

Back to Eden

Parasites
Who is in Control?
How Christ Ministered
Products
Recipe
Coming Classes
Trees

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I've had a few busy months. First I spent time with some folks at Tolga then at Kuranda, both near Cairns. Then after a short time at home I spent a most delightful time with a group of 20 students at the Three Angel's Missionary College in Fiji. The Sanitarium connected with this has treated over 7,000 patients in the past 10 years, some of the past guests being Ambassadors and PMs. These students are training to become Medical Missionaries throughout the Pacific Islands. This is my seventh time to Fiji, six of them teaching at this college. I can still picture them sitting in the class and singing. I love to listen to them sing! Those of you who have heard how the Islanders sing will know what I am writing about.

Scientists have now shown that not only does singing in a choir make you feel good, it's got health benefits, too. Researchers at the University of Gothenburg, Sweden, found that choristers' heartbeats synchronise when they sing together bringing about a calming effect. Singing has also been shown to boost our immune system, reduce stress levels and, according to a report published in the Journal of Music Therapy in 2004, help patients cope with chronic pain. A joint study by Harvard and Yale Universities in 2008 went one step further, claiming that choral singing in a Connecticut town had increased residents' life expectancy. Members of a choir in England says singing takes their minds off physical and mental illnesses. People recovering from depression, arthritis, surgery, dealing with the effects of cancer and many other ailments find it a real tonic.

Some equate singing with a session at the gym. "Using your whole body as you sing is massively important. The discipline of breathing often feels like a good workout, as you are using the core muscles and focusing your energy to achieve a great sound."

Choral singing has been used as music therapy in hospitals, care homes and hostels for decades, helping those with dementia to access memories. Joining a choir can provide benefits aplenty. The science doesn't lie: singing really is better for your health than yoga. And, in the words of Ella Fitzgerald, "the only thing better than singing – is more singing".

From Kaye and the Back to Eden team

Parasites...how they impact our health

In recent years some doctors and research scientists are connecting the breakdown in people's health with the presence of parasites in the human body. This may be a surprise to some, but more and more information is coming out confirming these findings. But first we need to understand why we have these in the first place, and then consider what we can do about them.

There are many types of parasites, and it might surprise some people to discover that not all parasites are bad, and expelling them from the body is not always the best thing to do. There are quite a few books available today pointing out that the human body needs parasites. Parasites do not always come from eating the wrong thing, or from contact with nature such as walking through the grass with bare feet. Parasites show up in various parts of the body when needed because of an existing bad condition. Parasites do not eat healthy flesh or tissues. They eat dying and rotten tissues and other microorganisms that may be dead.

Normally, they are not there to hurt the area, but rather to clean up the mess. They are often one of the body's last stands against a bad problem that is hurting the body. Parasites can come from without or from within our bodies. We get rid of them by restoring health to the body, not by using various poisons to kill them. Poisons for parasites are also poisons for us and they do a certain amount of damage to our bodies.

Once your body is clean and has healed, then the parasites will not have dead flesh or toxins to feed on. They will die off, then the body can expel these worms and parasites naturally through the bowels - if they are functioning properly. But there are times when a person can have too many parasites. I'm not saying there is never a need to expel them. There are many reasons, too many to name here, why parasites may get out of hand.

There is no doubt that some parasites enter the body in our food and mouth. If our stomach acid is working properly, this destroys most parasites and/or parasite eggs that enter the body this way. Regular bowel movements also keep things moving and parasite larva goes through before it has a chance to latch on to the colon and hatch. But, when one gets drastically constipated and things get backed up, it's another story. Some suggest that a highly nutritious diet will keep parasites at bay. So there are many whys and wherefores as to why some people have a high amount of parasites and others do not.

In any case, if the parasites get too far out of balance, large quantities of parasites must be addressed directly. If a person has healed their body from disease or conditions that brought on parasites, and an imbalance of parasites still persists, then taking extra steps to rid the body of them is necessary. It would be better to use more natural ways to accomplish this, rather than using pharmaceutical drugs.

Most health food stores or naturopaths have various natural remedies for killing or balancing parasites in the body. Likewise, there are many herbs and foods in nature that accomplish this purpose if taken correctly. Some researchers have shown that parasites are particularly vulnerable to a variety of herbs which are lethal only to them.

In addition, there are those who use electrical frequencies to kill parasites. This is sometimes beneficial and does not hurt the body. Electric current frequency machines work well, but in thousands of cases there are not many people that really needed to destroy their parasites with the electric frequency machine.

Nature provides many things which we have not learned to use. Modern science, for the most part has not learned to use these things. When a person dies if their body is put in a completely sterile room where there are no germs or pathogens or worms, within a few

hours the body will be riddled with parasitic worms which will, in a few days, destroy the body completely except for the skeleton. All those worms came from within the body.

Dr Hulda Clark

Let us first look at Dr Hulda Clark and what she wrote about the relationship of parasites with cancer in the 1990s. She wrote in her book *The Cure for all Cancers* about how people had accumulated so many toxins in their bodies from food, water and dental materials that allowed their bodies to release excessive pathogens. She believed that if you cleaned up the body, people would regain their health.

She said that by removing certain hindrances from the body, immunity restores itself and begins to function properly. These are pollutants such as heavy metals, wheel-bearing grease, motor oil, rubber and plastics, benzene, PCBs, isopropyl alcohol, malonic acid and radioactivity and pathogens such as parasites, bacteria, viruses and fungi.

Dr. Hulda Clark was then probably the world's most experienced authority on parasites and studied in detail what damage the parasites cause in humans. She passed away in 2009. She blamed parasites for promoting tumors, which work along with bacteria, fungi, inorganic copper, cobalt, vanadium, malonic acid and assorted carcinogens.

Her theory was supported by the 100 documented studies of her patients before and after treatment to remove these cancer promoting agents. Their cancers and other signs of poor health are reported to have cleared up once they took the self-administered treatment and followed it rigorously. The goals of her treatment were to kill parasites, encysted eggs and microbes; to eliminate sources of isopropyl alcohol; and to warn people off commercial body products and foods containing micro-contaminated industrial solvents and metals.

When Dr Clark treated people, she took people with the same disorder and looked for what these people had in common. For example, all diabetics had the parasite *Eurytrema pancreaticum* in the pancreas together with methanol (a solvent). With this approach she was able to define a disease according to the presence of specific parasites, bacteria, viruses, heavy metals and more.

Heavy metals play a very critical and dangerous role in our health. According to Dr. Clark heavy metals are not made to be placed on our skin, in the mouth, in the food we eat or in the water we drink. Metals participate in the deactivation of our white blood cells. Parasites and bacteria use met-

als to thrive and grow and then expel them.

There are 2 sources of heavy metals that enter our body:

External source

- Dr Clark found solvents, heavy metals and lanthanides (chemicals) in 90% of the vitamins, minerals, supplements, capsules and pills tested.
- Up to 50 different metals in dental metal fillings.
- Up to 20 different metals in water.

