

Back to Eden

Fermented Foods
How Christ Ministered
Who is in Control?
Products
Recipe,
Coming classes

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Trust that you are all experiencing good health. All those who are serious about preserving health know that this takes time and effort. It means we must say no to many of the processed foods and nice tasty treats that are so easy to buy.

I have long been serious about helping people regain their health. Any time I hear about something that may help people, I immediately think, I want to tell others about this.

Something that has been on my mind for sometime is how we can detox and avoid the bombardment from being exposed, often without our consent, to EMFs, to glyphosate, to GMOs and to the chemicals that we are exposed to through Geo-engineering or what some commonly call Chemtrails. (Read my article about this). In a recent talk online I saw one way to detox from these things is to introduce fermented foods into your diet.

So many people have allergies, problems with their gut health. I want to encourage you to start on a journey to learn about fermented foods. Homemade sauerkraut, pickles and other lactic acid-fermented foods are superior to store-bought equivalents.

Did you know that sauerkraut eliminates disease causing bacteria and reintroduces friendly bacteria such as lactobacillus acidophilus to the digestive system. Lactic acid foods contain potent enzymes that boost metabolism. They are excellent for those with lactose intolerance and weakened digestive systems and are a useful part of holistic cancer therapy. They contain substances that improve sleep patterns, lower blood pressure and strengthen the heart.

So this newsletter is dealing with primarily fermentation of vegetables, with reference to kefir. I realise there are other fermented foods that can help, but I am quite happy with my recent purchase of small lid devices that can help in the fermentation of certain foods. That is why I am concentrating on these in this newsletter. Plus, my German born husband is very happy with the amount of sauerkraut I am making, plus all the other vegetables I ferment.

Happy fermenting, from Kaye and the Back to Eden team

Fermented Foods ...the health benefits

Neurological disorders are on the rise – from ADHD and anxiety to depression and dementia. But in recent years a discovery has been made. That the health of your body and your brain is dictated by the state of your microbiome – the vast population of organisms that live in your body.

Long before the beneficial bacteria known as probiotics could be bought in stores, different countries and cultures around the world have enjoyed the benefits of a microbe-rich diet in the form of fermented foods. Thousands of years ago, when fermented foods and beverages were first consumed, the microbial and enzymatic processes responsible for the transformations were largely unknown.

We now know that not only did fermentation extend the longevity of foods they came to be valued for their medicinal and nutritive properties. There is reliable information that fermented foods and drinks were being produced thousands of years ago in Babylon (now Iraq), Egypt, Mexico, and Africa.

Knowledge about traditional fermentation technologies has been handed down from parent to child, for centuries. These fermented products have been adapted over generations; some products and practices no doubt fell by the wayside. Those that remain today have survived the test of time. The way our forefathers lived offers clues on how different cultures used fermented foods (like yogurt and sauerkraut) not only as food preservatives, but also as support for intestinal and overall health.

History shows that:

During the Roman era, people consumed sauerkraut because of its taste and health benefits.

In ancient India, it was common to enjoy lassi, a pre-dinner yogurt drink. This traditional practice is anchored on the principle

of using sour milk as a probiotic delivery system to the body.

Bulgarians are known for their high consumption of fermented milk and kefir, and for their high level of health.

Ukrainians consumed probiotics from a fermented food list that included raw yogurt, sauerkraut, and buttermilk.

Various Asian cultures ate pickled fermentations of cabbage, turnips, eggplant, cucumbers, onions, squash, and carrots, and consume these fermented treats until today. We know that the Europeans, and especially Germans are known for their love of sauerkraut.

Fermented foods provide a food source packed with beneficial microorganisms that most people, especially those on the western diet, do not get elsewhere. Many are not aware that your gut is the home for about 85 percent of your immune system. This is in large part due to the 100 trillion bacteria that live there, both beneficial and pathogenic.

When your GI tract is not properly balanced, a wide range of health problems can appear, including allergies and autoimmune diseases. In fact, over the past several years, research has revealed that microbes of all kinds — bacteria, fungi, and even viruses — play instrumental roles in the functioning of your body. For example, beneficial bacteria have been shown to: Counteract inflammation and control the growth of disease-causing bacteria. Produce vitamins, amino acids (protein precursors), absorb minerals, and eliminate toxins. Control asthma and reduce risk of allergies. Benefit your mood and mental health. Impact your weight.

One of the quickest and easiest ways to improve your gut health is via your diet. Beneficial microbes tend to feed on foods that are known to benefit health and vice versa. Sugar, for example, is a preferred food source for fungi that produce yeast infections and sinusitis, whereas healthy probiotic-rich foods like fermented vegetables boost populations of health-promoting bacteria, thereby disallowing potentially

pathogenic colonies from taking over. A myriad of research has demonstrated how the ideal balance of good and bad bacteria in your gut forms the foundation for physical, mental, and emotional well-being.

One of the best ways to boost your immune system is to avoid consuming sugar and grains. Eating too much sugar and too many grains, which are converted to sugar in the body, will cause your blood sugar level to rise. If your blood sugar levels remain elevated, even mildly, over a period of time, your risk of diabetes will increase. If you end up with diabetes, your risk of cancer also increases. Sugar decreases the function of your immune system almost immediately, and a strong immune system is key to fighting off viruses and other illness, including cancer. It is especially imperative to avoid sugar if you feel you are coming down with something, but keeping sugar out of your diet for the long haul will do wonders for your health and make your body stronger, which will make it harder for diseases to bother you.

Before our birth, our GI tract was sterile. The moment after birth, colonization of bacteria began in the gut. The first bacteria to settle in were the immune-building ones from mother's breast milk, increasing the level of health and building the immune system. It is very important to keep these bacteria in the right balance. During our life, our dietary choices – both good or bad, will determine this balance. Other lifestyle choices like antibiotics, vaccines, environment also determine this balance. If we spend the rest of our lives making poor dietary and other lifestyle choices this will cause the wrong bacteria to flourish in our intestine.

We have approximately 1,000 different species of bacteria living in our body, and these bacteria actually outnumber our body's cells by 10 to 1. We also harbor viruses (bacteriophages), and they in turn outnumber bacteria 10 to 1. They've even realized our microbiome is one of the environmental factors that drive genetic expression, turning genes on and off depending on which microbes are present.

Yet gut flora, which comprise all the microorganisms living in the gut, continually and dynamically affect our immune system. It is estimated that these different species of bacteria, numbering about one hundred trillion bacteria live inside us. These bacteria weigh around 1¼ kilograms. These bacteria are classed as either "good" or "bad". The ideal balance between them is about 85% good and 15% bad. Helpful bacteria prevent the growth of undesirable ones by competing for both nutrition and attachment sites in the tissues of the colon.

