge how to do this detox carefully, but I believe that the information given is enough to get us all started. If you choose to go on this detox, remember it will take time. Do research for yourself and become educated.

Back to Peter, he is getting back to normal, but this whole scenario has given me a reason to search out this information. His wrist has healed completely. I believe that almost all of us need a heavy metal detox because of what we have to put up with in our toxic world.

From Kaye and the Back to Eden team.

Toxic heavy metals.....

T rue healing always looks at ways to assist our body heal, carefully observing what we do and what we put into our bodies. Will it build up our health or break it down? But clearly there must be something that we are doing or not doing that is causing so many of us to lose health and vitality? Do we only pay attention to our food and nutrition or is there something else causing us problems? Could it be the chemicals we are exposed to? Since World War 2, 80,000 new chemicals have been created, with 1,500 new chemicals each year. We have this multitude of chemicals that we now have to cope with. The level of toxicity is like no time in the history of mankind. The air we breathe, the water we drink, the food we eat, the products we put on our skin, even the clothing we wear – all affect our health.

There is little doubt that these chemicals contribute to the vast majority of cancers and other chronic debilitating diseases such as multiple sclerosis, Parkinson's and Alzheimer's disease. Combine these chemicals with toxic heavy metals that are everywhere in our environment and are often in these chemicals, we have a real problem. Let us first look at what heavy metals are.

The term heavy metal refers to any metallic chemical element that has a relatively high density compared to water and is toxic or poisonous at low concentrations. Examples of heavy metals include mercury, cadmium, arsenic, chromium, thallium, lead, aluminium, beryllium and fluoride. They have no bodily function and will cause heavy metal toxicity and should therefore be avoided wherever possible

Heavy metals are natural components of the Earth's crust. They cannot be degraded or destroyed. To a small extent they enter our bodies via food, drinking water and air. As trace elements, some heavy metals (e.g. copper, selenium, zinc) are essential to maintain the metabolism of the human

body. However, at higher concentrations they can lead to poisoning. Heavy metal poisoning could result, for instance, from drinking-water contamination (e.g. lead pipes, contaminated water supply), high ambient air concentrations near emission sources (coal emissions contain large quantities of heavy metals that settle or wash out of the atmosphere into oceans, streams, and land), vaccinations or intake via the food chain.

Heavy metals are dangerous because they tend to bioaccumulate. Bioaccumulation means an increase in the concentration of a chemical in a biological organism over time, compared to the chemical's concentration in the environment. Compounds accumulate in living things any time they are taken up and are stored much faster than they are broken down (metabolized) or excreted. Heavy metals can enter a water supply by industrial and consumer waste, or even from acidic rain breaking down soils and releasing heavy metals into streams, lakes, rivers, and groundwater.

Heavy metal poisoning is the accumulation of these heavy metals, in toxic amounts, in the soft tissues of the body. The fact of the matter is, no matter where we live and what we do, if we eat food, drink water and breathe air, we are being exposed to toxic metals. Once a toxic metal gets in to the body, it is very difficult to get it out again. This is because these toxic metals aren't just floating around in the bloodstream or sitting in the fatty tissues. They actually become part of our body at a cellular level. This happens because to the body, toxic metals look just like other elements, elements we need. This is due to similarities in atomic size and electron configuration. Thus, rather than recognizing a toxic metal as a poison and getting rid of it, the body instead tries to use it like a nutritional element, and this is where the problem starts.

Take mercury for example. To the body, mercury looks just like the nutritional mineral selenium. Since most people are chronically deficient in selenium, when a molecule of mercury floats by in the

bloodstream, the body thinks, oh good, here comes some selenium, I need that, and it gobbles it right up. Of course mercury may look like selenium, but it doesn't act like selenium, in fact in many ways, it is the exact opposite of selenium. Once the mercury is incorporated into the body, it is free to exert its toxic influence 24 hours a day generating free radicals, melting nerves and suppressing immune function.

In this same manner, lead is mistaken for calcium, cadmium is mistaken for zinc, and aluminum, nickel and uranium are mistaken for magnesium. It is this insidious ability of toxic metals to trick the body into incorporating them into the tissues that makes them so difficult to get rid of.

Symptoms and physical findings associated with heavy metal poisoning vary according to the metal accumulated. Many of the heavy metals, such as zinc, copper, chromium, iron and manganese, are essential to body function in very small amounts. But, if these metals accumulate in the body in concentrations sufficient to cause poisoning, then serious damage may occur. The heavy metals most commonly associated with poisoning of humans are lead, mercury, arsenic and cadmium.

Why worry about heavy metals?

Heavy metal toxins in our environment have increased dramatically over the past decades. The important thing to realize is that these chemical heavy metal toxins which are released into the surroundings do not decay naturally. Such toxins are called Persistent Organic Pollutants (POPs). They persist in the environment for years or even decades and bio-accumulate not just in all living organisms but as well in the human body.

Throughout life we are constantly exposed to these hazardous chemicals. No one can really escape from them. Virtually everybody has some toxic metal deposits in the body. They tend to build up slowly over the years in the tissues, brain, organs and bones, so an unhealthy level begins and when the body cannot cope with it any more discomfort begins to be felt.

There is a growing awareness that these substances are not good for us and are destroying our health. In the last few decades we have seen an effort to reduce our exposure to them. Many countries for instance have banned lead for use in petrol and paint. Even so, these toxic metals are still widely present and used in the fabrication business. Remember, they are not bio-degradable and remain in the environment for a long time.

To give you an example, the biological half-life of cadmium in the human body is between 10-35 years. That is the time it takes until half of the substance is eliminated naturally under normal circumstances.

How heavy metals affect us

The following are just a few of the heavy metal toxins that are of particular concern to humans (and animals as well). All of them are highly poisonous substances and known for their negative impact on our health. In large amounts they are manufactured as ingredients for various consumer products or released as by-products. Industrial emissions and car exhaust fumes are common sources.

MERCURY

Mercury occurs naturally on the earth. In its natural elemental form it is not hazardous. The industrial process turns it into a highly toxic substance. Vaporized mercury emission pollutes the air, water and soil which further contaminates our food. Deposits in the human brain are said to have a half-life of around 25 years.

Mercury is used in manufacture of pesticides, electric devices, plastics, fluorescent light bulbs, contact lens fluid, thermometers, ink, tobacco, cosmetics, as a preservative (thimerosal) in a number of vaccines and as a compound in dental fillings known as amalgam. Most people are unaware that by weight, each amalgam filling is approximately half liquid mercury and the other half is a powdered alloy of silver, tin, and copper. Amalgam toxicity is no longer denied and the number of Dentists who have turned away from using it has grown substantially. We must consider amalgams are more dangerous in our mouth because of the acidic environment. Also, we are brushing our teeth, and drinking hot liquid that makes the mercury vaporize even more. Mercury is also present in various fish that are consumed, particularly the large ones.