Internal source

- Each enzyme contains a mineral inside.
- Once an enzyme has run out of its life it is digested, but leaves the mineral as a waste, now in the form of metal.
- We eliminate it with feces and urine, but fungi and bacteria can find it before we get rid of it.

Most solvents dissolve fat, and this could endanger our lives, because the lining of our cell membranes is made of fat, especially our nerve cells. If we have solvents in the body, all the intermediate phases of parasites (which is not normal) can develop. So, if we take into our body, isopropyl alcohol (via body care products and any other of the numerous sources) it will accumulate in our liver and it will become the home of the adult intestinal fluke. Those with cancers are unable to detoxify this isopropanol because they have a mold byproduct known as aflatoxin B in their livers. Isopropanol also accumulates in other cancerous tissue. Other solvents include Benzene, PCB, methanol, wheelbearing grease and motor oil.

Dr Clark taught that you could kill more than 120 species of parasites without side effects by using the green walnut husk with wormwood and cloves. Over the years many people have followed her protocol with reasonable success. Remember, this was the protocol followed in the 1990s. But what about now nearly 30 years later? Can it still be used with success? Have doctors and scientists learned more?

What are parasites

Everybody has parasites. There is no way to not come in contact with them. There are thousands of kinds of parasites. Most feed on garbage (like mucus, junk food, sugar etc) and that's why most people are full of them because they eat and live the typical modern lifestyle, but even raw foodists have parasites.

When we think of parasites, we think of bug-like critters with little legs and pinchers for mouths. We even think of tapeworms that can grow to over ten metres in length, but we also have very small single cell

amoebas, and these are the ones we should be scared of, because they go through our blood stream and get into every part of our body - our brain, liver, heart, everything. They can infect every part of the human body - even bones and teeth.

Parasites are everywhere. Pet owners have them for sure. Door knobs and toilet seats are covered in them. A single handshake can transfer over 500 varieties. A sweaty handshake - double that. Obviously you can get them from kissing (even on cheek) and sexual contact. Just touching or talking to someone can do it. They are in the air, the water, the food and our clothes. When they get inside our bodies, they eat our food and ultimately us.

A parasite is a living organism that lives off of you. It eats, lays eggs and secretes. Depending on the kind, parasites will eat different things. Some love dairy, sugar and proteins. These parasites live off the food you eat. They can live in your digestive tract, your liver, your brain or anywhere. No organ within your body is immune to parasites. Some parasites actually suck nutrition right out of your very cells. They rob you of all your precious nutrients while your body starves for nutrition.

The waste they secrete into our bodies is toxic. We are living in their sewage. Mix the parasite waste with dead food, alcohol, cigarettes, polluted air, and our bodies are pushed into a toxic overload that our system just can't handle anymore. The liver becomes overloaded so the toxins spill into the blood, which poisons us. This kills our kidneys and eats away at the central nervous system. Then we wonder why we get sick!

Some of the many parasites

Tapeworms:

The fish tapeworm is the largest of the tapeworms, can grow to ten metres and can have 3,000 to 4,000 segments, each one of which can grow into its own piece. It can lay 1,000,000 eggs a day! If you have fatigue, can't gain weight, have a dog lick you, the chances are that you will have tapeworms. Symptoms include cramping, appendix pain, liver, gallbladder, or pancreas issues, and if they crawl into your lungs, you can end up with some serious lung problems.

Pinworms:

Itchy bottom, insomnia, joint pain can all be caused by pinworms. They are highly contagious. They get in your bed sheets and the eggs can even get transported through the air. Women end up having them in their female parts because they crawl in there from the anus. Many female problems are actually parasites. Eggs are deposited near

the anus. Self-infection occurs by transferring infective eggs to the mouth with hands that have scratched the perianal area.

Whipworms:

A nematode (roundworm) that is the third most common roundworm in humans. The whipworm is found worldwide, and whipworm infections are most frequent among children and in areas with tropical weather and poor sanitation practices. Infection with whipworm most often occurs without symptoms. Heavy infections, especially in small children, can cause gastrointestinal problems (such as abdominal pain, diarrhea, and rectal prolapse) and possibly growth retardation.

Hookworms:

Hookworms are another type of worm that penetrates your intestinal walls, causing bleeding and death of the tissue. They penetrate the skin and are carried through the veins to the heart and then to the lungs. The larvae then reach the small intestine, where they grow into adults and start eating the intestinal walls, causing blood loss. Hookworms usually don't show any symptoms other than maybe bleeding out of your bowel and iron deficiency, but if they get really bad, then eventually you get heart and lung pulmonary problems, stomach pains, and anemia. More than 1.3 billion people carry hookworm in their gut

Round worms:

This causes one of the most common human infections with fever and intestinal cramping. They live in the small intestine and can lay 200,000 eggs per day, which are passed with the feces. They can be carried via blood to the lungs, where they climb the bronchial tree to the throat, and are swallowed back down to the small intestine, where they develop into adult worms.

Blood flukes:

These cause lesions on the lungs, hemorrhages under the skin- common in AIDS cases.

Protozoa (amoebae):

Cause arthritis like symptoms and pain, leukemia like symptoms, diarrhea, pain and dehydration.

Giardia:

Cause diarrhea, weakness, weight loss, cramping, bloating and fever.

Schistosoma:

These penetrate the skin of the human host and migrate to the veins, where they make their way to the small and large intestine, bladder, brain, spinal cord. We can get these things from infected water, dogs, cats, rodents, pigs, horses and goats, etc. Tests done at funeral homes showed that 97% of

the body fluids in people contained parasites and worms.

Ringworm:

This is actually not a worm, but a fungus. To get rid of it, mix thyme oil with a little bit olive oil and apply 3 times a day until gone. You can also spray black walnut tea with a spritz bottle, and even rub Vicks Vaporub on if you have nothing else.

Current research

Dr Dietrich Klinghardt MD PhD, founder of the Sophia Health Institute is known internationally for his success in treating chronic pain and illness. He is German born, lives and works in the USA, but trains many doctors throughout the world with his protocols and has collected data from all these clinics. Since the 1970s, Dr Klinghardt has contributed significantly to the understanding of metal toxicity and its connection with chronic infections, illness and pain. He is considered an authority on the subject. As he travels the globe, teaching and running clinics in multiple countries, he sees that parasites are involved in almost every patient he sees. He has noticed that there has been a huge increase in parasite related illnesses in the western world in the past ten to fifteen years.

Early in his medical career he spent three years working in India with the world's foremost parasitologist and learned how to read the physical signs and correctly diagnose. Normally, to diagnose parasites one needs to send a stool specimen to a laboratory and have it tested. But many tests come back saying there is no parasite infection. What happens is that within the first fifteen minutes of leaving a person's body, most parasite species release an enzyme that dissolves their body and dissolves their DNA so that the parasite becomes virtually undetectable. This is why most diagnoses come back as negative as the stool samples are sometime days old. So any diagnosis of parasites needs to be done within fifteen minutes of leaving the body.

