

Back to Eden

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After a cold winter, we are finally experiencing spring weather. One of my plants that has started shooting out after the winter months is my comfrey plants. I have a nice patch of comfrey and I look forward to using it this summer.

It is amazing how often I renew my interest in a subject after I research it for an article in the newsletter. The same has happened here. I have often considered researching comfrey for an article. Many times I put it off because I knew it would involve lots of reading and research. But, now that I have done it, I am pleased with the result. I could have added much more information to this article, but knew that it would be too long.

I recall my first real experience of seeing the power of comfrey. A woman I knew had shattered her knee cap in a motor cycle accident. She was taken to hospital where a surgeon decided to cut out part of her hip bone and create a new knee cap. She decided against this and decided go home and use comfrey as a primary poultice. It was winter so there was no fresh comfrey leaves available, so her friends used the roots and made them into a poultice. After about four weeks, (six weeks after the accident) she was able to put weight on her leg and she started to take small steps towards her eventual recovery. During her recovery, she told me she felt the bones in her knee cap move together. Her husband had an xray taken before and another after it was healed, showing the bones of her knee cap and how they returned to their place and healed completely. I will never forget this experience and it really taught me the power of comfrey.

From Kaye and the Back to Eden team

As you read this newsletter, please be careful and responsible when using comfrey as you would when using all herbs. Herbs are powerful and will produce reactions. Just because a herb is beneficial, do not take too much. More is not always better. If you are on any medication, please consider this, especially before using any herb internally. I cannot see any particular problem with using any herb as a poultice externally even when on drug medication.

Comfrey... the healer

Recorded history tell us that since ancient times, comfrey has been used for healing. It is a perennial plant that grows from a thick, fleshy, brown-skinned root system that can penetrate deeply into the sub-soil in search of moisture and minerals. The leaves are long and dark green and the plant is covered with short hairs that give a rough, prickly feel when touched. Flowers of mauve, blue or pink can form. There is a mucilaginous juice in the roots and the leaves. It is a member of the natural order, Boraginaceae, The Borage Family. Its common names are comfrey, knitbone, bruise-wort, wound wort, gum plant, healing herb, and slippery root.

A Master Herbalist in the last century, Dr. Edward Shook wrote the following: "It does not seem to matter much which part of the body is broken, either internally or externally; comfrey will heal it quickly. It is a great cell proliferant or new cell grower, it grows new flesh and bone alike, stops hemorrhage, and is wonderful for coughs, soothing and healing the inflamed tissues in a most remarkable manner." Comfrey is one of the finest healers for the respiratory system, especially where there is hemorrhage of the lungs; it has saved thousands of lives. The root has been used reputedly as both a tonic and a vulnerary [*promotes healing*] from very ancient times up to the present. The root and leaves are most beneficial as a poultice in healing any obstinate or ulcerous wound. Comfrey forms an ingredient in a large number of herbal preparations, and it may be given wherever a mucilaginous or demulcent [*soothing*] medicine is required. The chief healing element in comfrey is allantoin, a cell proliferant which promotes granulation and formation of epithelial cells in the roots and leaves."

Looking back in history

We really need to go back into history to

discover or really re-discover what comfrey was used for during these years. An early documentation of the use of comfrey appeared in the herbal of Dioscorides, an ancient Greek Botanic physician who travelled with the army of Alexander the Great on his campaigns to conquer the known world. Dioscorides mentions the native European species of *Symphytum*. This is the wild comfrey that has been known to herbalists for over 2000 years. It's usually called, *Symphytum Officinale*. "Symphytum" means "to make grow together." The reference here is to the ability of comfrey to knit flesh together. One of the main constituents of comfrey is allantoin, which is a specific cell proliferant. It has the property of multiplying healthy cells and not malignant cells.

The ancient form of comfrey was a small plant which grew in high, rocky places. It was used to treat wounds and fractures. During the middle ages, comfrey was used as a medicine and several references to comfrey appear in the herbals writings of these days. During this time monks grew comfrey in monastery gardens and distributed it to the sick people of the village for bronchial disorders and injuries. In 1568 Comfrey was mentioned in Turner's Herbal. The roots were used as a tea for those who would spit blood. They were also known for gluing together fresh wounds.

The native European comfrey was a wild variety that grew in ditches and watersides and moist fields. The Russian comfrey that was later used for fodder was a cultivated variety which was less prickly. Nicholas Culpeper, an eighteenth century herbalist, spoke of native comfrey as being so prickly that it caused the tender parts of the face, hands, or body to itch when touched by the leaves.