The mercury toxicity linked to dental fillings, particularly when people have a large number of them include a metallic taste in the mouth, excess salivation, gingivitis, tremors, stomach and kidney troubles. Mental symptoms include shyness, irritability, apathy and depression, psychosis, mental deterioration, and anorexia.

Mercury is an endocrine disrupting compound, which can cause imbalances in the hormonal system. It is also a neurotoxin damaging the brain and nervous system. Related symptoms are fatigue, depression, allergies, headache, hair loss, infertility, intestinal problems, sleeping disorders and mental problems. Autism and Multiple Sclerosis diseases are strongly linked to it.

CADMIUM

This is largely used in industry and is a leading environmental pollutant. According to the WHO (World Health Organisation) over half of the people in western countries are exposed to it above the tolerated level. In many areas cadmium is present in all 3 elements, air, soil and water. Consequently, we absorb it not only through breathing, but also with eating and drinking.

Our food is heavily tainted with this toxin beside many other chemicals. Particularly grains, potatoes, mushrooms, oily seeds (flax, sunflower), rice and seafood tend to accumulate it a lot. Commercially grown vegetables and grains are often "fed" with phosphate fertilizers which usually contain high amounts of cadmium. This makes it even worse. Other major sources are coffee, drinking water, cigarette smoke, paints and chalk pastels, plastics, batteries, mobile phones and electroplating.

Long-term exposure could lead to high blood pressure, heart diseases, anemia, osteoporosis, kidney stones, liver problems, reproductive disorders, hair loss, hyperactivity and mental problems. Cadmium inhibits the metabolism of minerals like zinc and iron in the body which may cause mineral deficiency. It is also classified as a carcinogen increasing the risk of cancer especially lung, prostate and breast cancer.

LEAD

This is well known as a highly toxic substance, even in small amounts. Western countries have drastically reduced its use, but it is not completely banned. Food cans, pesticides, inks, old paints in houses, tap water (because of lead pipes or water contamination), cosmetics and wine may contain lead.

The body tends to accumulate it in the bones, teeth and in the brain. Lead is a potential neurotoxin (like cadmium, mercury and aluminium) causing neurological and mental disorders. Children seem to be more vulnerable to absorb it and autism, mental retardation, hyperactivity are linked to lead poisoning. Associated health problems in adults are heart diseases. Dr Mark Hyman relates how one of his woman patients, after detoxing from heavy metals avoided a heart operation. Chelation is one of the most effective non operative treatments ever discovered for heart disease.

Medical science now knows that for every 17 micrograms of lead in your body, your IQ is reduced by 10 points. Imagine, how many of us would have been much brighter if we didn't grow up in a time where lead was used in paint or lead in the automobile fumes? But now consider how much more prevalent it is in our environment.

Signs and Symptoms of lead toxicity include combinations of gastrointestinal complaints, hypertension, fatigue, hemolytic anemia, abdominal pain, nausea, constipation, weight loss, peripheral neuropathy, cognitive dysfunction, arthralgias (joint pains), headache, weakness, convulsions, irritability, impotence, loss of libido, depression, depression of thyroid and adrenal function, chronic renal failure, gout, compromising of the immune system and high blood pressure. A patient with lead poisoning may have a combination of symptoms – or no symptoms at all until the condition has progressed. Mental symptoms include restlessness, insomnia, irritability, confusion, excitement, anxiety, inability to concentrate, delusions, and disturbing dreams.

ARSENIC

Arsenic exists naturally on the earth's surface and is mined and refined for further use in pesticides, fertilizers, animal growth-promoters, wood preservatives (timber) and electric devices. Arsenic leaching into groundwater from natural, industrial and agricultural sources is widespread and the biggest problem for us. Arsenic is very similar to cadmium, a suspected carcinogen and can cause disorders in nervous, endocrine and reproductive system.

Symptoms include nausea or vomiting, abdominal pain, diarrhea, garlic odour on breath, excessive salivation, headache, vertigo, fatigue, paresthesia (numbness, prickling or itching of skin), paralysis, kidney failure, progressive blindness, and mental impairment. Signs include mottled brown skin, hyperkeratosis (increased pigmentation) of palms and soles, cutis edema (skin swellings), transverse striate Leukonychia (white transverse bands in fingernails), perforation of nasal septum, eyelid edema, rhinitis (catarrhal inflammation of the mucous membrane in the nose), limb paralysis and reduced deep tendon reflexes. Mental symptoms include apathy, dementia, and anorexia.

ALUMINIUM

Some consider it to be less toxic than the above metals, but it should be avoided as much as possible too. Vaccines and drugs such as antacid or bolus contain aluminium as does many personal care products like deodorants and toothpaste. It is also widely used in the food processing of soft cheese, white flour, baking powder and table salt.

On top of that is another issue, aluminium can leach into foods when stored or cooked in aluminium pots, cans or other containers. This is particularly the case with acidic food like tomatoes. Another problem is using aluminium foil to cook in. This seemingly harmless metal that accumulates in the body

may cause damage to the liver and kidney, neurological problems, worsen arthritis, and increase the risk of Alzheimer's disease.

Mad Hatter's Disease

The following extract is taken from Dr Daniel Pompa's website, who tells his story about having mercury poisoning. (His site has some great information) "I developed Chronic Fatigue Syndrome and chemical sensitivity, hormone dysregulation, anxiety, insomnia, brain fog, my thyroid was not functioning properly and my adrenals were exhausted after I had two amalgam fillings removed. It is no wonder, because 50% of an amalgam (silver) filling is mercury, and it is proven that these fillings leach this toxic metal. The World Health Organization says amalgam fillings are not meant to be put into human beings, and most other countries, except the US, have banned them. Before an amalgam filling goes into your mouth, it is handled as hazardous waste, but when it goes into your mouth, it is considered safe. And then the moment it comes out, it is again considered hazardous waste. Unbelievable. Plus, years earlier I had used contact lenses and used contact lens solution which contained mercury. This mercury went straight to my brain."

He later found out he had chronic mercury poisoning, also known as "Mad Hatter's Disease" which is normally very difficult to detect. He also tells how he learned to detox from mercury safely and he eventually got his health back. There is a specific protocol for detoxing safely which must be carefully followed by everyone who wants to detox heavy metals.

He then found out that his wife had very high levels of lead in her body. She was totally unable to mentally focus. Her hormones were totally out of balance even though she had been on a vegan diet, was very particular with her diet and didn't take any drugs. It was discovered she had been exposed to lead as a child in an old farmhouse that had lead contamination. Her mother had developed breast cancer when she was in her 50s. The mother and daughter grew up in the same home with lead pipes and smelled the same gas smells. She remembered chewing on a green crib and eating the soil in the garden. Interestingly, her mother had earlier died of breast cancer which is often a consequence of lead toxicity. It is known that mothers (and fathers as well) pass on to their children lead toxicity while they are in the womb.

She later had five amalgam fillings removed (as they contain 50% mercury) and began a heavy metal detox. As she began to understand the role lead played on her out of

balance hormones, she also found out firsthand what lead did to her brain. She understood that this lead toxicity was directly linked with her having difficulty remembering and focussing even though she was really quite bright.