Modern illnesses

When a doctor graduates from medical school today they are not prepared for many illnesses that they see. The reason for this is that many of our illnesses today are due to modern toxins. In the 1980s the most troublesome toxins that were encountered were lead and mercury. Then in the late 80s glyphosate entered the picture as well as all the other herbicides that are used so abundantly in the food industry. Then in the 90s there was ethyl mercury that was put in vaccines. This was later taken out of vaccines and replaced with aluminum. Now, the past 20 years has shifted to where the

main culprit that is found in chronic illness is aluminum, not just from the vaccines, but mostly coming from the polluted air, from aerial spraying for climate control that's now everywhere. This spraying is commonly known as Chemtrails (also known as Stratospheric spraying or Geo engineering). They are plumes of toxic chemicals spewed from military and commercial jets that greatly diminish the sunlight, destroy trees, contaminate water supplies and float into the brains and bodies of all living things on earth. Globalresearch.ca reports that independent testing results show the components of these aerosols filtering down around us. A typical chemtrail cocktail includes barium, nano aluminum coated fiberglass, radioactive thorium, nickel, blood, mold spores, yellow fungal mycotoxins, ethylene dibromide, etc.

So we are inhaling microscopic, nano sized particles, and we have no barriers against this. Dr Klinghardt emphasizes that it is not the just the aluminum (and other metals) found in deodorants and in our food that is causing the problems, it is the inhaled aluminum plus all the other chemicals that are in the toxic spray that comes from geo-engineering that is sprayed from the air, contaminating the air, water, and everything living on the planet creating one very toxic environment.

So in the past forty years we are dealing with a completely different problem. Recent estimates from fat biopsies done at different universities around the planet show that, on average, a healthy patient has approximately 20,000 different chemicals in their tissues; and the sicker we are, the number goes way over 30,000.

And we have only commercially available lab tests for maybe 20 or 30 of these. That gives you an idea that medicine is intentionally behind being able to diagnose the true causes of our illness. And that is why the whole toxicology really has been pushed into the hands of alternative practitioners.

So, pathogens uniformly grow in areas that have been contaminated with man-made chemicals (not God-made chemicals). And where do they grow? In areas that have suffered physical or psychological trauma. For example, if you had a concussion as a child, there are certain lymph pathways in the brain that no longer work properly. There's going to be edema in some areas. There's going to be diminished blood flow in some areas. And that's where the pathogens will settle.

This is where the aluminum and mercury gets deposited. And the glyphosate and the atrazine (and whatever all their names are) gets settled. And then, very shortly after,

pathogens move into the area and create a chronic battle with the immune system that is dysfunctional in the area, so we get the inflammation in the brain. The same is true if you have a blunt trauma to the chest (whether it be a lung) or with abdominal trauma, it will be the abdomen where things settle. But you can pretty much determine by the history of the patient where the weak spots will be.

And of course, a huge component of that is the psychological history. Any trauma that you've been through in childhood has a certain emotional connotation. Each trauma can be labeled, "This is an abandonment issue" or "This is a fear issue" or "This is an anger issue." And then, each emotion has a certain organ in the body where it expresses itself and compromises the health of that area. And that's where the toxins would settle in higher concentration. This is where the parasites and infectious agents will settle and grow. Some people have got parasites in the liver and in the small intestine. In other patients the parasites find their way to the brain, joints or muscles. It's very specific to the patient.

Dr Klinghardt has found that when his patients do a parasite cleanse people go through dramatic shifts in their psyche, their mind. He says that they are then able to let go of childhood trauma. They are ready to let go of birth trauma. People are now realizing to get their health back on course, they need to address the underlying emotional causes.

They extract metals from their host

There are now lots of articles published that show that many parasites have the ability to extract toxic metals from their host and condense it into their skin, into their cell wall. This has two effects. One effect is that you don't die. If we didn't have these scavengers in our bodies we would die from heavy metal toxicity. But the other effect is that we have to live with the worms and their waste, and the waste is what makes us sick.

And of course, that moves the parasite really out of the definition of a "parasite" and it becomes a symbiotic creature that we all need right now for our survival in our ever increasing toxic world. Our genetically present detox systems, are insufficient for the environment that we have created. And so our own detox system plus the parasites are giving us a fair chance of survival because of that.

There are numerous articles published—actually, one of the key sentences in some of these articles is "parasites acts as sinks for the pollutants of the host". That's the

key sentence. If you google that, you'll find a number of articles published on that. Remember this point, we have parasites because we are toxic. If there are too many pathogens or too many toxins in our system, our body is very, very clever. It resorts to a second tier of defense. One of them is to grow parasites.

The same is true for mold. There are numerous articles that show that Candida and other yeasts and molds have the ability to store a multiple of their own body weight of metals in their cell wall. And Candida always appears where there's mercury. That's been published since the 1960s numerous times. Virtually no one pays attention to it. But if you have a patient with chronic Candida or keeps relapsing with it, detox some mercury and the Candida will disappear on its own without needing any help.

What Dr Klinghardt says is that the herbal treatments mentioned in Hulda Clark's book may have worked well for some years, but they have not worked now for about fifteen years because parasites are very, very rapidly adapting to an ever-changing environment. You may get some benefit from the treatment, but parasites now are much harder to treat.

A leading German parasitologist reports that there is an exponential increase in people being infested with parasites that he has watched over the last twenty years. He has basically a gag order from the German government where he's not allowed to publish this because it would worry the population. So he can't get the information out. Most, if not all people, have an increasing amount of a variety of parasites in their system. And depending on how their immune system contains it, some people are doing well with it and other people are not.

Remember, parasites bind extract from their host's toxic material and bind it in their cell wall, thus effectively detoxifying the patient. In one way you could describe them as sponges. In one of the studies, there was one particular nematode, which is pretty common in us, that can concentrate lead in their cell wall, in their outer skin, two hundred and eighty-five times compared to the concentration that's in the host tissues.

So basically what that means, if you get lead-toxic and your system's overwhelmed; it cannot handle the lead and it would actually kill you. Because blocking numerous enzymes that you need to be alive, your system allows parasites to grow. The parasites grow in the areas where the densest concentration of lead is in your body. It could be in the connective tissue and fissure in the bone. And the parasites extracts from your cells and from your matrix, the lead,

they bind it in themselves, and you actually survive because you have the parasites.

When three patients were put on a parasite regime and tested, they got rid of major visible parasites. These were collected and the waste was put in a blender and sent to a lab to determine heavy metal content. They found that the parasites that were examined had concentrated heavy metals. The highest contaminant found in the worms was aluminum. And it was over two hundred times more concentrated in the worm than was calculated to be in the body of the person that harbored the parasite.

Another contaminant that needs to be mentioned is mercury. There is enough information out in the public that connects mercury toxicity with neurodegenerative diseases and Alzheimer's. People with mercury toxicity start to lose their memories, and is linked to depression (plus more). It is now evident that many on a high fish diet, such as Pacific Islanders, start to lose their memory when they are in their 50s. While eating fish may have been safe many years ago, we teach that in this modern age it would be best not to eat fish because it is contaminated with mercury. This is why it is best to get onto a vegetarian diet.