Need right ratio

This ratio between the good and bad bacteria is one of the most critical factors that will determine our optimal health. What sorts of things influence the ratio between good and bad bacteria? Diet, geographic location, age, stress, and health issues are some of the key factors. When you take your best step forward in improving your intestinal health, your overall health improvement naturally follows.

In his book *Brain Maker*, Dr David Perlmutter writes about having the correct balance of these bacteria. He states that most people today carry around more bad, pathogenic bacteria than they should resulting in a poor functioning brain and body. The state of our microbiome is the key to sound health.

He also relates a Harvard study that tested and compared the microbiome of children on a western diet and children from rural sub-Saharan Africa. These African children were eating food that was considered "not sterile" by our western standard. Yet, amazingly they had less chronic illnesses. They ate a high fibre diet, similar to that of early human settlements. They ate lots of prebiotics – foods that gut bacteria love to eat to fuel their growth and activity that are rich in fibre. Using genetic tests, the scientists identified the types of bacteria in the all the children's fecal matter.

The two largest groups of bacteria in the gut are Firmicutes (fir-MIH-cue-tees) and Bacteroidetes (BAC-teer-OY-deh-tees). Between them, these two groups make up more than 90 percent of the gut's population. The ratio is important and determines the levels of inflammation and relates to obesity, diabetes and coronary artery disease. It is known that a higher ratio of Firmicutes to Bacteroidetes is associated with more inflammation and obesity. Firmicutes are adept at extracting calories from food (this means a tendency to hold on to weight), whereas Bacteroidetes specialize in breaking down bulky plant starches and fibres into shorted fatty acid molecules that the body can use for energy.

The African children's gut had far more Bacteroidetes and the Western guts had more Firmicutes. These bacteria are abundant in overweight humans and they are actually controlling the genes that adversely impact metabolism. When Bacteroidetes are low there is increased diabetes and gut permeability which in turn causes inflammation and farther down the road, brain related diseases, from depression to Alzheimer's.

They found that countries having the least sanitation, the prevalence of Alzheimer's

was dramatically reduced. But in countries with higher degrees of sanitation, and therefore lower parasites as well as less diversity of organisms, Alzheimer's prevalence skyrocketed. This says something about our obsession with anti-bacterial hand washes and soaps.

So it is of utmost importance that we have a correct ratio in our gut bacteria and look for ways to increase the diversity of gut flora. Hence the interest in fermented foods.

Healthy Fermented Foods vs. Commercially Processed

Long ago, food preservation was accomplished through lacto-fermentation, a process that adds a host of beneficial micro-organisms to food, making them easier to digest and also increases the healthy flora in our intestinal tracts. Because fermentation is an inconsistent process, commercial food processors developed techniques like pasteurization – a method that literally destroys dozens of precious enzymes – to help standardize more consistent yields.

Sadly, modern culture has sacrificed many of the advantages of traditionally fermented healthy foods for faster and cheaper methods of mass production. Some foods are labelled as "health promoting – containing good bacteria". These may be even cultured foods such as yoghurt, sauerkraut and pickles. But due to strict food safety regulations, less bacteria, both good and bad, survive the manufacturing process. At the end of the production process, many products get pasteurized or sterilized, destroying bacteria. While this may be helpful in disease prevention, it also means we get less health-enhancing bacteria. Increases in viruses, intestinal parasites and chronic health problems are telltale warning signs that it's time to return to the health-promoting foods of our past.

Since helpful bacteria are increasingly absent in our food, some people have a need to supplement with a good probiotic, obtainable from health stores. Not all probiotics are equal, some vary with substantial differences in composition, biological activity, and portion. Be very careful that you obtain a good quality one, or better still, get the benefits with naturally cultured foods. Remember, the moment it is bottled or sealed, it is no longer strictly "raw".

Health Benefits of Fermented Foods

Fermented foods are the best chelators and detoxifiers available and contain much higher levels of beneficial bacteria than

probiotic supplements, making them ideal for optimizing your gut flora. In addition to helping break down and eliminate heavy metals and other toxins from your body, beneficial gut bacteria perform a number of surprising functions, including: Mineral absorption, and producing nutrients such as B vitamins and vitamin K2. Vitamin K2 and vitamin D help prevent arterial plaque buildup and heart disease are necessary for integrating calcium into your bones and keeping it out of your arteries thereby reducing your risk for coronary artery disease and stroke.

Some fermented foods are outstanding sources of essential nutrients such as vitamin K2 and are a potent producer of many B vitamins. Plus choline is an amino acid needed for good liver health and the production of acetylcholine, a neurotransmitter that helps memory and is protective against Alzheimer's disease.

They also optimize your immune system. An estimated 80 percent of your immune system is actually located in your gut. Probiotics play a crucial role in the development and operation of the mucosal immune system in your digestive tract, and aid in the production of antibodies to pathogens. This makes a healthy gut a major factor in maintaining optimal health, as a robust immune system is your top defense system against all disease.

Vitamin C is one of the most critical nutrients for the immune system and vision health, and helps to buffer stress.

They contain a natural variety of microflora. As long as you vary the fermented and cultured foods you eat, you'll get a much wider variety of enzymes and beneficial bacteria than you could ever get from a supplement.

Adding a small amount of fermented food to each meal are cost effective because they can contain 100 times more probiotics than a supplement. They restore normal gut flora after taking antibiotics and improve symptoms of lactose intolerance.

Beneficial healthy bacteria promote gut health. Fermented milk products also contain non-digestible carbohydrate galacto-oligosaccharide, which acts as a prebiotic, and essential amino acids. Fermented milk products also contain higher amounts of conjugated linoleic acid (CLA) (a beneficial healthy fatty acid that can help burn fat, build the immune system and even potentially fight cancer).

It is a weight loss aid. Certain fermented foods, such as kimchi, have been shown to have anti-obesity effects in animals.

Reduced constipation or diarrhea and improvement of inflammatory bowel conditions such as Crohn's disease, ulcerative colitis, irritable bowel syndrome (IBS) and necrotizing enterocolitis.

Prevention of allergies in children, including the alleviation of peanut allergy when giving probiotics in conjunction with oral immunotherapy Antioxidant and detoxifying effects (kimchi).

Reduced risk for Helicobacter pylori (H. pylori) bacterial infection, which causes ulcers and chronic stomach inflammation.

Improvement of leaky gut (a compromised intestinal wall that allows undigested foods and toxins to pass into the bloodstream, triggering an inappropriate immune system response)

Reduced urinary and female genital tract infections.