At the same time she had her amalgams out, she was breast feeding a child. As the child grew, they realized that the child also had heavy metal toxicity. Where did this come from? The child had not been vaccinated so that was not the source of the child's toxicity. Well it came from the mercury that was stirred up when her fillings were removed and this went through her mother's milk into her baby. Plus, lead is normally stored in bones. When a woman is pregnant there is a bone loss. Along with the withdrawal from her bones came the lead that was stored there which was passed to her unborn child.

They then go on to tell of adopting a boy who was on the autistic spectrum. They believed that they now had the knowledge to detoxify him. One aspect of Autism is heavy metal contamination that has been either passed on via the mother or father, or the child was compromised with vaccines early in their life. Their child was successfully detoxed and now he lives a normal life.

Just a short mention about how mercury is linked to Autism Spectrum Disorder. Exposure to mercury can cause immune, sensory, neurological, motor and behavioural dysfunction. These are similar traits defining or associated with autism. The ethylmercury containing preservative, thimerosal, has been implicated as a source of heavy metal contamination in Autism Spectrum Disorder children. Be aware that the vaccine ingredient thimerosal is mercury. Flu shots still contain 25 mcg of mercury and many folks get them every year. Leading immunologists' note that 5 consecutive flu shots over a ten year period can increase your chance of Parkinson's (and Alzheimer's from other studies) ten fold.

But with vaccines, it is not just about mercury (this has been removed in some vaccines). They still contain aluminum, formaldehyde, aborted fetus tissue and propylene glycol (plus many other adjuvants). Because they need to kill off viruses and bacteria, they must drive the immune system. Before you take your flu shots, make sure you are educated and know what you are doing.

What is the solution?

Now, what happens if you have had some vaccinations due to a medical crisis. Or maybe you realize that you have a build-up of heavy metals in your body. Maybe

you realize that your children have heavy metal toxicity. Plus, did you know that chronic Candida protects the body from heavy metal toxicity. Candida surrounds metals in the body, encompassing them, in an effort to protect the body from foreign metals. If heavy metal toxicity remains present in the body the Candida will not leave. Overgrowth of Candida is often due to heavy metal toxicity (such as mercury gradually leaching from silver fillings). Swiss research shows that Candida actually helps protect the body against heavy metal toxicity. Rather than trying to 'kill' the Candida, the best therapy is to clear the heavy metals and toxic dental work (all metals) so the Candida can return to normal levels in the body. This belief is not accepted by all practitioners.

There is a lot of information today about different cleanses, whether it's a liver cleanse, colon cleanse, foot baths and even magnets on the feet, however, they fail to remove toxins at the cellular level. These cleanses work well, but if you don't remove the toxins from the cell, these cleanses fall short of true cellular detox and a real lasting solution. Also, if you don't understand how to fix cellular pathways that have been affected by a toxic cell then getting well becomes impossible. You are never really going to get a patient well until you understand that fixing the cell is the catalyst for healing. True cellular detox has to occur in the cell, and once we impact the cell, we can now impact the expression of adverse symptoms throughout the body. In other words, "If you fix the cell the body gets well."

To detox your organs, you can usually do this by using juices, specific foods as well as herbs. There are lots of cleanses that people can do, and many of them are suitable. But a normal juice cleanse will help the detox the body's organs, but will not detox the cells, particularly the brain where toxic metals are lodged? If you want a cellular detox, you will need to add supplements to help chelate these toxic metals.

Start at the cell membrane

Dr. Bruce Lipton, a stem cell biologist and the bestselling author of, "The Biology of Belief," believes the God-given inborn intelligence that gives us life and healing is in the membrane of the cell. Dr. Lipton conducted a series of experiments that reveal that the cell membrane, the outer layer of a cell, is the organic equivalent of a computer chip, and the cell's equivalent of a brain. He describes that the cell membrane can communicate with its environment and it tells the DNA what proteins (hormones, chemicals, tissues) to produce. More specifically, if you dissolve the receptors that are located

on the membrane, the cell dies immediately even with the membrane intact. These cell receptors are known as Integral Membrane Proteins (IMP). Stated simply; if you do not regenerate the cell membrane and it's IMP's, then it is impossible to get well. This is where life and healing begins.

The take away from this is that it is imperative to regenerate a cell membrane that is inflamed and non-functional. Once the membrane becomes inflamed, what is needed to be produced by the cell is energy (ATP), methyl donors, glutathione and so many more cellular functions needed for normal function and cellular detox becomes compromised. The membrane that allows the good into the cell must also let the bad out. When your cells produce energy needed for life, it produces waste. Cellular inflammation is really the silent killer and the cause of most disease. Diseases occur due to cell membrane inflammation and not just of the outer membrane, but also the inner mitochondrial membrane, which inflammation can drastically affect all cell function and energy. This membrane is made of delicate fats. This is why the correct fats are essential for our cellular health (margarine is just one very harmful fat that damages cell membranes). These cell receptors are found around the cell. When the receptors, which are responsible for our hormones getting messages into the cell are not working properly, they need to be fixed. This is why we need the correct fats.

How do we protect against heavy metal toxicity?

Resist absorption of heavy metals with a diet rich in anti-oxidants. Both a comprehensive nutritional supplement regimen and a healthy diet are essential. In a perfect world, one avoids absorbing lead and mercury altogether by taking in adequate amounts of anti-oxidants (such as vitamin C and selenium). Children who eat low amounts of anti-oxidants (usually from insufficient fruits and vegetables), are much more likely to absorb poisons of all sorts. If several children are exposed to the same levels of heavy metal, the ones in the best nutritional shape will take in less and more efficiently excrete what is absorbed. This is why mercury exposure through vaccines or the environment does not affect all children in the same way.

What is chelation?

People who have been exposed to toxic levels of heavy metals are experimenting with chelation as a way to reduce the burden on the body. Derived from the Greek word for "claw", chelation is the process of chemically binding metal ions. Every mineral taken into the body (by food or supplement) must be bound to another substance before

it can be properly utilized. Unbound minerals are unstable. These two "unmarried" electrons are so desperate to find mates that almost any molecule short two electrons will do. Chelating agents are such molecules. The heaviest (and generally most toxic metals such as mercury, lead, nickel and cadmium) are the most "eligible". They bond to chelating agents first.

What are the chelators?

Many different molecules act as chelators. Natural agents include the proteins glycine, methionine, cysteine, histidine, glutathione and taurine. Other antioxidants like vitamins A and C, selenium, and alpha-lipoic acid also have the chemical make-up to work as chelators. Substances found in cilantro, chlorella (algae), curcumin, garlic, and sodium alginate also assist in the mobilization of metals. Finally the prescription drugs, DMSA and DMPS are, arguably, the strongest chelating agents.

What are the chelation options?

There are two schools of thought regarding chelation. The first one argues that metals, particularly mercury, should be removed as quickly as possible using the strongest chelators. DMSA is the agent most recommended because it so strongly binds to mercury. Time is of the essence, they contend, given the vulnerability of young children to potentially permanent developmental issues. Proponents of fast chelation believe that less aggressive methods allow mercury to float around and possibly settle in other tissues before being excreted.