Lyme disease

In an answer to why Lyme disease is more prevalent today, Dr Klinghardt gave some different reasons. One was that the change in weather is bringing insects to areas where milder winters are instrumental in the spread of Lyme disease. Another part is that the genetic material of the Lyme disease is not the same as that of years ago. It was found that the body of an iceman, frozen on the Austrian Alps 5300 years ago had Lyme disease with 27 chains. Dr Klinghardt said that we now have Lyme that has over 600 genes that do not exist in nature. He says Lyme is now a genetically engineered bug, that its origins are unknown.

Detoxing parasites

When trying to get rid of parasites, it is important to get the parasite out whole with its metals in its coat rather than killing it with a strategy that dissolves the parasites in the tissues where it is because then it will release all the toxins back into your system.

The first thing that needs to be detoxed is the tissues, so that the only metals left are the ones in the parasites and in the yeasts. There are a number of protocols that need to be followed carefully and some herbs will be listed at the end of this article, but it is not my purpose to go in to all the supplements needed. You need to research this yourself, find the protocol that suits you.

Obviously you need to follow a good detox diet, eliminating sugars, white flours etc. You may find the supplements you need at a Health Shop or find yourself a good Naturopath to take you through the steps needed.

An aid to detoxing from heavy metals is the ionic foot bath. You put your feet in salt water with an electric current running through a coil that is placed in the water. It has been shown that there is a huge elimination of heavy metals in the stool and kidneys in patients. This can be amplified by giving people Cilantro extracts.

Many people do not suffer from yeasts and Candida, but from the microtoxins excreted by the parasites. One very important fact that many people overlook when trying to detox from parasites and mold, is that when exposed to WiFi, the excretion of the microtoxins per hour, increases 600 fold. So it is very important when trying to eliminate molds and parasites, you must be shielded from any WiFi. It would be better to go back to a broadband or Ethernet connection. Plus smart meters need to be shielded and also watch from any nearby cell phone tower or electric field.

Parasites are very sensitive to pulse electromagnetic fields. Some have used a Russian technique called the Sputnik. It was a little capsule the size of a vitamin capsule made out of metal. And the moment you swallowed it, there was electric contact made from the fluids in the gut, and it pulsed an electromagnetic field. And it's basically a rifle machine that is built in a computer chip that creates a very strong pulsating electromagnetic field that absolutely paralyzes all worms that are on the way down, and the worms come out. It works very well. There is a research in Russia, shows a healing of pancreatic cancer, of liver cancer, of bowel cancer, just doing that. When it was available, it cost about \$100 a capsule. And because of the high cost of it, you retrieve it in the stool. You wash it and swallow it again. It's good for about 3 passes. Unfortunately, the big brother intervened on this and you can no longer get it at this time. There is of course an underground source of it. But it's a great additional tool to clean up the gut without the use of biochemistry

It is known that parasites have a reproductive cycle. So you may not see eggs or cysts coming out in the sample stool you are taking on a particular day. A good point of reference is knowing that parasites are more active around the full moon. So the two days before the full moon, the day of the full moon and two days after the full moon are the best days to do any kind of testing. So, if you treat yourself during the time when the moon goes from the new moon to the full moon and even a little past the full

moon, you will get a lot more results with less what you are using. If you treat during the dark phase of the moon, the organisms are pretty much dormant and not as active.

Another thing to know is that parasites are predominantly water and are pretty adept at not being flushed out with a volume of fluid. They swell up and go down during the moon cycles. When they swell up, they become more irritable and they eat more. Some Practitioners that treat parasites and have got great results recommend parasite cleanses for three successive months during the moon cycle e.g. start when the moon is half full and go for 20 days each month.

Parasites can cause these symptoms: acne, allergies, Alzheimer's disease, anemia, anorexia, anxiety, arthritis (can be caused by microscopic parasites), asthma, autism, back pain, bed wetting, bloating, brain fog, burning sensation in the stomach, can't stay away from bread, alcohol, fruit, or fruit juices, cancer can be caused by waste material from liver flukes and tapeworm, chronic fatigue, colitis, constipation and/or diarrhea, cough, dark circles under eyes, depression, difficulty gaining or losing weight no matter what you do, digestive issues, drooling while sleeping, dry lips during the day, eating a lot but still hungry, edema, fast heartbeat, headaches, heart pain, fever, fibromyalgia, floaters in the eyes, food intolerances, food sensitivities and environmental intolerance, forgetfulness, full stomach feeling (guess what you are full with), gall bladder problems, gas, going to bed early, sleeping in late, grinding teeth while asleep, headaches, hormonal problems, hyperactivity, hypoglycemia, inability to gain weight, indigestion, Irritable Bowel Syndrome, itchy nose, ears and anus, joint pain, lack of energy, lots of bacterial or viral infections, nausea, nervousness, never ending appetite, night sweats, nose bleeds, pain in belly button, palpitations, people who have had lots of antibiotics are highly susceptible, pneumonia, poor food assimilation, problems with the menstrual cycle, puffy eyes, restlessness and anxiety, sexual dysfunction, skin problems like hives, rashes, weeping eczema, cutaneous ulcers, swelling, sores, papular lesions, itchy dermatitis, seizures, sleep disturbances (wake up between 2-3 am), stomach cramps, ulcers, very tired all the time, vision problems, vitamin B12 deficiency, vomiting, weak immune system, weakness, weight loss, yeast issues, yellowish face

Important to detox

Dr Klinghardt speaks extensively about the need to be on a continual detox, live a life of detoxification.

"I mean all of us know that the future of life on the planet is under great attack right now.

We know we can't go forward like we have. It's very, very clear, that there are going to be two groups of people. The ones that really work hard on maintaining their health in an increasingly toxic and electromagnetically polluted environment, it will take more effort to survive and live well in the time that we have. But the reward is going to be that those of you who do that will live and the children of those will live because they're brought up in that kind of way. Children that are brought up with enemas and worm treatment, when in they're in their 20's and 30's, it's clearly more effective. They're more wiser, more intelligent.

"We live in a time where in the next 10 or 15 years, we'll see the extinction of a lot of species, we'll see mass groups of population kind of fading, failing health. And so understanding the four pillars, that you need to detox, you need to protect yourself from the electromagnetic environment, we need to treat the fungal infections, the bacterial infections, the viral infections and the parasitic infections, all of that, we cannot do with medical drugs. When you do it with medical drugs, eventually, the side effects are going to overcome you. It needs to be biological. It needs to be plant-based. It needs to be through plant adaptogens and through simpler methods. The combination of biophysics (for example, with the foot bath or rife machine) together with an herbal dimension is clearly going to be the way of the future.

"The treatment of the hormones and vitamins has to take a sideline. That has not worked with the people that come in with 120 different supplements that are the sickest people because it isn't working. It's not the way to go. But the moment you do a colonic, you'll see the light of the day. The moment you're on the right treatment for your heavy metals, you'll see the light of the day."