Improvement of premenstrual syndrome. Improvement of and reduced risk for atopic dermatitis (eczema) and acne.

Reduced risk for type 1 diabetes and type 2 diabetes.

Improved mental health, mood control and behavior.

Improvement of autistic symptoms.

Reduced risk of brain diseases, including Alzheimer's.

Improving your mood and mental health.

Lowering your risk for cancer.

Preventing acne.

In the US, imbalances in gut flora are widespread, not only due to high sugar, high-processed food diets, but also due to exposure to antibiotics, both in medicine and via conventionally raised livestock. The solution is simple – in addition to cutting back on sugar and antibiotics (choose organic foods as much as possible), consuming fermented foods will give your gut health a complete overhaul, helping to clear out pathogenic varieties, and promoting the spread of healing, nourishing microorganisms instead.

Sauerkraut

As stated before, history tells us that many countries have had fermented cabbage for thousands of years and have prescribed sauerkraut for various physical ailments. The Chinese, the Romans, many of the Eastern Europeans and most famously the Germans all have incorporated it into their cultures. Many of these countries had to find ways to preserve their foods when fresh foods were scarce or unavailable. In the 18th century sailors often suffered with scurvy, a vitamin C deficiency. Captain Cook sailed around the world carrying barrels of sauerkraut, and during this time

he did not lose one man to scurvy during his three year voyage.

Traditional lactic acid fermentation is of great importance in India and South East Asia where it is used to preserve fruits and vegetables. The Japanese eat miso and kimchi. Eating in Russia and the Balkans is unthinkable without lactic acid-fermented products such as kefir, sourdough bread and kapusta, a mixture of white cabbage, tomatoes, carrots, apples, pears, cucumbers and lots of herbs. Borscht, the traditional Russian soup, is made with lactic acid-fermented beets.

Lactic acid is formed as a product of energy exchange during the metabolism of microorganisms and other life forms, both plant and animal. The name is derived from the Latin word for milk as the bacteria were first isolated in sour milk. The salts of lactic acid are known as "lactates." Lactic acid bacteria cause catabolic changes in certain sugars. The changes result in two new products: lactic acid and carbon dioxide. The lactic acid breaks down foods, making them more easily digestible. The lactic acid also preserves the food. There are two kinds of lactic acid bacteria: one that is adapted to milk and milk products, the other that is adapted to plants. Bacterial floras are responsible for providing lactic acid to the mucus membranes in the mouth, the intestines, and the female genital organs.

Lactic acid bacteria prevent decay not only in food products but in the bowels as well. Acetyl-choline, which is produced during fermentation, stimulates peristaltic movements of the intestines. It also assists in circulation of the blood. Lactic acid products have a harmonizing effect on the stomach, they strengthen the acidity of the gastric juices when hydrochloric acid production lags, and reduce acidity when hydrochloric acid production is up. Lactic acid maintains the balance between acids and alkalis. It also encourages the function of the pancreas, which in turn stimulates the secretions of all the digestive organs. Diabetics do not have problems breaking down the carbohydrates because the lactic acid-fermentation starts breaking these down and so don't make a heavy demands on the pancreas. These foods are excellent for those with weakened digestive systems and is a useful addition to the diet of cancer patients.

The positive effects of lactic acid-fermented foods lies in their regular use, not in consuming vast quantities sporadically. Consuming three or four tablespoons of sauerkraut daily, preferably raw, can be sufficient to ward off disease, constipation and intestinal problems.

Remember, most commercially available sauerkraut is pasteurized merely to improve shelf life. This pasteurized product does not hold the same healing properties that naturally fermented product does.

One woman reported of her experience with giardia parasite. Giardiasis is an infection of the small intestine caused by an insidious parasite *Giardia lamblia* (a flagellate Protozoa) that often contaminates water. It spreads via contaminated water, contaminated food, direct human contact and household pets. This woman suffered great intestinal pain and the antibiotics she took basically wiped out her digestive system. She could hardly eat, everything went through her. So in desperation she tried sauerkraut. After eating this, to her amazement her digestive system suddenly settled down. Food was no longer going right through her; she now eat foods that previously she could not. She continues to eat a little every meal and finds her digestion is improving.

Fermented foods – rejuvelac, seed cheese, sauerkraut and fermented beetroot are very important for optimum health. Why? Once again – enzymes. The fermentation process creates more enzymes and the fermented foods thus digest more easily. Long-lived peoples throughout the world – the Hunzas, the Georgians, the Vilcabambans (Southern Ecuador) and many others – have been noted for their continual consumption of home-made fermented foods. In fact, the Eskimos have even found that their working Huskies can work harder and longer after eating fermented flesh – left putrefying in the semi-frozen slush for weeks or months – than after eating freshly killed meat.

Over the past years mankind has been subjected to expose to glyphosate, and herbicide chemical that is found in Roundup. From Germany, Professor Monika Kruger, has looked at ways to help cows recover from being exposed to this chemical. She showed that glyphosate residues in cattle feed can predispose cattle to botulism by suppressing friendly bacteria in the gut and encouraging the growth of the bacteria responsible for botulism. Now she has published a paper showing that it is possible to reverse some of the toxic effects of glyphosate by supplementing cows' diets with charcoal, sauerkraut juice, and humic acid (an ingredient of humus, the organic matter in soil). The supplements stimulated the immune system and improved the health of cows suffering from chronic botulism.

Now I realize that this is helping cows, but consider what she has shown here. There are reports now coming out that fermented

foods can play a big part in recovering from glyphosate exposure.

In recent years, fermented foods have become misunderstood by some. Because cooked yeast in bread and other foods has stimulated growth of the *Candida Albicans* bacteria, some have concluded that all fermented foods have the same effect in the body. Wrong! How do we know? Because most people have *Candida* to at least a small degree. People who consume fermented foods: rejuvelac, sauerkraut, fermented beetroot, seed cheese, all report lessened *Candida* symptoms and experienced better health. We've concluded that yeast bacteria in raw foods don't aggravate *Candida*. Cooked yeast in bread – and drugs, steroids, antibiotics, birth-control pills, alcohol and refined sugar all aggravate *Candida*.

What the State of Your Gut Tells About Your Overall Health

Probiotics, along with a host of other microorganisms, are so crucial to your health that researchers have compared them to “a newly recognized organ.” Your microflora – a term used to describe the bacteria, fungi, viruses and other microbes that make up your microbial inner ecosystem – impact far more than your digestive tract.