Other practitioners suggest that slower, gentler chelation programs utilizing food-based agents like cilantro (coriander), are safer. DMSA is hard on the kidneys, they note, and risky for young children. Some dentists, involved in mercury removal for decades, cite cases of people becoming violently sick when the volatile poison is removed too quickly. Those in favor of fast chelation accept the severe reactions as part of the healing process but the number of practitioners/parents willing to tolerate these risks is diminishing. Most professionals prefer gentle chelation programs that avoid the more violent withdrawal reactions.

How do you protect the body during chelation?

Continue a diet rich in anti-oxidants. Many symptoms caused by toxic metals come from the proliferation of oxidative free radicals. Children who have been exposed are at increased risk for trouble when the toxic metal is coming out if they are not taking sufficient therapeutic doses of anti-oxidants. All safe heavy metal removal programs have free radical protection (anti-oxidants such as vitamins C and E, selenium and L-glutathione) and a rebuilding component.

Which method should I choose?

When choosing for an individual child, keep in mind that fast chelation requires a doctor's prescription and close medical monitoring. As few doctors are experienced in this treatment, the cost is high and will likely involve traveling. Also consider the toxicity level, how the child is progressing and whether a genetic condition is involved. Do the parents have metal toxicity? A high heavy metal level coupled with poor developmental progress may justify a more aggressive approach. On the other hand a less intensive intervention is preferable for a child who is progressing well or has a complicating genetic condition such as Down's Syndrome. There are only complicated and difficult choices for a serious problem we do not understand well. In the end, prevention is always preferable to remediation.

Removing the Source.

If you don't remove the source, you will never have a true and lasting solution to your health challenge. My natural healers philosophy is to remove the interference and allow the body's innate intelligence to do the healing. This philosophy is where the truth lies. However, the level of toxicity is like no time in the history of mankind. Not just the outside air, but what we are putting directly into our bodies. If you do not know how to remove the source properly, you are never going to impact these really sick and challenged individuals.

Summary

Before we can be detoxified from any heavy metals, we must stop putting any more metals in. This may mean getting any amalgam fillings removed. Please understand, you must educate yourself if you want to do any detox, and especially a heavy metal detox. Research it, understand it, and when you feel confident, then you can go ahead. It can take 6 months to a few years to get them out of the body. The one thing you must know, is that if you stir up these metals in your body and they are not excreted, they can make you very sick or cause severe problems. There are some things you can do which are very safe, but remember, you must know what you are doing – what foods herbs, supplements will detoxify, what supplements to use, how many to take, how often. I am leaving this research up to you to find out yourself. Some of the safer detoxification methods are given in following article.

<http://drpompa.com/additional-resources/health-tips/cellular-healing-r1-removing-the-source-of-toxins>
<http://www.bodydetoxzone.com/heavy-metal-toxins.html>
<http://drhymman.com/blog/2010/05/20/mercury-get-this-poison-out-of-your-body/>
<http://www.nourishingplot.com/2013/12/12/five-factors-that-perpetuate-candida/>

Ways to Detox from Heavy metals

Here are some suggested ways to help detox from heavy metals. These are given for your advice only. If you want to go ahead and do a detox, you will need to research the subject yourself i.e. with dosages. Remember, you will detox your organs by using many of these, but if you want to pull out heavy metals out of the cells, this often needs supplementation.

Who should detox?

The simple answer is EVERYONE. If you are vaccinated, you are injured. When and how the injury manifests down the road is unknown. So why not get the toxins out of your body as soon as possible? Clearly, some people need to detox more than others. Here are some examples of those who need to clear the body of vaccine poison now.

*Children on the autism spectrum and ADD/ADHD

*People with eczema and other skin disorders

*People with auto-immune disorders

*People with a family history of dementia

*People with depression, anxiety and poor mental health

Talk with your holistic doctor prior to starting any detox.

How to Detox

Stop poisoning yourself. It does not do much good to detox if you are still getting intoxicated. Air, water, food and your environment are where the toxins are coming from. Here are some ways to stop poisoning yourself:

Eat organic as much as you can. The less toxins you ingest the better and pesticide produce is just that – loaded with pesticides. If pesticides kill pests, they will kill us, specifically our good gut bacteria.

Drink clean water. Tap water is loaded with pollutants. Drink filtered water or reverse osmosis water. Fantastic investment in your health. Make sure your water does not contain fluoride.

Breathe clean air. Deep breathing get rid of lots of toxins. Deep breathe for at least 20 minutes or more daily. Get an air purifier or you can use indoor plants to clean the air.

Detox your house. How can you heal when you are breathing toxic laundry detergent, dryer sheets, and fabric softener? Same for cologne, perfume, and scented plug-ins. Furniture releases gases as does paint, glue, adhesives, and flooring. Search out natural products.

Sauna. Sweating gets rid of pollutants and toxins naturally generated by the body and artificially. We suggest getting in the sauna daily for 20-30 minutes or until you are profusely sweating. Stay well hydrated with quality water. The evening is a great time to sauna so you remove the toxins from the day. Be careful though, some people have difficulty falling asleep after an evening sauna.

Exercise. Whether you sit in an infrared sau-

na or run on a treadmill, the goal is to sweat. Toxins and heavy metals (including mercury) can be eliminated through sweat and some chemicals can only be removed by working up a good one.

Sleep. Your body undergoes daily repair. This happens mostly when you sleep. So, make sure you get 8-9 hours of sleep. Our ancestors went to sleep with the sundown and awoke with the sunrise. Follow their wisdom and that of Mother Nature.

Sunshine. We all know that sunshine creates vitamin D. This vitamin has receptors on every organ and tissue in the body. This includes major detox pathways of the liver, kidney, and skin. But the sun also increases nitric oxide, a molecule which promotes detoxification, amongst many other functions. Sunshine promotes sweating. Same benefits as the sauna. The energy from the sun goes straight to the mitochondria to make energy which is used to detox poison from the body.

Massage. For mental and physical benefits, nothing beats the massage. Improving blood and lymphatic flow will help move the vaccine toxins out of the body. We recommend getting a massage at least once per week during a detox. Make sure you drink plenty of quality water after your massage. Using a sauna after massage is a great addition.

Detoxification Baths and Skin Brushing.

Detox baths encourage the body's largest elimination organ to remove chemicals and heavy metals from the body. Baths can be done daily or weekly and it may take several baths before the body starts releasing toxins. Before getting into the tub, brush your entire body with a skin brush. Start at the feet and work your way up. This removes dead skin and stimulates the lymph system. Next, use one of the following detox bath recipes:

Apple Cider Vinegar Bath – Add two cups of apple cider vinegar to a warm bath to help remove toxins and heavy metals through the skin. This is the "go-to" bath for general detoxing.

Epsom Salt Bath – Dissolve 1 cup epsom salt in a tub of water. Soak for 20 minutes 2-3x per week.