Just some of the many parasite-killing herbs - these can be also taken as essential oils (if available)

Green hulls of black walnut
Wormwood
Cloves
Graviola bark
Quassia
Oregon grape root
Milk thistle seed
Olive leaf extract
Rhubarb
Pumpkin seed
Red raspberry seed (ellagitannin)
Aloe vera
Papain
Cat's claw
Mimosa pudica

Goats rue
Garlic
African cayenne: 120:hu
Poplar tree bark
Orange peel
Thyme
Gentian root
Cascara sagrada
Senna
Mugwort
False unicorn root
Peppermint
Dandelion
Myrrh
Licorice

Things you should be eating a lot of to help get rid of parasites:

Raw garlic- put it in your food, your juices and swallow a whole clove morning and night
Raw pumpkin seed – 1 cup 3 times a day
Pumpkin seed oil
Onions
Fennel seed
Papaya seeds
Probiotics
Cucumber
Slippery elm
Artichokes
Radishes
Basil
Oregano oil
Dandelion

Olive leaf extract
Grapefruit seed extract
Aloe vera
Coconut
Ginger
Turmeric
Co-enzyme q10
Bitter melon
Bentonite clay
Diatomaceous earth - food grade version used to act as a parasite shredder. Acts like glass passing over skin, cutting the fragile flesh of all living adult parasites on contact. (without harming humans)
Fasting on nothing but raw pineapples for a week helps with tapeworms.

Do not feed the parasites this means - NO: bread, pasta, sugar, dairy, meat, sushi, cereal, baked, processed or fast foods limit or avoid fruit.
Scrub your hands, keep fingernails clean, wash all produce, pet owners wear slippers, practice impeccable hygiene.
Do enemas or colonics

Herxheimer's Reaction

Removal of yeast and parasites can be uncomfortable at times. This reaction, named after the German dermatologist who discovered it, is basically the discomfort caused by the die off of yeast and parasites and the body's attempt to remove them. The faster you attempt to treat symptoms and the more

potent remedies you take, the higher your chance of experiencing this reaction.

Conclusion

Parasites always have been part of our natural environment and they certainly serve many roles in our system and are not exactly the enemy. Research now says that only 2% of the DNA in the human system is actually human DNA and 98% is bacteria, parasites etc that live in us.

It is very important that we learn to detox regularly. The focus in the past was on mercury and lead, but now we need to add to this glyphosate and aluminum. Those 2 always go together. Then we should never strive to get a parasite-free body. We should strive for, with the immune system, like a good gardener, contain the parasite load that we carry in us. The parasites carry out important tasks, just like the gut bacteria do.

So to find a compromise between not addressing it and over addressing it, that is not easy. But it is known that if the patient has a chronic illness, most likely the patient has parasites as part of the cause of the chronic illness.

*The Cure for all Cancers Dr Hulda Clark
The Parasite Summit Dr Deitrich Klinghardt
Interview Dr Deitrich Klinghardt and Wendy Myers*

Who is in Control?

Humanity Is Under Full Scale Attack As Experts Warn about 5G: 'The Dangers Are Real'

The EMF assault continues as 5G rolls out – but does anyone know the consequences to human health, the environment?

As ultra-high-speed 5G wireless begins to roll out, concerns about what the technology might do to our health are rising. Telecommunications companies are hyping up the technology's amazing speeds and reliability, but what price will we pay for it?

It's been a concern since cell phones first came on the market back in the 1980s, but the problem has grown rather dramatically since that time. Back then, only a select few had cell phones, and those with reservations about radiation could simply elect not to buy one. These days, however, almost everything is connected, from cell phones and computers to toasters and smart meters. Even if you don't have these items in your home, Wi-Fi hotspots are everywhere, and it's only going to get worse with the rise of virtual reality and autonomous vehicles.

It's about time that more research is done before the damage goes too far. Cellphone subscribers continue to grow in numbers, and

people are using mobile devices for increasingly longer durations as well thanks to offerings like streaming video and social networks.

5G is an entirely different from the 4G network of today. Not only is it ten to one hundred times faster, but it also requires the installation of thousands of base stations on buildings and utility poles in order to spread its signals. Some are just the size of a smoke detector, and researchers estimate that one station will be needed for roughly every 12 homes in urban areas given the relatively small distances these signals are able to travel. So even though you might be able to choose not to live by cell towers now, you will soon have nowhere to hide once these antenna base stations start cropping up all over the place.

The International Agency for Research on Cancer of the World Health Organization has labeled cell phone radiation as being "possibly carcinogenic to humans" while noting the lack of research on the matter. The fact is that we simply do not know what the long-term effects of all this could be, and the few studies we do have raise a lot of red flags. More than

200 scientists from around the world who have studied cellphone radiation exposure and other electromagnetic fields sent a letter to the United Nations asking them to protect people, especially children and pregnant women, from this dangerous radiation.

Not only do we not know what it's doing to us, but we also can't say for sure just how it is affecting our environment. It's hard to wrap one's brain around the number of devices and other technology that is out there changing our planet's natural frequency. We do know, however, that we are seeing changes in weather patterns, unusual cloud formations, and massive tree die-offs. We know that animals are sensitive to EMFs, with bees reacting to signals from mobile phones by creating a high-pitched sound that signals to others that they should desert their hive. The Ecologist notes that animals have been found to sustain oxidative harm from Wi-Fi sources, and peer-reviewed studies have found this radiation to harm plants, trees, insects, livestock and rodents. Other studies have pointed to mitochondria and DNA being frequency-sensitive.

While those with a vested interest in this technology will do their best to downplay its potential risks, the truth is that only time will tell if 5G will end up being like cigarettes and antidepressants and only show its true danger as the years go by.

The Dangers Of 5G – 11 Reasons To Be Concerned

The USA is currently leading the way on 5G. At the June 2016 press conference where the Federal Communications Commission's (FCC) head Tom Wheeler announced the opening up of low, mid and high spectrum's. There was no mention of health effects whatsoever. But the dangers are real. Thousands of studies link low-level wireless radio frequency radiation exposures to a long list of adverse biological effects, including:
DNA single and double strand breaks
oxidative damage
disruption of cell metabolism
increased blood brain barrier permeability
melatonin reduction
disruption to brain glucose metabolism
generation of stress proteins

Let's not also forget that in 2011 the World Health Organization (WHO) classified radio frequency radiation as a possible 2B carcinogen. More recently the \$25 million National Toxicology Program concluded that radio frequency radiation of the type currently used by cell phones can cause cancer.

But where does 5G fit into all this? Given that 5G is set to utilize frequencies above and below existing frequency bands 5G sits in the middle of all this. But the tendency (it varies from country to country) is for 5G to utilize the higher frequency bands. Which brings it's own particular concerns.

Here is a review of the studies done to date – 11 reasons to be concerned.

1 – A denser soup of electrosmog We're going to be bombarded by really high frequencies at low, short-range intensities creating a yet more complicated denser soup of electrosmog.