Areas where your gut bacteria play key roles

1. Behavior. A study published in *Neurogastroenterology & Motility* found that mice lacking in gut bacteria behave differently from normal mice, engaging in what would be referred to as “high-risk behavior.” This altered behavior was accompanied by neurochemical changes in the mouse brain. In fact, your gut serves as your second brain. It produces more of the neurotransmitter serotonin, which is known to have a positive influence on your mood, than your brain does.

2. Gene expression. A probiotic-rich beverage has been shown to influence the activity of hundreds of your genes to help them express in a positive, disease-fighting way. This makes your gut health a very powerful variable of epigenetics, a cutting-edge field of medicine showing that your lifestyle plays a significant role in your genetic expression.

3. Diabetes. According to a study from Denmark, bacterial population in the gut of diabetics differs from non-diabetics. According to the authors, the results of their study indicate that type 2 diabetes in humans is linked to compositional changes in intestinal microbiota. A healthy diet – low in sugar and grains; high in whole raw

foods and fermented foods – allows your beneficial gut bacteria to flourish.

4. Autism. Establishment of normal gut flora in the first 20 days or so of life is critical in appropriate maturation of your baby's immune system. Hence, babies with abnormal gut flora have compromised immune systems and are particularly at risk for developing ADHD, learning disabilities, and autism, especially if they are vaccinated before restoring balance to their gut flora.

5. Obesity. Probiotics may help fight obesity. Restoring your gut flora is therefore a crucial consideration if you're struggling to lose weight.

The GAPS Protocol

Dr. Natasha Campbell-McBride, a Russian-trained neurologist with a full-time medical practice in the United Kingdom, had a child within Autism. After extensive research over a number of years she put her son on a protocol she has called the GAPS program and has had incredible results with her son who is now living a normal life. She is able to treat children and adults with autism, learning disabilities, neurological disorders, psychiatric disorders, immune disorders, and digestive problems and gets amazing results. Her program is extensive and involves detoxifying from heavy metals, high nutrition, getting rid of parasites, plus other supplements, plus more (for more information see Gaps.me). But an important part of the program is fermented foods and the “heal and seal” process that Dr. McBride has developed.

GAPS stands for “Gut and Psychology Syndrome,” which talks about the functioning of your brain. According to Dr. McBride, any dysfunction of the brain is usually connected to what's going on in the digestive system. GAPS also talks about the functioning of the rest of your body. Here, we're talking about all forms of autoimmunity and inflammatory conditions:

It would be wise for you to implement the GAPS program if you're suffering from any of these diseases, or practically any other health issue. Multiple sclerosis, Type 1 diabetes, rheumatoid arthritis, Osteoarthritis, Lupus, Crohn's disease, Ulcerative Colitis, Chronic skin conditions, Kidney problems, Urinary conditions, Allergic and atopic conditions, Degenerative skin conditions, Chronic fatigue syndrome, Fibromyalgia, Myalgic encephalomyelitis (ME), Inflammatory bowel diseases.

Dr. McBride explains: “Once you heal and seal your gut lining, and once you make your digestive system healthy and working

properly again, you'll be surprised how many various symptoms in your body originated from your digestive system. Most symptoms start disappearing, because the health and the disease are usually born inside your digestive system. That's where they originate from."

The GAPS Nutritional Protocol intends to restore the integrity of your gut lining. Its dietary component consists of easily digestible foods that are dense in nutrition, including fermented foods.

But whether you're suffering from GAPS or not, cultured or fermented vegetables will do great wonders for your health, as shown in their presence in virtually all native and traditional diets. Fermented vegetables are a mainstay in the GAPS diet.

Remember, though, that cultured foods are very efficiency detoxifiers – you may experience a "healing crisis" or detox symptoms (called a Herxheimer effect) if you introduce too many of these foods at once. Begin with very small servings, then work your way up to the quarter to half-cup serving size. This gives your intestinal microbiota the chance of adjusting.

It is ideal to include a variety of fermented foods and beverages in your diet, because each food will inoculate your gut with a mix of different microorganisms. There are many fermented foods you can easily make at home, including:

- Cultured vegetables, including pureed baby foods
- Chutneys
- Condiments, such as salsa and mayonnaise
- Cultured dairy, such as yogurt, kefir, and sour cream

Beware of some "probiotic" yogurts, too. Most of them that you find in the grocery are NOT recommended for many reasons: they are pasteurized (and are linked to the problems of pasteurized milk products), and typically contain added sugars, high-fructose corn syrup, dyes, and/or artificial sweeteners, which can be detrimental to your health.

If you don't enjoy the taste of fermented foods, taking a probiotic supplement can be your next best option. But don't give up on fermented foods too easily: start with small amounts like a half-teaspoon, and use them as a condiment added to your food, like a salad dressing.

<https://articles.mercola.com/fermented-foods.aspx>
<http://www.gmwatch.org/en/news/latest-news/15875-glyphosate-toxicity-in-cows-successfully-treated-with-charcoal-and-sauerkraut>

Kefir

What is it?

Kefir is much like yoghurt in taste and texture, however it is a living culture that ferments in milk. Kefir is a probiotic cultured milk drink composed of a mixture of bacterias and yeasts. It's tangy and sour tasting, and is like a more liquid version of yogurt. You can use it straight, but if it's too sour for you, you can put it in a blender and add a little fruit, maple syrup or stevia to make a kefir smoothie. It can also be used in cooking, as a salad dressing or as a beauty product.

Where does it originate from?

They are a 5000 year old bacterial culture originating either from the Caucasian Mountains or monasteries in Tibet. Many countries have different foods that they culture so they can preserve food. eg sauerkraut, miso

Where do you get it from?

Real Kefir can be produced only by traditional methods at home and only from original grains. They cannot be manufactured, so they must be obtained from someone who has the culture. The other great thing about kefir is it is so inexpensive to make. This is because the kefir grains actually reproduce. So you only need to buy them once and they will last you for years and years and if you look after them, a lifetime!

What does it look like?

These original grains clump together in small curds that resemble small flowerettes of cauliflower. But these curds may take some time to clump together. You may have been given a culture that already has the grains clumped together. If you are given a sample that looks like thick milk, it will have the tiny kefir curds which cannot be seen with the eye. This may take about a month of straining the kefir before you can see them. Many people do not bother with the straining and clumping together, they just make the kefir always keeping a little back to culture and start the next batch, much the same way as when making yoghurt.

What does Kefir do for you?

Kefir is one of the healthiest and most valuable food resources. These real Kefir grains are complex symbiotic colony containing more than 35 probiotic bacteria plus yeasts that are proven highly beneficial to humans. We have hundreds of species of bacteria living in our intestine and certain bacteria aid in the digestion process. These bacteria are referred to as our "friendly bacteria" and without these the act of digestion cannot take place properly. They keep the acid environment at optimum levels required for the normal digestion of food. By consuming Kefir in your daily diet you can actively assist in building up the friendly bacteria in your gut. It will help detoxify your body, balance a suffering microflora and build a healthy immune system.