Clay Bath – Clay is used to pull cellular waste, metals, and chemicals and exhibits a negative charge that attracts the positive charged toxins, absorbs them, and removes them from the body. To do a detox bath with bentonite clay, add a 1/2 cup of epsom salt, 1/2 cup of bentonite clay, and 1 tablespoon of yellow dock root powder to your bath and soak for 20 minutes 2-3x per week.

Essential Oil Bath – Essential oils are anti-viral, anti-bacterial, anti-inflammatory, anti-parasitic, and anti-everything else. They have amazing healing properties. Because they're so awesome and we're talking viruses, bacteria, cellular wastes, metals, and toxins – you should probably add some to your bath. To do a detox bath with essential oils, add five drops of lemongrass or coriander to a bath with a little bit of sea salt or a 1/2 cup of epsom salt.

Cleanse Your Organs. The body excretes toxins through the liver, kidneys, colon and skin. Keeping these organs in working order is of the utmost importance. Let's talk about these briefly.

Your liver makes thousands of life-sustaining molecules. It also performs double-duty as a major detoxifier and cleanser of the body. From the liver, bile is secreted, fills the gall bladder, and dumps the good and the bad into the intestines. Keep the liver healthy by avoiding alcohol, sugar, and artificial foods.

Go organic. There are many different liver cleanses and liver support products. Next is the colon. An often-overlooked key of a detox is the bowels. The goal is 2-3 movements per day. Drink plenty of water.

Eat high fibre foods such as vegetables, avocado, and seeds such as chia and flax. Add organic psyllium husk if needed. The most important way to cleanse the kidneys is with quality water and herbal teas.

Boost Glutathione. Glutathione is made in the liver and binds toxins. Over 100,000 scientific articles espouse the benefits of glutathione. It is a molecule made up of glycine, glutamate (glutamic acid), and cysteine. Glutathione has an important role in the removal of heavy metals in the body by supporting biochemical pathways essential for heavy metal removal like metallothionein. Find a good supplement. Take 1 capsule 2x per day while detoxifying.

Selenium is an element necessary for the success of glutathione. Eat Brazil nuts, the single best source of selenium. We love making homemade Brazil nut milk. Nuts, water, blend. It's simple. Store in glass in the refrigerator.

Garlic. Garlic is great source of sulfur, an element that builds glutathione. Eat raw garlic AND cooked garlic.

Superfood. Both chlorella and spirulina are a tremendous source of protein and phytonutrients to nourish the body. Chlorella is well known to bind metals and flush them out of your body. Spirulina and barley green powder packs the body with vitamins and minerals to aid with detoxification. Take 1 heaped teaspoon twice daily.

Chelators. The word chelate comes from the Greek word for "claw." The idea is that a chelator can bind a metal and lead to its excretion. The evidence is out there that the aluminum from vaccines can be cleared from your body. **EDTA.** EDTA will cleanse the entire cardiovascular system by gradually dissolving atherosclerosis plaque and other mineral deposits throughout the entire bodies circulation system. It is so effective in removing unwanted metal elements and other minerals from the blood it is the standard FDA - approved treatment for lead, arsenic, aluminium, mercury and cadmium poisoning since the early 1950's. EDTA is a synthetic chelator available for intravenous oral, and suppository use. The oral form works very well. It is recommend to take 500mg 2x per day for 1 week and break for 1 week (this is important). Make sure you take plenty of minerals such as those found in a good multivitamin as it can chelate minerals as well. Four capsules of a

multivitamin should suffice.

Methylsulfonylmethane, or MSM, is a naturally occurring sulfur compound found in the body and in green vegetables, milk, fish and grains. It is marketed as a dietary supplement and sold as a chemical compound derived from dimethyl sulfoxide (DMSO). Methylsulfonylmethane is in the fluid and tissues of all living organisms and in many animal foods. Sulfur is needed for the structure of every cell in the body. Hormones, enzymes, antibodies and antioxidants all depend on it. Because the body uses sulfur on a regular basis, it must be replenished for optimal nutrition. Although MSM is found in the normal human diet, it can be destroyed as foods are processed. It is no longer present in foods that have been stored during shipping or held in storage. And since it bonds with moisture, MSM is lost when dehydration occurs. MSM is often referred to as a penetrant because it can make the walls of cells more permeable, making it easier to get rid of toxins and absorb nutrients.

Other chelators. Malic (found in supplements and apples) and citric acid (found in citrus...eat the peels too).

Probiotics. Proper gut flora is essential to the functioning of your immune system and any detox regimen. If you want to restore your health, you've got to restore the gut.

Nutrients. Nutrients are essential to supporting the body during a vaccine detox. These specific nutrients combat free radicals and help facilitate the removal of toxins, while protecting the body as they make their way out. The following supplements are helpful: Vitamin C (preferably buffered) Vitamin E (preferably with selenium) Vitamins B-6 (timed-release) Vitamin B3 Vitamin B-12 (liquid and preferably specific to genetic type) DHEA

Milk Thistle. This has been the subject of hundreds of studies and contains a substance called silymarin that is one of the most potent liver-protecting substances known to man and has proven effective against a variety of the most virulent toxins. Milk thistle is most effective when taken with lecithin and is not associated with any long-term risks or contraindications.

Alpha Lipoic Acid (ALA) is a fatty acid and antioxidant found in every cell of the body that chelates and neutralizes harmful chemicals and increases the formation of glutathione which helps remove them. Since glutathione is pretty ineffective when taken orally, taking an ALA supplement will give you the benefits of both antioxidants. *If you have mercury fillings, you should avoid ALA until they are removed.

Charcoal and/or Bentonite clay. Both of these are invaluable aids in detoxing. They bind to toxins, keeps them from being re-distributed and reabsorbed by the body, and promotes their excretion. Always take these away from any medication as they are so powerful they will counteract these. Plus drink lots of water with them as they may constipate.

The Coffee enema. Coffee enemas detoxify the liver, lowers blood serum toxins, and increases the liver's detoxing abilities by 600% and the small intestine by 700%. The journal of Physiological Chemistry and Physics sums it up nicely - "Caffeine enemas cause dilation of bile ducts, which facilitates excretion of toxic cancer breakdown products by the liver and dialysis of toxic products from blood across the colonic wall."

Essential Fatty Acid Supplement. Omega 3, Flax, or borage oil should be used while detoxing. Many of the omega 3's on the shelf are rancid and contain very little DHA or EPA, so my go-to is Udo's Oil.

Fibre. Fibre scrubs your colon, absorbs toxins, and eliminates them. Make sure you have food with plenty of fibre.

Juice Therapy. Juicing floods your body with the nutrients it needs to clean house, helps the body heal itself, and because your body is freed up from the burden of digestion, it's free to focus on the burden of toxins.

Pectin is able to reduce absorption and bioaccumulation of toxic metals by binding the metals in the digestive tract and preventing their absorption. This is also helpful to ensure the elimination of heavy metals that have been excreted into the bile by preventing their reabsorption.