2 – Effects on the skin The biggest concern is how these new wavelengths will affect the skin. The human body has between two million to four million sweat ducts. Dr. Ben-Ishai of Hebrew University, Israel explains that our sweat ducts act like "an array of helical antennas when exposed to these wavelengths," meaning that we become more conductive.

3 – Effects on the eyes A 1994 study found that low level millimeter microwave radiation produced lens opacity in rats, which is linked to the production of cataracts. An experiment conducted by the Medical Research Institute of Kanazawa Medical University found that 60GHz "millimeter-wave antennas can cause thermal injuries of varying types of levels.

4 – Effects on the heart A 1992 Russian study

found that frequencies in the range 53-78GHz (that which 5G proposes to use) impacted the heart rate variability (an indicator of stress) in rats. Another Russian study on frogs who's skin was exposed to millimeter waves (MMWs) found heart rate changes (arrhythmias).

5 – Immune system effects A 2002 Russian study examined the effects of 42HGz microwave radiation exposure on the blood of healthy mice. It was concluded that "the whole-body exposure of healthy mice to low-intensity EHF EMR has a profound effect on the indices of nonspecific immunity".

6 – Effects on cell growth rates A 2016 Armenian study observed MMWs at low intensity, mirroring the future environment brought about by 5G. Their study conducted on E-coli and other bacteria stated that the waves had depressed their growth as well as "changing properties and activity" of the cells. The concern is that it would do the same to human cells.

7 – Effects on bacteria resistance The very same Armenian study also suggested that MMWs effects are mainly on water, cell plasma membrane and genome too. They had found that MMW's interaction with bacteria altered their sensitivity to "different biologically active chemicals, including antibiotics."

8 – Effects on plant health One of the features of 5G is that the MMW is particularly susceptible to being absorbed by plants and rain. Humans and animals alike consume plants as a food source. The effects MMW has on plants could leave us with food that's not safe to consume. Think GMOs on steroids. The water that falls from the sky onto these plants will also be irradiated.

9 – Effects on the atmosphere and depletion of fossil fuels Implementation of the 5G global wireless network requires the launching of rockets to deploy satellites for 5G. These satellites have a short lifespan which would require a lot more deployment than what we're currently seeing.

10 – Disruption of the natural ecosystem Since the year 2000, there have been reports of birds abandoning their nests as well as health issues like "plumage deterioration, locomotion problems, reduced survivorship and death," says researcher Alfonso Balmori. Bird species that are affected by these low levels, non-ionizing microwave radiation are the House Sparrows, Rock Doves, White Storks, Collared Doves and Magpies, among others. But it's not just the birds. The declining bee population is also said to be linked to this non-ionizing EMF radiation.

11 – Most 5G studies misleading 5G will use pulsed millimeter waves to carry information. But as Dr. Joel Moskowitz points out, most 5G studies are misleading because they do not pulse the waves. This is important because research on microwaves already tells us how

pulsed waves have more profound biological effects on our body compared to non-pulsed waves. Previous studies, for instance, show how pulse rates of the frequencies led to gene toxicity and DNA strand breaks.

While the so-called benefits of 5G include higher internet connection speeds as well as the ability for the entire home to be connected to the internet, one example being your washing machine will be able to order its own detergent when it runs out, those who've been studying this warn the adverse health effects far outweigh the benefits.

In this February of 2017 story from Natural News they reported the Federal Communications Commission abandoned public safety by pushing out the untested 5G network upon the public with the following line the opening sentence to their story: "The scientific dictatorship marches on. And there's no stopping it."

The 5G revolution is rushing toward us and it will bring a whole new era of harm from ultra-high microwave frequency radiation. And those who raise their voices against the danger to our health and our human rights to safety have been the subject of harassment, intimidation and attempts to silence them.

Gestapo tactics are being used to silence criticism of 5G technology At the July 14th, 2016 press conference, Bloomberg News reporter Todd Shields had his press credentials confiscated by members of the FCC security force. His offense? He was in the act of speaking with safety advocates concerned about radiation, who wanted to show him a tee shirt symbolizing their concerns.

Remember – things that the government once tested and considered "safe" include such toxic horrors as thalidomide, smoking, asbestos, lead paint, and Agent Orange. Can we really trust these so-called government 'health' agencies?

Consider this: A \$25m government study by the National Toxicology Program has concluded that wireless radiation causes cancer. Natural health advocates say that 70 percent of non-industry studies assess wireless radiation as harmful; with industry studies, the effects are reversed – with only 32 percent showing that wireless radiation is harmful. But, either way, the dangers are clear and being ignored by our government due

More information on 5G is slowly being released. Even though it seems like everything will be against us, remember, God has given us a blueprint of what will happen in the future. Some very dark days are ahead, but our only hope is keeping our eyes fixed on Him.

<https://www.naturalnews.com/2018-02-02>
<https://www.allnewspipeline.com/>
<https://www.naturalnews.com/2018-02-02-the-emf-assault-continues-as-5g-rolls-out-but-does-anyone-know-the-consequences-to-human-health.html>

Spiritual

How Christ Ministered... part 19

Practical counsel that was written over 150 years ago shows how God is interested in our health and has given us guidance as to what we should eat

The diet appointed man in the beginning did not include animal food. Not till after the Flood, when every green thing on the earth had been destroyed, did man receive permission to eat flesh.

In choosing man's food in Eden, the Lord showed what was the best diet; in the choice made for Israel He taught the same lesson. He brought the Israelites out of Egypt and undertook their training, that they might be a people for His own possession. Through them He desired to bless and teach the world. He provided them with the food best adapted for this purpose, not flesh, but manna, "the bread of heaven." It was only because of their discontent and their murmuring for the fleshpots of Egypt that animal food was granted them, and this only for a short time. Its use brought disease and death to thousands. Yet the restriction to a nonflesh diet was never heartily accepted. It continued to be the cause of discontent and murmuring, open or secret, and it was not made permanent.

Upon their settlement in Canaan, the Israelites were permitted the use of animal food, but under careful restrictions which tended to lessen the evil results. The use of swine's flesh was prohibited, as also of other animals and of birds and fish whose flesh was pronounced unclean. Of the meats permitted, the eating of the fat and the blood was strictly forbidden. Only such animals could be used for food as were in good condition. No creature that was torn, that had died of itself, or from which the blood had not been carefully drained, could be used as food.

By departing from the plan divinely appointed for their diet, the Israelites suffered great loss. They desired a flesh diet, and they reaped its results. They did not reach God's ideal of character or fulfill His purpose. The Lord "gave them their request; but sent leanness into their soul." Psalm 106:15. They valued the earthly above the spiritual, and the sacred pre-eminence which was His purpose for them they did not attain.

Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh

that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated.

The tissues of the swine swarm with parasites. Of the swine God said, "It is unclean unto you: ye shall not eat of their flesh, nor touch their dead carcass." Deuteronomy 14:8. This command was given because swine's flesh is unfit for food. Swine are scavengers, and this is the only use they were intended to serve. Never, under any circumstances, was their flesh to be eaten by human beings. It is impossible for the flesh of any living creature to be wholesome when filth is its natural element and when it feeds upon every detestable thing.