More possible health benefits

- Aids PH balance in the intestines
- Balances the bacteria in the digestive tract.
- Helps to normalise bowel bacteria especially after antibiotic therapy.
- Improves digestion.
- It contains beneficial yeasts which dominate, control, and eliminate destructive pathogenic yeasts that reside in the mucosal lining.
- It is a rich source of enzymes and other substances that activate the function of the digestive system.
- Contains minerals and essential amino acids (eg tryptophan - relaxing effect on nervous system), calcium, magnesium, phosphorous and certain vitamins including B12.
- Metabolises lactose therefore reducing lactose intolerance.
- Enhances the immune system.
- Reduces the likelihood of carcinogenic build up in the bowel system.
- Improvement in overall well-being.
- Increases absorption of nutrients from food.
- May assist symptoms of irritable bowel syndrome.

Kefir versus Yoghurt

- Smaller curds make kefir far more digestible than yoghurt making it ideal food for babies and elderly.
- They are both cultured milk products, but they contain different bacteria. The bacteria in yoghurt cleanses the digestive system, but kefir colonizes the intestinal tract with bacteria.
- Kefir contains a far bigger amount of bacteria that commercially produced yoghurt.
- Kefir contains the friendly bacteria also known as lactobacillus, casei, bulgaicus and acidophilus.
- Kefir contains lactic acid. Lactic acid fermentation gives the sour taste to fermented vegetables such as traditionally cultured sauerkraut and pickles. The sugars in the cabbage are converted into lactic acid and serve as a preservative.
- The processes involved making kefir are a lot easier than yoghurt production.
- The cost of making kefir is far less than the cost of purchasing commercial yoghurt.
- Kefir is made from lactic cultures. It is not made by a process of direct acidification.
- Satisfaction of knowing exactly what's going into the kefir.

What types of milk can be used?

You can add the Kefir culture to cow's, goat's, organic soy, as well as rice, nut and coconut milk. Do not use long life or microwaved cows milk. Always use organic if using soy milk as there is too much adulterated GMO soy on the market. It works fine, (red box of long life VitaSoy or organic Aldi brand works best) but remember that the original kefir grains will multiply very slowly in soy, nut or coconut milk.

It is not my purpose to write up here how to make kefir, but you can research this yourself if you are unaware how to make it. I have a section in my book **Health Training Manual** on how to make kefir. I do not use any animal milk in my diet, so I find that both the soy or the nut milks are my favourite.

What are Lacto-Fermented Foods?

Lacto-fermented foods are foods that have been cultured by beneficial organisms. Given the right conditions beneficial organisms (yeasts and bacteria, usually) will feast on the sugars and starches and other components of foods. Under the right conditions, they respire (give off gases), proliferate (multiply), and give off beneficial acids. Specifically interesting to us is lactic acid (from where lacto-fermentation gets its name). Their feasting transforms the food into something better — it has developed complex flavors and pleasing textures and also is more nutritious. And the acids preserve and protect the food from spoiling. It is really a miraculous process!

The word ferment comes from the Latin root *fervere* which means “to boil.” And fermenting foods do appear to be boiling. The bubbles are really gases given off as the beneficial organisms eat the food.

Let’s talk more specifically about what the beneficial bacteria — lactobacilli — do. They are present everywhere — on foods, on your skin, in the air, on plants, in animals, in our digestive tracts. When you lacto-ferment you’re making use of the lactobacilli already present on the food (or you add more in the form of a starter culture).

In order for them to do their thing, they need a few things:

Protection from spoiling organisms. The lactobacillus colony is not necessarily strong or established, so we use other kinds of protection to give them enough time to develop a strong colony within the fermenting food.

Warmth. Right around room temperature is best for most lacto-fermentation.

Food. The starches and sugars in fruits, vegetables, grains, beans, dairy and other foods provide food for these organisms.

Time. Over time, the organisms will multiply to form a strong colony within the food, protecting it from spoiling and improving the nutrition.

If all the conditions are right, the lactobacilli will be happy. Happy lactobacilli mean a good fermentation. In their happiness, they will: eat, respire (give off gases), multiply, produce acids. This process is what effectively pickles or preserves the food. The acids and colony of organisms protect the food from spoiling; and their eating of the food components transforms the flavor and texture of the food, as well as making it more nutritious.

Protection for the Lactobacilli

I want to talk more about what protects and helps the lactobacilli get established as a strong colony in the food.

Salt or salt brine. Salt is used quite often in fermentation, because the lactobacilli don’t mind it in the right concentration — but spoiling organisms can’t tolerate it. The amount needs to be right though. Not enough and the spoiling organisms can get in there and mess things; too much and the lactobacilli are prevented from working as well.

Starter culture. We can add beneficial organisms to kick-start a fermentation. Examples are whey — not the highly processed protein powder kind, but the whey that is strained out from a plain yogurt or kefir with active cultures. There are nondairy starter cultures as well, such as water kefir. These contain lactic-acid-producing organisms.

No oxygen. The process of lacto-fermentation is anaerobic. This means it happens without the presence of oxygen. (An exception is using a sourdough starter, whose yeasts do need oxygen.) Fermenting vessels or jars need to ensure an environment with minimal oxygen, by making sure your food is protected by brine or its own juices, whether or not the fermenting container is sealed.



Acids. Protective acids can come from adding whey at the beginning (which is acidic) or it can come later on — remember, the beneficial organisms produce lactic acid as they consume the food. Spoiling organisms can’t abide these acids so they’re a great protection.

Foods that can be fermented. Dairy is fermented into kefir and yogurt. You’ve got hummus, beans, miso, tempeh, natto. In the case of fermented soy, it is excellent eaten this way because of the anti-nutrients soy contains. Even meats can be fermented. We can also lacto-ferment foods as condiments: mayonnaise, guacamole, ketchup, mustard, even cod liver oil.

We must use good quality filtered water, not water with fluoride and chlorine in it. If you don’t have access to good quality filtered water, bring your water to a boil and keep it at a rolling boil for one minute to purify it, allowing it to completely cool before using.

Use good quality salt which has not been stripped of minerals and contains additives. Avoid processed table salt.

Use good quality ingredients, the freshest, most organic ingredients whenever possible.

Salt ratio

When preparing brine which you will use to submerge your vegetables the salt ratio is between 2-3%. This is 5mls salt (1 teaspoon) to 240 mls (1 cup) water.