Coriander (cilantro) has traditionally been used to enhance the excretion of toxins and metals. Results of animal studies on lead suggest that coriander achieves this by chelating lead in the gut and reducing absorption as well as chelating lead systematically, with enhanced lead excretion in the kidneys.

Turmeric. Curcumin is well known for its antioxidant properties and has been found to protect against lead and cadmium toxicity, reducing damage to neurons.

Detox Side-Effects: What to Expect
Be prepared ... you're flushing out garbage and you'll feel like garbage ... at least for a few days. You might feel light-headed, nauseous, grumpy, experience a worsening of symptoms, night sweats, loose stools, or have flu-like symptoms. If your detox symptoms are extreme ... slow down. There's no need to rush things. If you need to, revert to the gentle vaccine detox plan here.

What To Do After a Detox. If you haven't established a relationship with a natural medicine practitioner, I would highly recommend it. These individuals are trained in nutrition and alternative therapies and can provide a specific plan to address your individual needs. If you're overwhelmed and don't know where to begin, invest in a juicer and take a trip to the sauna. You need start somewhere ... so start there!

Disclaimer: This information is based on my personal research and experience. It is for educational and informational purposes only and is not to be construed as "medical advice."

<https://www.thedrswolfson.com>

<http://www.livingwhole.org/a-vaccine-detox-for-adults/>

Spiritual

How Christ Ministered... part 16

When Moses led the Israelites out of Egypt, God gave him some of the most advanced medical knowledge, some of which we are only verifying today

In the teaching that God gave to Israel, the preservation of health received careful attention. The people who had come from slavery brought with them unclean and unhealthy habits that were prevalent and common in Egypt. They were subjected to the strictest training in the wilderness before entering Canaan. Health principles were taught and sanitary laws enforced.

Not only in their religious service, but in all the affairs of daily life they were taught to observe the distinction between clean and unclean. All who came in contact with contagious or contaminating diseases were isolated from the encampment, and they were not permitted to return without thorough cleansing of both the person and the clothing. In the case of one afflicted with a contaminating disease, the direction was given: Leviticus 15:4-12

The law concerning leprosy is also an illustration of the thoroughness with which these regulations were to be enforced: Leviticus 13:46-52. So, too, if a house gave evidence of conditions that rendered it unsafe for habitation (like mould), it was destroyed. Leviticus 14:45-47

The necessity of personal cleanliness was taught in the most impressive manner. Before gathering at Mount Sinai to listen to the proclamation of the law by the voice of God, the people were required to wash both their persons and their clothing. This direction was enforced on pain of death. No impurity was to be tolerated in the presence of God.

During the sojourn in the wilderness the Israelites were almost continually in the open air, where impurities would have a less harmful effect than upon the dwellers in close houses. But the strictest regard to cleanliness was required both within and without their tents. No refuse was allowed to remain within or about the encampment.

The distinction between clean and unclean was made in all matters of diet: Leviticus 20:24, 25. Many articles of food eaten freely by the heathen about them were forbidden to the Israelites and were called unclean. It was no arbitrary distinction that was made. The things prohibited were unwholesome. And the fact that they were pronounced unclean taught the lesson that the use of injurious foods is defiling. That which corrupts the body tends to corrupt the soul. It unfits the user for communion with God, unfits him for high and holy service.

In the Promised Land the discipline begun in the wilderness was continued under circumstances favorable to the formation of right

habits. The people were not crowded together in cities, but each family had its own landed possession, ensuring to all the health-giving blessings of a natural, unperturbed life

Concerning the cruel, licentious practices of the Canaanites, who were driven out by Israel, the Lord gave specific instruction not to follow their example. In all the affairs of their daily life, the Israelites were taught the lesson set forth by the Holy Spirit.

God gave to Israel instruction in all the principles essential to physical as well as to moral health, and it was concerning these principles as well as those of the moral law that He commanded them to follow. Deuteronomy 6:6-9

He gave them specific instruction on how they should dress. They were to dress modestly, simply and healthfully.

Had the Israelites obeyed the instruction they received, and profited by their advantages, they would have been the world's object lesson of health and prosperity. If as a people they had lived according to God's plan, they would have been preserved from the diseases that afflicted other nations. Above any other people they would have possessed physical strength and vigor of intellect. They would have been the mightiest nation on the earth. God said: "Thou shalt be blessed above all people." Deuteronomy 7:14.

"And the Lord has declared today that you are a people for his treasured possession, as he has promised you, and that you are to keep all his commandments, and that he will set you in praise and in fame and in honor high above all nations that he has made, and that you shall be a people holy to the Lord your God, as he promised." Deuteronomy 26:18, 19.

The Israelites failed of fulfilling God's purpose, and thus failed of receiving the blessings that might have been theirs. But in Joseph and Daniel, in Moses and Elisha, and many others, we have noble examples of the results of the true plan of living. Like faithfulness today will produce like results. To us it is written: "Ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should show forth the praises of Him who hath called you out of darkness into His marvelous light." 1 Peter 2:9.

God gave the Hebrews specific instructions (there are many chapters listed in the Bible that explain these health laws). He told them that if they would be listen carefully, faithfully doing and obeying all He commanded them to do, that He would not allow

them to get the diseases of the Egyptians. He was the Lord that heals them. (Exodus 15:26 paraphrased)

Edited from Ministry of Healing Ch 21 E G White

More about Jewish laws

For thousands of years many of the Hebrews have known and followed the health principles as recorded in the Old Testament Scriptures. The Hebrews, or Jews, were anciently the healthiest people on the planet. They were years ahead of other nations when it came to hygiene.

Compare these ancient diseases of Egypt (listed in Deuteronomy 28) with modern diseases we have in our day

- Pestilence: deadly epidemic
- Consumption: wasting of the body, TB
- Fever: high body temperature, infectious disease
- Inflammation: heat with pain, redness and swelling
- Mildew: a fungal infection
- Botch: swelling, boil, pimple, inflamed sore
- Emerods: Haemorrhoids
- Scab: crust or scale over a sore
- The itch: scabies, caused by itch mite
- Madness: mental disorder
- Blindness: inability to see
- Astonishment of the heart: heart attack
- Smite the knees and legs: arthritis
- Plague: any deadly infectious disease

The benefits of following the Jewish health laws have been apparent over the years. One amazing benefit (of which there are many) is lower cervical cancer rates among the Jewish women because of the men's circumcision.

In Middle Ages, plagues were stopped by heeding Biblical health laws. By following the detailed instructions on the safest method of cleansing the hands after handling the dead or infected living, cholera, leprosy, dysentery, typhoid and major plagues were averted. **The Jews were centuries ahead of the rest of the world in their knowledge.** They had been blessed by God with incredible information.

"Moses was the greatest hygienist the world has ever known. Depending on revealed knowledge and lacking scientific equipment, Moses taught, in its essentials, almost all the principles of hygiene put into practice today. Among them we find the prevention of diseases, disinfection through fire and water, epidemic control through reporting and isolation of those bearing communicable diseases, followed by the complete disinfection of all objects possibly contaminated. The personal cleanliness was imposed and the sewage system was obligatory, so that the camp of the Israelites was as clean as are modern cities. Even though physical was provided, frequent periods of rest and relaxation, to avoid excessive work, was also imposed." *Dr Owen S Parrett, Diseases of Food Animals*

Who is in control?