Often animals are taken to market and sold for food when they are so diseased that their owners fear to keep them longer. And some of the processes of fattening them for market produce disease. Shut away from the light and pure air, breathing the atmosphere of filthy stables, perhaps fattening on decaying food, the entire body soon becomes contaminated with foul matter.

In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters and may be caught where the water is pure and fresh. Thus when used as food they bring disease and death on those who do not suspect the danger.

The effects of a flesh diet may not be immediately realized; but this is no evidence that it is not harmful. Few can be made to believe that it is the meat they have eaten which has poisoned their blood and caused their suffering. Many die of diseases wholly due to meat eating, while the real cause is not suspected by themselves or by others.

The moral evils of a flesh diet are not less marked than are the physical ills. Flesh food is injurious to health, and whatever affects the body has a corresponding effect on the mind and the soul. Think of the cruelty to animals that meat eating involves, and its effect on those who inflict and those who behold it. How it destroys the tenderness with which we should regard these creatures of God!

The intelligence displayed by many dumb animals approaches so closely to human

intelligence that it is a mystery. The animals see and hear and love and fear and suffer. They use their organs far more faithfully than many human beings use theirs. They manifest sympathy and tenderness toward their companions in suffering. Many animals show an affection for those who have charge of them, far superior to the affection shown by some of the human race. They form attachments for man which are not broken without great suffering to them.

What man with a human heart, who has ever cared for domestic animals, could look into their eyes, so full of confidence and affection, and willingly give them over to the butcher's knife? How could he devour their flesh as a sweet morsel?

It is a mistake to suppose that muscular strength depends on the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed, without its use. The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood. These elements are not so well or so fully supplied by a flesh diet. Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed man in the beginning.

When flesh food is discarded, its place should be supplied with a variety of grains, nuts, vegetables, and fruits that will be both nourishing and appetizing. This is especially necessary in the case of those who are weak or who are taxed with continuous labor. In some countries where poverty abounds, flesh is the cheapest food. Under these circumstances the change will be made with greater difficulty; but it can be effected. We should, however, consider the situation of the people and the power of lifelong habit, and should be careful not to urge even right ideas unduly. None should be urged to make the change abruptly. The place of meat should be supplied with wholesome foods that are inexpensive. In this matter very much depends on the cook. With care and skill, dishes may be prepared that will be both nutritious and appetizing, and will, to a great degree, take the place of flesh food.

In all cases educate the conscience, enlist the will, supply good, wholesome food, and the change will be readily made, and the demand for flesh will soon cease. Let them, rather, return to the wholesome and delicious food given to man in the beginning, and themselves practice, and teach their children to practice, mercy toward the dumb creatures that God has made and has placed under our dominion.

*Ministry of Healing E G White
Edited from Ch 24*

Products for Sale

- Licorice Root Powder** 200g.....\$12
Licorice root is used to rebuild Adrenal Glands. Suggested maximum daily dose is 1½ tspns
- Maca Root Powder** 200g.....\$17
A great price for this superfood. Great for a diverse range of conditions. Especially good HRT alternative, menopause, PMS, Anemia, Thyroid deficiency, osteoporosis, fertility and increased energy. Organically grown.
- Blood Cleansing Herbal Tea** 200g.....\$13
Contains Buckthorn, Licorice Root, Burdock, Chaparral, Red Clover, Cascara Sagrada, Dandelion, Cat's Claw. Use it long term to help cleanse bowel, liver and blood.
- Barley Leaf Powder** 200g.....\$12; 450g.....\$27; 1kg.....\$55
Loose powder, organic A powerful way to get needed nutrients including beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll. Has 3 year shelf life.
- Hawthorn Berry Powder** 200g.....\$14
A great tonic for the heart and related circulatory problems. Just add powder to water or juice.
- Comfrey Root Powder** 200g.....\$14
Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.
- Comfrey Leaf** 100g.....\$9
To use in poulticing or in oils and ointments. A great healing herb. Has lots of uses
- Nettle Leaf Tea** 100g.....\$9
Incredibly undervalued herb. An effective tonic, rich in vitamins and minerals.
- Afalfa Leaf Tea** 150g.....\$12
Rich in vitamins, minerals and other nutrients that strengthen and maintain health.
- Calendula Flower** 100g.....\$9
Used as a tea for inflammation, or use as a base for ointments and oils
- Cornsilk Tea** 100g.....\$8
A great way to treat bladder infections
- Cayenne Pepper** 200g\$8
Can be taken internally to stimulate circulation, stop bleeding and used as a poultice on the skin to stimulate healing. Heat rating: 60,000 Scoville Heat Units
- Turmeric Powder** 200g.....\$8
Is an antioxidant, anti-inflammatory, blood detoxifier and has many anti-cancer properties plus many more uses
- Activated Charcoal Powder** 250g.....\$25
- Calcium Bentonite Clay** 500g.....\$18 1kg.....\$30
Use internally and externally to detox, heal and draw toxins from your body
- pH papers** \$20
Check your urine or saliva with a roll of pH paper in a dispenser that will measure your saliva and urine from 5.5 to 8.0 A valuable was to check whether your body is acid or alkaline.
- Magnesium Chloride flakes** 250g.....\$7 450g.....\$12 1kg.....\$24
Ideal for baths or making magnesium oil.
- Practical Home Healing by Margaret Wright** \$20
A handbook on simple home treatments and remedies that can be successfully applied at home
- Back to Eden Vegetarian Recipe Book** \$25
Over 350 delicious Vegan Vegetarian recipes that use whole foods, nuts, seeds, grains fruits and vegetables. Recipes avoid many ingredients that are harmful to your health.
- Back to Eden Health Training Manual** \$30
This book teaches how to use God's Health Plan, use simple remedies, hydrotherapy and herbs to relieve suffering. Plus other invaluable information for a knowledge of health.. A great tool to use in learning how to become a true medical missionary.
- Entire Set of Back to Eden DVDs - 14 DVDs for \$50 or single DVD \$4 each**
7 sets of recorded DVDs for sale as an entire collection. No colour label or presentation folder. Each disc will be in an individual plastic sleeve. 7 discs cover the demonstration of healthy vegan recipes. The 7 other discs cover home remedies including poultices, simple hydrotherapy treatments, herbs, the Vegetarian advantage and the attack on our health.
- Order by phoning Kaye on 02 6025 5018. Products are packaged in bags (except charcoal).
or order online www.kayesrecipesandremedies.com
- Calculate postage: up to 500g costs \$9 postage: up to 3kg costs \$16 postage: up to 5kg costs \$20

Recipes

Tuscan White Bean Wraps

- 5 c peeled pumpkin cut into 2 cm cubes
- 2 Tbs oil
- 1 large onion finely sliced
- 3 Tbs honey
- 400g tin white beans, drained
- ½ c dried cranberries
- 2 tsp ground coriander
- ½ c freshly chopped coriander (cilantro)
- 1 tsp Celtic sea salt
- 6 tortilla flat bread (or Sweet Potato wraps)
- 2 Tbs black sesame seeds

Place the cubed pumpkin on an oven tray and cook for about 15 minutes at 180° or until soft. In a pan saute the onion in the oil for a few minutes. Add the honey and dissolve. Combine the cooked pumpkin, onion, white beans, cranberries, ground coriander, fresh coriander and salt in a bowl and mix gently. Place 1 cup of the mixture in the middle of the flat bread or tortilla, then wrap. Repeat for all 6 wraps. Brush with a little oil and sprinkle the black sesame seeds for garnish. Bake for 10 minutes at 180° or place in sandwich press until heated through.