Kraut Source fermentation lid

I recently came across a special lid device to place over fermenting foods in glass jars. Glass jars are an excellent way to ferment as they are in smaller quantities, and you can ferment just the amount you want. These lids have made fermenting quite easy for me. This special fermentation lid fits on standard wide mouth Mason jars — a brand of preserving jars from America (make sure that you have the lid that separates the centre disc from the outer rim as the outer rim is what screws on to the jar and holds the kraut source device in place). Australia has some jars that fit, but you need to make sure of the size of the lids. Once you get the correct sized jars, you can make small, medium or large batches, depending on your needs. After preparing the foods and placing them in the jar, there is a spring that holds the food submerged under the brine. The lid has a

small moat, this is filled with water and then the “cup” is placed over the opening. The water and cup make a seal.

This creates an airtight seal keeping the air out, but lets the carbon dioxide escape from the jar - giving the food the consistent environment to make a delicious ferment every time. It is made of stainless steel and FDA food grade silicon for safety and long life. I have fermented traditional cabbage sauerkraut, purple cabbage, carrots, beetroot, cucumbers

and they all have tasted great. I plan to do lots of other vegetables.

They are not cheap, costing around \$50AUS each (after adding postage and converting to US currency), but they are a valuable kitchen aid to those who are serious about fermenting. Remember, to purchase a jar of good fermented vegetables can cost around \$14. You will recover the cost very quickly and realize it is a good investment. I purchased 3 units and feel that this will do me very well. I did have to buy some mason jars with the divided lids as you need the outer rim to secure device.

To order directly from the US web page see www.krautsource.com

A special discount of 10% off is given until the end of May 2018. Use code **backtoeden18** OR contact Australian distributor www.thefermentary.com.au/ ph 0487172444

Spiritual

How Christ Ministered... part 18

Practical counsel that shows how God is interested in our health - originally published in 1905

Grains used for porridge should have several hours' cooking. But soft or liquid foods are less wholesome than dry foods, which require thorough mastication. Zwieback, or twice-baked bread, is one of the most easily digested and most palatable of foods. Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided. Butter is less harmful when eaten on cold bread than when used in cooking; but, as a rule, it is better to dispense with it altogether. Cheese is still more objectionable; it is wholly unfit for food.

Scanty, ill-cooked food depraves the blood by weakening the blood-making organs. It deranges the system and brings on disease, with its accompaniment of irritable nerves and bad tempers. The victims of poor cookery are numbered by thousands and tens of thousands. Over many graves might be written: "Died because of poor cooking;" or "Died of an abused stomach."

It is a sacred duty for those who cook to learn how to prepare healthful food. It takes thought and care to make good bread; but there is more religion in a loaf of good bread than many think. To make food appetizing and at the same time simple and nourishing, requires skill; but it can be done.

Regularity in eating is of vital importance. There should be a specified time for each meal. At this time let everyone eat what the system requires and then take nothing more until the next meal. There are many who eat when the system needs no food, at irregular intervals, and between meals, because they have not sufficient strength of will to resist inclination. When traveling, some are constantly nibbling if anything eatable is within their reach. This is very injurious. If travelers would eat regularly of food that is simple and nutritious, they would not feel so great weariness nor suffer so much from sickness.

Another destructive habit is that of eating just before bedtime. The regular meals may have been taken; but because there is a sense of faintness, more food is eaten. By indulgence this wrong practice becomes a habit and often so firmly fixed that it is

thought impossible to sleep without food. As a result of eating late suppers, the digestive process is continued through the sleeping hours. But though the stomach works constantly, its work is not properly accomplished. The sleep is often disturbed with unpleasant dreams, and in the morning the person awakes unrefreshed and with little relish for breakfast. When we lie down to rest, the stomach should have its work all done, that it, as well as the other organs of the body, may enjoy rest. For persons of sedentary habits, late suppers are particularly harmful. After disposing of one meal, the digestive organs need rest. At least five or six hours should intervene between the meals, and most persons who give the plan a trial will find that two meals a day are better than three.

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. In fact, the more liquid there is taken with the meals, the more difficult it is for the food to digest; for the liquid must be absorbed before digestion can begin. Do not eat largely of salt, avoid the use of pickles and spiced foods, eat an abundance of fruit, and the irritation that calls for so much drink at mealtime will largely disappear. Food should be eaten slowly and should be thoroughly masticated. This is necessary in order that the saliva may be properly mixed with the food and the digestive fluids be called into action.

The stomach is closely related to the brain; and when the stomach is diseased, the nerve power is called from the brain to the aid of the weakened digestive organs. When these demands are too frequent, the brain becomes congested. When the brain is constantly taxed, and there is lack of physical exercise, even plain food should be eaten sparingly. At mealtime cast off care and anxious thought; do not feel hurried, but eat slowly and with cheerfulness, with your heart filled with gratitude to God for all His blessings.

Many indulge appetite without restraint, and they eat to excess, sometimes to gluttony. This is an error. The digestive organs should not be burdened with a quantity or quality of food which it will tax the system to appropriate. Sometimes

the result of overeating is felt at once. In other cases there is no sensation of pain; but the digestive organs lose their vital force, and the foundation of physical strength is undermined.

The surplus food burdens the system and produces morbid, feverish conditions. It calls an undue amount of blood to the stomach, causing the limbs and extremities to chill quickly. It lays a heavy tax on the digestive organs, and when these organs have accomplished their task, there is a feeling of faintness or languor. Some who are continually overeating call this all-gone feeling hunger; but it is caused by the over-worked condition of the digestive organs. At times there is numbness of the brain, with disinclination to mental or physical effort.

These unpleasant symptoms are felt because nature has accomplished her work at an unnecessary outlay of vital force and is thoroughly exhausted. The stomach is saying, "Give me rest." But with many the faintness is interpreted as a demand for more food; so instead of giving the stomach rest, another burden is placed upon it. As a consequence the digestive organs are often worn out when they should be capable of doing good work.

Abstemiousness (moderation, self-discipline) in diet is rewarded with mental and moral vigor; it also aids in the control of the passions. Every day men in positions of trust have decisions to make upon which depend results of great importance. Often they have to think rapidly, and this can be done successfully by those only who practice strict temperance. The mind strengthens under the correct treatment of the physical and mental powers. A disordered stomach produces a disordered, uncertain state of mind. Often it causes irritability, harshness, or injustice. Many a plan that would have been a blessing to the world has been set aside, many unjust, oppressive, even cruel measures have been carried, as the result of diseased conditions due to wrong habits of eating.