...The Superpower that forms an alliance

Part 12 of a series

This article will look at the Bible to see how events will play out in the near future. I have long believed that if we want to know what will happen in the future, we need to look to the Bible. Here we find information concerning what will happen in the future, how it will happen and what God's plan for His people is. He also warn of some events that will deceive many people. The following is a very short summary of Revelation 13. This short article does not do the topic justice as there is so much more that can be added. If anyone wants to study this and find out more, please contact me for details of studies on this subject.

Following World War 2 the balance of global power was in the hands of two superpowers – the United States and USSR. World peace was maintained through a method of deterrence and fear of global annihilation. There was a race to see who could develop the latest military technology and accumulate the most bombs.

By the time Ronald Reagan became President, the Cold War had reached such a state that he feared the imminent Biblical prophecies of Armageddon. He thought the world might soon end unless he acted swiftly to remove the threat of communist Russia. President Reagan turned to Pope John Paul 2 and the Catholic Church to help him accomplish this task in the most amazing manner.

The February 24, 1992 edition of Time magazine led with an article entitled "Holy Alliance". This article documented a secret meeting between the Pope and Reagan in the Vatican library that combined two of the most powerful forces in the world into a strategic alliance. "In that meeting, Reagan and the Pope agreed to undertake a clandestine campaign to hasten the dissolution of the communist empire... This was one of the great secret alliances of all time."

The article goes on to say how the two superpowers would influence Russia – militarily, economically and spiritually throughout the Eastern block countries. The result – the demise of communism and the collapse of the USSR.

Since that time the United States has become a dominant global economy and dominates the money markets of the world. From a political perspective the United States has taken on the role as the global policeman. The nation spends more on warfare than any other country and basically determines the military action of the world. It is also the United States which has taken the leadership position

in the global war against terror.

What we need to determine is that the Bible predicts the rise and rule of the United States. There are Bible prophecies that clearly identify the final super power of Bible prophecy. They are found in Revelation chapter 13. Please open your Bible and read this to see for yourself.

Chapter 13 presents two super powers.

If you understand that these superpowers are not named, but are described in code language. Yet the Bible gives specific clues to help us identify these powers are. In Bible prophecy a beast represents a kingdom, government or political power (Daniel 7:17,23). There are eight clues given to help us identify the first beast or political power.

1. It rises from the "sea". This means it comes out of a highly populated area (Daniel 7:3, Revelation 13:1)
2. It would speak blasphemies against God (Daniel 7:25, Revelation 13:1,5)
3. It would persecute God's people (Daniel 7:25, Revelation 13:7)
4. It would rule for 42 months which is 1260 prophetic years. (Daniel 7:25, Revelation 13:5) Many powers have come out of populated areas, blasphemed against God and killed God's people, but only one power has ruled for 1260 years. That power was the Roman Papacy. Throughout history many famous Bible scholars and teachers identified the Papacy as this first beast of Revelation including: John Huss (1412), Martin Luther (1520), William Tyndale (1550), Sir Isaac Newton (1727) John Wesley (1764)
5. It receives its power and authority from the dragon who is the devil himself, and often the devil works through pagan nations. (Revelation 12:9). The devil first worked through pagan Rome (Verses 3-5), who later gave its power, throne and authority to the Roman church.
6. It would be a global power. (Revelation 13:3). The word "Catholic" means universal. There is no greater example of a universal power than the Catholic Church. This church is present in virtually every nation of the world.
7. It loses its power then regains it (Revelation 13:3). The papacy received a deadly wound in 1798 when the Pope was taken captive and stripped of his political powers. In the year 1929 Mussolini and the Catholic Church leadership reached an agreement that reinstated the political status of the Vatican. Since that time the strength and influence of the church has grown tremendously. World leaders and people from all aspects of spirituality now see the Pope as the spiritual leader of the world.

8. It is a religious power that receives worship (Revelation 13:8). This beast power is not a secular or democratic government as politicians are not worshipped. This beast is a religious power that receives worship from people all over the world.

There is only one political power that fits all the clues – the Roman Papacy. This superpower ruled over the world for over a thousand years and played a vital role in shaping the history of the world.

The Second beast – the final superpower

The second beast in Revelation 13 is the final global ruler in earth's history. This is the nation that enforces the dreaded Mark of the Beast and plays a key role in the last dramatic events on the planet.

The second beast, described from verse 11 is identified with more clues within the prophetic code of the Bible.

1. It rises after the first beast. Verse 10 describes the first beast as going into captivity. When the Pope was taken captive in 1798 the papacy was stripped of its power. Then, in verse 11, a new power would emerge around the same time as the previous power experienced its downfall. In 1776 the United States voted its constitution and was recognised internationally as a nation and was emerging as a world power.
2. It comes from an unpopulated area. In contrast to other political powers in Daniel and Revelation, the Second Beast comes out of the earth instead of the sea – representing a land of very few people. The United States did not arise out of the multitudes of Asia or Europe, but was born out of a sparsely populated continent.
3. It is like a lamb and like a dragon. This nation has "two horns like a lamb". A horn is a symbol of power, kings or government (Daniel 7:24). The United States was established on two key principles: civil liberty and religious liberty. Those who first arrived on the continent were looking for a country without a king, and a church without a pope – democracy and religious freedom.

This nation would be like a lamb. It would be young, innocent, peace-loving and Christian nation that supported religious and civil liberties. The prophecy continues and tells us that this power would speak "like a dragon". It will talk tough. The dragon is a symbol of Satan (Revelation 12:9). What a tragedy that this Christian nation will ultimately take on a global role where power and control becomes more important than peace and liberty.

Only one global power fits all the clues – the United States. The Bible predicts that the United States will form an alliance with the Papacy. It will mix church with state and 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.

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.
- 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 \$8 postage; up to 3kg costs \$14 postage; up to 5kg costs \$17

Recipes

Mexican Black Bean Casserole

- 1 tablespoon oil
- 1½ cups onion, finely diced (around 1 onion)
- 2 cloves garlic, finely chopped or crushed
- 1 cup red capsicum, finely diced (around 1)
- 1 tablespoon smoked paprika
- 400g tin crushed tomatoes
- 2x 400 g tins black beans (or 3 cups cooked)
- 1½ cups frozen corn (or tinned)
- 1 teaspoon Celtic sea salt
- 1 tablespoon honey
- ½ c cashew nuts
- ¾ cup water
- Garnish: cashew cream
- Garnish: Italian parsley
- Garnish: finely diced orange and red capsicum

In a pot or pan sauté the oil, garlic, capsicum for 5 minutes or until the onion is soft. Add the smoked paprika and stir for around 30 seconds to activate the flavours. Add the tomatoes and half of the beans. Blend the entire mix with a stick blender (or blender or food processor). Add the remaining beans, corn, salt and honey and heat until it is just bubbling.