Courtesy Revive Cafe Cookbook 2

Sweet Potato Wraps

- 1½ c peeled steamed sweet potato
- 1½ c gluten free flour e.g. millet and tapioca
- large pinch salt (optional)

Cut up sweet potato and place in steamer to cook. If you cook the sweet potato in the water, it will be too wet. If you bake it in the oven it will be too dry. Steaming above the water is best. While the sweet potato is still hot, mash it and add the flours and work into a dough. It will be hot at first, but you will be able to work it before it cools completely.

You may need to add more flour, as this will depend on the amount of moisture in the sweet potato. Divide into 6 and roll out into circles and cook in a greased frypan. Alternatively you can cook these in a sandwich press. After they are cooked, place in a clean tea towel to keep warm and remain soft and pliable. They are much better eaten on the day they are made. If using precooked sweet potato, heat it up before making dough.

Back to Eden health classes

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

For those who want to
attend classes - remember
write these dates down

Tues Aug 14 at 10 am -12 noon
Tues Sep 4 at 10 am -12 noon

cost \$5

Occasionally dates are changed. To confirm class, phone Kaye 0260255018

Trees can detect scents through their leaves, which, for Wohllenben, qualifies as a sense of smell. They also have a sense of taste. When elms and pines come under attack by leaf-eating caterpillars, for example, they detect the caterpillar saliva, and release pheromones that attract parasitic wasps. The wasps lay their eggs inside the caterpillars, and the wasp larvae eat the caterpillars from the inside out. "Very unpleasant for the caterpillars, very clever of the trees."

A recent study from Leipzig University and the German Centre for Integrative Biodiversity Research shows that trees know the taste of deer saliva. "When a deer is biting a branch, the tree brings defending chemicals to make the leaves taste bad," he says. "When a human breaks the branch with his hands, the tree knows the difference, and brings in substances to heal the wound."

Why are trees such social beings? Why do they share food with their own species and sometimes even go so far as to nourish their competitors? The reasons are the same as for human communities: there are advantages to working together. A tree is not a forest. On its own, a tree cannot establish a consistent local climate. It is at the mercy of wind and weather. But together, many trees create an ecosystem that moderates extremes of heat and cold, stores a great deal of water, and generates a great deal of humidity. And in this protected environment, trees can live to be very old. To get to this point, the community must remain intact no matter what. If every tree were looking out only for itself, then quite a few of them would never reach old age. Regular fatalities would result in many large gaps in the tree canopy, which would make it easier for storms to get inside the forest and uproot more trees. The heat of summer would reach the forest floor and dry it out. Every tree would suffer.

Every tree, therefore, is valuable to the community and worth keeping around for as long as possible. And that is why even sick individuals are supported and nourished until they recover. Older trees are valued. Neighboring trees are careful to not to grow overly thick branches in each other's direction. They are friends and such partners are often so tightly connected at the roots that sometimes they even die together.

In the remainder of his book, Wohllenben goes on to explore such fascinating aspects of arboreal communication as how trees pass wisdom down to the next generation through their seeds, what makes them live so long, how they plan reproduction, the sick, turbulent times, street kids and how forests handle immigrants. All discoveries from a secret world!

The Hidden Life of Trees Peter Wohllenben

The Hidden Life of Trees

The astonishing science of what trees feel and how they communicate

All through our life we have generally thought of trees as striving, disconnected loners, competing for water, nutrients and sunlight, with the winners shading out the losers and sucking them dry. The timber industry in particular sees forests as wood-producing systems and battlegrounds for survival of the fittest.

There is now a substantial body of scientific evidence that refutes that idea. It shows instead that trees of the same species are communal, and will often form alliances with trees of other species. Forest trees live in cooperative, interdependent relationships, maintained by communication and a collective intelligence similar to an insect colony. Our eyes are diverted to their massive branches, but the real action is taking place underground, just centimetres below our feet.

In his book *The Hidden Life of Trees*, Peter Wohllenben writes how they feel and how they communicate with each other. "Some are calling it the 'wood-wide web'. All the trees here, and in every forest that is not too damaged, are connected to each other through underground fungal networks. Trees share water and nutrients through the networks, and also use them to communicate. They send distress signals about drought and disease, for example, or insect attacks, and other trees alter their behavior when they receive these messages."

Scientists call these mycorrhizal networks. The fine, hairlike root tips of trees join together with microscopic fungal filaments to form the basic links of the network, which appears to operate as a symbiotic relationship between trees and fungi, or perhaps an economic exchange. As a kind of fee for services, the fungi consume about 30 percent of the sugar that trees photosynthesize from sunlight. The sugar is what fuels the fungi, as they scavenge the soil for nitrogen, phosphorus and other mineral nutrients, which are then absorbed and consumed by the trees.

For young saplings in a deeply shaded part of the forest, the network is literally a lifeline. Lacking the sunlight to photosynthesize, they survive because big trees, including their parents, pump sugar into their roots through the network. Wohllenben likes to say that mother trees "suckle their young," which both stretches a metaphor and gets the point across vividly.

To communicate through the network, trees send chemical, hormonal and slow-pulsing electrical signals, which scientists are just beginning to decipher. These electrical pulses appear strikingly similar to animal nervous systems (although there is no suggestion that plants have neurons or brains). These electrical impulses crawl at the speed of a third of an inch per minute. Wohllenben writes: "Beeches, spruce, and oaks all register pain as soon as some creature starts nibbling on them. When a caterpillar takes a hearty bite out of a leaf, the tissue around the site of the damage changes. In addition, the leaf tissue sends out electrical signals, just as human tissue does when it is hurt. Accordingly, it takes an hour or so before defensive compounds reach the leaves to spoil the pest's meal".

Trees also communicate through the air, using pheromones and other scent signals. Wohllenben's favorite example occurs on the hot, dusty savannas of sub-Saharan Africa, where the wide-crowned umbrella thorn acacia is the emblematic tree. When a giraffe starts chewing acacia leaves, the tree notices the injury and emits a distress signal in the form of ethylene gas. Upon detecting this gas, neighboring acacias start pumping tannins into their leaves. In large enough quantities these compounds can sicken or even kill large herbivores. Giraffes are aware of this and will typically walk 100 yards ahead of the ethylene gas before feeding on the next acacia. Giraffes, you might say, know that the trees are talking to one another.