Our bodies are Christ's purchased possession, and we are not at liberty to do with them as we please. All who understand the laws of health should realize their obligation to obey these laws which God has established in their being. Obedience to the laws of health is to be made a matter of personal duty. We ourselves must suffer the results of violated law. We must individually answer to God for our habits and practices. Therefore the question with us is not, "What is the world's practice?" but, "How shall I as an individual treat the habitation that God has given me?"

Edited from Ministry of Healing Ch 23 E G White

Who is in Control?

Part 15 of a series

Exposing the Global Climate Engineering Cover-Up
see www.GeoengineeringWatch.org

What experiments are governments around the world carrying out in our skies without the knowledge and consent of populations? What is there were a monumental environment threat that you didn't even know was occurring? What if it came into use in an insidious way, just as GMO foods have come into our food supply without our knowledge or consent? What if it appeared to be harmless, but it wasn't? And what if it was so cleverly woven into our culture that we didn't even see it anymore? What if it were so masterfully stigmatized and wrapped in controversy that if you thought it were strange or concerning, you'd be scorned or ignored? What if you found that this issue were affecting your health and that of the people you know and love? What if this threat had the potential to destroy our crops, our trees, the soil they are grown in, our water supply, the protective layers of our atmosphere and whole ecosystems? What if all available data and front-line facts made it clear that this issue was putting the entire web of life in the balance? Global climate engineering/intervention programs are mathematically the greatest and most immediate threat we collectively face short of nuclear cataclysm.

How many of us have ever known truly natural weather? Global climate intervention/solar radiation management programs have been deployed and steadily expanded for over 70 years with catastrophic consequences. In addition to the stated purpose of "mitigating" global warming (all available data confirms it is making it worse, not better), there are many additional objectives carried out under the guise of geoengineering. The electrically conductive heavy metal particulates (that are being sprayed) help enhance over the horizon radar, radio frequency transmissions, and EMP (electromagnetic pulse) offense and defense weaponry.

Have you ever read a report in a newspaper or watched a TV report of geoengineering? Mainstream science sources and mainstream news media continue to assist with the cover-up of geoengineering operations and unrealistic forms of geoengineering operations. This is not speculation, but there is scientific proof that it is happening. It would be worthwhile to research it ourselves to find out the details that are too many to write about here.

What is climate engineering?

Science uses terms that refer to various agendas such as Geoengineering, Solar radiation management, Marine cloud brightening and Stratospheric aerosol injection. Some call them "chemtrails" – but this term is branded as a conspiracy theory, but when called by their scientific names, science confirms that they are actually happening.

So what are we seeing in the skies – condensation trails or jet sprayed aerosols? Official sources tell the public that we are seeing condensation trails but this is a false narrative put out to populations of the world in order to effectively hide the clandestine climate engineering that is being done in plain sight. People just need to look up and notice the silvery skies. Remember when our skies were blue?

Actually condensation trails cannot be turned off. Instead jet planes intentionally spray millions of tons of conductive (and highly toxic) particles (like aluminium) into the atmosphere. Jet fuel additives and sprayed payload dispersions are both a part of the ongoing atmospheric aerosol saturation effort.

For over 70 years the United States government and other global powers made the decision to implement these programs without the knowledge or consent of their citizens (they have been accelerated in this century). There are over 150 climate intervention patents registered. What is a result of this? These global powers (the private bakers who own the world banks) are able to control the weather. Now why would they do this? This is the question that most people want answered.

Geoengineering affects the weather – droughts in some places, deluges and extreme flooding in others. Earthquakes, tsunamis, fireballs, meteors, mudslides, floods, hurricanes being created and steered, cold spells, arctic blasts, blizzards, droughts, extreme bush fires, large hailstorms, strange snow, volcanoes erupting, ocean temperatures increasing, superstorms, sink holes and many extreme weather conditions are all being affected and manipulated in weather control.

It is well known that America was able to control weather during the Vietnam War so they could win a battle.

A primary objective of climate engineering/solar radiation management plans is to block out the sun. "Global dimming" is the science term that describes the percentage of the sun's direct rays that no longer reach the surface of the Earth as compared to the mid 20th century. Astoundingly, current figures put "global dimming" at nearly 30% in many parts of the planet. Blocking the sun has decreased overall evaporation and overall atmospheric relative humidity.

HAARP antennas (located in different places over the earth) send a radio frequency signal up into the ionosphere (containing the metal particulates) to control the weather. The ionosphere (or earth's atmosphere), extends from about 80 to 1000 km above the earth's surface, and is able to reflect radio waves. The HAARP antennas can be steered and directed into a selected target area. What they have found is that by sending radio frequency energy up and focusing it, it causes a heating effect. And that heating literally lifts the ionosphere within a 50km diameter area therein changing localized pressure systems or perhaps the route of jet streams. Jet streams carry immense quantities of water and can be compared to a giant river up in the atmosphere. These move the rain and storms around the world.

Moving a jet stream is a phenomenal event in terms of man being able to do this. The problem is we cannot foretell any long term consequences of atmospheric heating. Changing weather in one place can have a devastating downstream effect eg droughts in one part of the country and floods in another.

Another aspect of this is how this aerosol spraying is damaging the entire web of life (in addition to the climate system). Aluminium and barium are primary elements named in climate engineering patents, but there are over 35 known heavy metals, spores, bacteria and particulates. Dr Russel Blaylock, a board certified brain neurosurgeon is very concerned about the spraying of nanosized particles in the skies. These nanoparticles (extremely small) of aluminium affect the brain and spinal cord and are implicated in a growing list of many serious health and neurodegenerative diseases (Alzheimer's, dementia, Parkinson's, heart disease, asthma plus more)

There is also some discussion on how these particulates enter our body and by using EMFs are able to be used in mind control. It is not my purpose to go here, but suffice to say, if you are interested it would be well worth you researching this topic for yourself. A critical part of this will be the forthcoming 5G network.

The effect this has on wildlife

The Living Planet assessment, by the Zoological Society of London (ZSL) and

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Recipes

Sunflower Seed Balls

- 2 onions, diced
- ½ cup water
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp oregano
- 1 tsp thyme
- 1 tsp sage
- 1½ tsp Celtic sea salt
- 1½ cups toasted sunflower seeds - ground
- 1 cup fresh breadcrumbs (about 2 slices fresh bread processed in food processor until fine - GF if required)
- 1 Tbsp cornflour

Toast the sunflower seeds in oven for about 20 mins at 190°, stirring halfway. Cool. Then grind to powder in coffee grinder or food processor. Steam onion, water and seasonings in a saucepan until onion is clear. Combine with ground sunflower seeds, breadcrumbs and cornflour in a mixing bowl. Roll into balls and place on a baking tray. If they are not binding, place all mixture in a food processor and mix until sticky. Bake at 200° until golden brown and firm. These balls are delicious in a casserole dish with gravy or thickened soup or with any gravy.