Blend the cashew nuts and water so it is a smooth cream. You may have to adjust the mixture a bit so you have a pourable cream that is not too runny. Serve the beans with cashew cream on top and the colourful garnishes.

Chia Seed Choc Pudding

- ¼ cup dates
- ¼ cup raw cashews
- 3 tablespoons carob powder
- 1¼ cups water
- ¼ cup chia seeds
- Garnish: ¼ cup frozen raspberries or suitable garnish
- Garnish: shredded coconut

Put the dates, cashews, carob and water in a blender and blend until you have a creamy milk. Transfer to a bowl. Add the chia seeds and mix quickly and well. Put this in the refrigerator for around 1-2 hours. The chia will expand and this will thicken the pudding. Serve in glasses with a garnishes.

Courtesy of Revive Café Cookbook 5

Toxic heavy metal lead found at 700 times national limit in China's water supply

Chinese officials discovered nightmarish levels of lead and mercury in Jixi, a northeastern city, last month. After testing underground water in Jixi's Liuniao Village in Heilongjiang Province, researchers found mercury levels nine times the national standard, reported China Central Television.

Cancer-causing lead levels were 700 times the national standard. Heavy metals such as lead, cadmium and mercury **are often found in Chinese food exports**. The occurrence of heavy metals found in Chinese exports is the result of extreme environmental pollution. One of the nation's leading culprits for pollution is the graphite-mining industry, in which China is the leading producer, providing 70 percent of the world's supply.

Health Ranger Mike Adams made a recent appearance on The Dr. Oz Show educating the public regarding dangerous heavy metals found in protein powders, herbs and superfoods grown in polluted nations like China.

Through lab testing, Mike discovered that rice protein, a main ingredient in protein shakes, was frequently contaminated with toxic heavy metals. These include lead, mercury, cadmium and one metal rarely tested for, tungsten.

Rice protein grown in California tested within the state's recommended levels of 0.5 mcg; imported rice protein from China tested at levels 20 times that limit. "The FDA does not require organic foods to be tested for heavy metals," warned Mike.

Money over nature and health.

Residents near Jixi say officials go to great lengths to protect graphite-mining companies, despite their knowledge that it's contaminating native air and water. Graphite mining has become extremely lucrative over the years due to a growing demand for lithium batteries. Lithium batteries are used to power laptop computers, smart phones and electric cars, including Tesla's Model S and Toyota's plug-in Prius. The value of graphite has skyrocketed, with a ton selling for 2,500 Yuan in 2010 or US \$400. It's currently valued at 6,000 Yuan, or US \$960.

Battery plants destroying the environment.

Chinese authorities have closed nearly 30 percent of graphite-mining plants due environmental-impact violations, and while this has lessened environmental impacts, it's also affected a world economy built around technology. The pollution has caused smog, contaminated water and even damaged crops, creating major health concerns.

Nearly one mile from the mining plant near Jixi lie ash-covered rivers, homes and fields. "We have to bring in clothes put out to dry while they are still wet, otherwise they're covered in ash," said an elderly villager. Another villager said they know the ash has contaminated the water, but they have no other resources, forcing them to drink it. "If you shine a torch in the evening, you see graphite

ash falling like snowflakes on the fields," said another villager. "Don't mention it. This has been damaging our health for a year," said a villager.

Pollution from graphite mines can cause an array of environmental detriments including acid spills that cause lead poisoning, and unbearable smog.

While a manager at the local Changyuan graphite-processing plant said they hadn't experienced any pollution problems, he admitted that a leak occurred on March 20, causing operations to temporarily be suspended. Residents said they had no knowledge of this leak, and were therefore unable to take precautions, subsequently drinking toxic water.

"Officials want to protect this business," said the local manager. "If they close small mines, where can they get tax and how can they solve unemployment problems?"

"The plant was set up by Shenzhen-based BTR battery Materials Co Ltd and local mine owners last year," reported Shanghai Daily. Some of their clients include Japanese electronic producer Panasonic and domestic car and rechargeable battery manufacturer BYD.

(NaturalNews) Monday, November 28, 2016
by: Julie Wilson staff writer

Your fluoride come from China! and it's laced with heavy metals

Did you know that most of the fluoride added to your water comes from China? And it is laced with heavy metals!

A recent investigative report from Natural News confirms that fear, proving that America's fluoride additives are all imported from China, and they're contaminated with heavy metals.

"The sodium fluoride added to US water supplies is contaminated with the toxic elements lead, tungsten and aluminum," the announcement from Natural News two weeks ago began, "Strontium and uranium were also found in substantial quantities in some samples, raising additional questions about the purity of industrial fluoride used for water fluoridation."

Test results

After testing the samples of sodium fluoride obtained from all six Chinese suppliers used by American municipalities, the Natural News lab obtained the following results. They broke out the highest levels found of each toxic metal, and then listed the average contamination levels for all the tested samples.

Highest levels found (in parts per billion)

-aluminum: 283,218 ppb
-arsenic: 137 ppb
-strontium: 9,417 ppb
-lead: 988 ppb
-uranium: 1,415 ppb
-tungsten: presence confirmed in 2 of 6 samples but quantitative analysis not conducted on tungsten

Back to Eden Health Programs

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

Please carefully note the date

Tuesday mornings:

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

Dates:

Tues **1st August Cooking** cost \$12
Tues **5th Sep to be advised** cost \$5

Average levels found (in parts per billion)

-aluminum: 69,364 ppb
-arsenic: 70 ppb
-strontium: 1,751 ppb
-lead: 299 ppb
-uranium: 239 ppb

Fluoridated water has become big business so in order to make even more money, companies try to find cheaper sources of fluoride, "Much of the fluoride added to municipal water supplies across the United States is imported from China, and is contaminated with heavy metals", according to a warning by Bernard Miltenberger, president of the Pure Water Committee of Western Maryland.

Miltenberger contacted another Maryland filtration plant and found that the fluoride they use also comes from China and contains toxic heavy metals as well. "The material safety data sheets from Solvay fluorides show that a teaspoon amount of five grams of sodium fluoride can be fatal to an average size man of 70kg. ... chronic toxicity by oral route may cause skeletal and dental fluorosis, thyroid, testes, kidney, liver, ambiguous carcinogenic and mutagenic effects, fetotoxic and fertility effects."

You should never believe what the government says about fluoride. There is NO evidence proving that Fluoride is safe and it helps to prevent tooth decay. In fact, dental fluorosis is recognized by scientists as one of the outcomes of fluoride poisoning.

Fluoride is a derivative of Fluorine which is a toxic by-product of Aluminum mining. With the whopping 60% mark, America is on top of the list in Fluoride consumption. In comparison, 97% of western Europe has rejected fluoridated water because of the proven health risks.

Have you ever noticed that fluoride toothpaste has a warning that anyone who consumes more than a pea-size amount should contact a poison control center at once? Really? And this is something that we use daily!

(NaturalNews) Anya V April 26, 2015