Flat Bread Wraps

- 1 cup buckwheat
- 1½ cups water
- 1½ cups cooked white beans (or 1 tin drained beans)
- ½ cup organic soy milk (or almond milk)
- ½ cup coconut cream
- 1½ tsp Celtic sea salt
- 2 Tbsp psyllium husks

Soak buckwheat in the water overnight. Blend buckwheat (with water) and beans until very smooth. Blend in soy milk and coconut cream and salt. Add psyllium husks and blend for about 2-3 minutes to form a jelly-like consistency. Leave for 1 minute then blend again until thick and stiff. Scoop onto a sandwich press with an ice cream scoop and close the lid. Press down on lid and rub with a tea towel in a circular motion to spread the mixture evenly. Cook for 20 seconds or until wrap stops sticking to press. These freeze well.

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

Back to Eden health classes

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Bookings Essential for the cooking demo Details Phone Kaye 0260255018

concluded from p 8

World Wildlife Fund (WWF), suggests that if the current trend continues that decline in wildlife could reach two-thirds among vertebrates by 2020. The figures suggest that animals living in lakes, rivers and wetlands are suffering the biggest losses. Human activity, including habitat loss, wildlife trade, pollution and climate change contributed to the declines. For freshwater species alone, the decline stands at 81% since 1970 - Dr Mike Barrett from WWF. This analysis looked at 3,700 different species of birds, fish, mammals, amphibians and reptiles - about 6% of the total number of vertebrate species in the world.

The last report, published in 2014, estimated that the world's wildlife populations had halved over the last 40 years. This assessment suggests that the trend has continued: since 1970, populations have declined by an average of 58%. Dr Barrett said some groups of animals had fared worse than others. "We do see particularly strong declines in the freshwater environment - for freshwater species alone, the decline stands at 81% since 1970. This is related to the way water is used and taken out of fresh water systems, and also the fragmentation of freshwater systems through dam building, for example."

It also highlighted other species, such as African elephants, which have suffered huge declines in recent years with the increase in poaching, and sharks, which are threatened by overfishing. The researchers conclude that vertebrate populations are declining by an average of 2% each year, and warn that if nothing is done, wildlife populations could fall by 67% below 1970 levels by the end of the decade.

For years, humanity has relentlessly poisoned the natural world with chemical pesticides (glyphosate), heavy metals (geoengineering) and GMOs. Now, the collapse of living systems across the planet is accelerating like never before, with ocean fisheries collapsing by the day, topsoil vanishing by the inch, and wildlife populations being decimated by the accelerating destruction of habitat. Birds and bees are dying, high levels of heavy metals have been found in whales, massive global tree

die-off, aluminium content of human and cow's milk and infant formula. It seems the earth is groaning and crying out against the damage we have done to or environment.

Humanity, it seems, has broken the planet, and the mass die-offs are now impossible to ignore. Adding even more weight to the horrifying realization that humanity is committing mass ecological suicide, a new study published in the science journal PLoS One has documented a 75 percent decline in insect biomass over rural Germany in just the last 27 years.

The study, authored by Caspar A. Hallmann and others, states, "Our analysis estimates a seasonal decline of 76%, and mid-summer decline of 82% in flying insect biomass over the 27 years of study. We show that this decline is apparent regardless of habitat type, while changes in weather, land use, and habitat characteristics cannot explain this overall decline". This yet unrecognized loss of insect biomass must be taken into account in evaluating declines in abundance of species depending on insects as a food source, and ecosystem functioning in the European landscape.

Even more concerning is the fact that this insect decline was observed in "protected areas" that are supposed to preserve and protect wildlife. As the study authors explain in their conclusion: "The widespread insect biomass decline is alarming, ever more so as all traps were placed in protected areas that are meant to preserve ecosystem functions and biodiversity... our results illustrate an ongoing and rapid decline in total amount of airborne insects active in space and time."

The food web is now collapsing... insects are just the beginning. The stunning news of this insect biomass collapse is, of course, just the beginning of a series of events that will ultimately spell doom for humanity unless causative factors are quickly reversed. Insects are the pillars of the food web, providing protein and nutrients to bats, birds and reptiles, among other animals. When the insect population collapses, nutrient depletion cascades up the food chain, causing devastating declines in populations of larger animals upon which ecological diversity depends.

Even more worrisome, insects are the pollinators that keep 80% of wild plants alive by facilitating pollination. When insect populations collapse, pollination of wild food sources — as well as many domesticated food sources such as almonds — also face imminent collapse. Without insects, in other words, human populations will also collapse within just a few years as the ripple effect of insect die-offs works its way up the food chain.

Insect biomass "decimated" in mere decades

The study authors were unable to pinpoint a specific cause for the collapse of insect biomass, but that's likely because they did not measure pesticide exposure, GMO pollution or other chemical contaminants like geoengineering that severely impact insect populations. Even without that knowledge, the study authors concluded the rapid decline in insect biomass was catastrophic: Our results demonstrate that recently reported declines in several taxa such as butterflies, wild bees and moths, are in parallel with a severe loss of total aerial insect biomass, suggesting that it is not only the vulnerable species, but the flying insect community as a whole, that has been decimated over the last few decades.

Intensive agricultural practices, in other words, are a primary suspect in this devastation of insect populations. And that points directly to pesticides and herbicides — chemical poisons that are developed specifically to kill living things.

Yet the collapse of insect populations is happening now, with devastating consequences already initiated that may spell doom for a global human population of over 7 billion people, all of whom demand food on a regular basis. Without insects, the food supply collapses. Without food, human populations collapse. And without humans, there is no sustained global warming problem to worry about anyway. And more sobering, from 1972-2011 there has been a 59% reduction in sperm count!

This information is certainly sobering. But, remember, God is in control. Remember when Jesus was in the storm with His disciples, His word stilled the storm. By keeping his eyes on Jesus, Peter was able to walk on water. Read Psalm 91 to see how He promises to keep His people from the pestilence (the plagues) that come on the world. Satan only has power over the elements as God allows. God will especially guard His people, protect them, give them water and food. But our part is to get to know Him and surrender to Him while we have time to prepare. One day it will be too late.

*www.Geoengineeringwatch.org - Dane Wigington
<https://www.naturalnews.com/2017-10-19-the-global-ecosystem-is-collapsing-insect-biomass-decline-decimation-pollinators-scientists.html>*