Samuel Thomson, a nineteenth century botanic physician records an event that occurred when he was about nine years old. He had injured his foot on a piece of farm machinery. He went to his regular physician as well as the herb doctor but the wound

was very slow to heal. It was thought that his foot would have to be amputated. Samuel knew about the amazing powers of comfrey and set out to apply some poultices over the wound. It was not long before the wound entirely healed.

We do not hear of it until the latter part of the 19th century where it was included in the U.S. Pharmacopoeia. The 19th century French pharmacists thought that it was the mucilage content that healed wounds. At this time, allantoin was not yet isolated. In previous years many knew of the power of comfrey to heal. But after the advent of inorganic minerals for medicine, pharmacists tried to synthesize the active ingredients of plants in order to "improve upon nature." Many of the late 19th and 20th century doctors felt that it was unsophisticated to use crude plants in their treatments. So many of the good old trusted herbal remedies were abandoned for chemical extracts of active principles of plants of synthesized versions of what chemists thought the healing element of a plant to be. Herbs are always best used in their natural state. Valerian root, for example, can be given to an infant without the side effects that would occur if that same infant was given the popular drug, Valium. Valium is the synthetic version of the active principle found in Valerian root. When one element in any herb is isolated and extracted, because it is not buffered by the surrounding nutrients and phytochemicals it often becomes a deadly poison.

In a paper written up in the 1896 edition of the British Surgical Journal, Lancet, Dr Charles MacAllister, M.D., gave his philosophy on the healing power of comfrey on the bloodstream and irregular cell growth. Dr MacAllister wanted to look up his paper and noticed an article in the same issue by a Professor William Thompson, President of the Royal College of Surgeons in Ireland. Thompson had recorded a case of a man who had been diagnosed as having a malignant tumor on his face. The patient had undergone surgery of the palate in an attempt to remove the cancer.

A month later, the cancer returned. This time it ran rampant throughout the patient's head. Because it had gone too far, the doctors decided against cutting it out. They sent him home. When examined three months later the cancer had completely disappeared. The patient told Dr Thompson that he had been applying comfrey poultices to the swelling and that it had gradually disappeared.

MacAllister was inspired by that article of Dr Thompsons and began to wonder if there was actually anything in comfrey that would control or stabilize cell growth. He decided to do an extensive study of comfrey.

Beginning with old books he found that after the mid-nineteenth century, comfrey or *Symphytum* was referred to as obsolete as a healing aid. He then began to search through the ancient and medieval herbals which told the history of the use of comfrey.

Many of the early references investigated by Dr MacAllister spoke of comfrey as a healer of wounds and ulcers, and a knitter of flesh, sinew, and bone. Local rural people often held comfrey in high esteem. This led him to try to find out why comfrey was so useful. He obtained many plants and took them to the head of the Organic Chemistry Department at Liverpool University. A white crystalline substance similar to one oxidized from a nitrogen compound, uric acid, was obtained. This substance, allantoin, is also found in the transfer of blood from the mother to the fetus when the blood passes through the allantois gland of the umbilical cord. As the pregnancy progresses and the amount of allantoin decreases. The substance allantoin is also present in mother's milk (0.006%) and is obviously necessary in some way for the growth of the baby. It seems to play a role in metabolism of growth and development. Wheat embryos, beet juice, french beans, and green peas also contain allantoin.

The root of comfrey contains 0.6 to 0.8% allantoin during the winter months, before the plant increases in growth. The amount of allantoin in the root decreases to about 0.4% a few months later and in mid-summer when the comfrey is fully grown, there is almost no allantoin in the root, but in the young shoots and the buds. So, the best time to collect the most medicinally active comfrey root is during the dormant months.

Getting back to Dr. MacAllister's story, we find that he has been experimenting with a solution of allantoin on external ulcers of his patients. There was remarkable improvement and rapid healing of even old wounds. Success was also seen in cases of respiratory disorders. Sometimes he also used decoctions of comfrey either alone or with a little allantoin solution added. The results of Dr MacAllister's experiments were reported in the British Medical Journal (Jan. 6 and Sept. 21, 1912). Between 1914 and 1935, MacAllister continued to experiment with comfrey finding successful healthy cell proliferation even with plants treated with symphytum solution and allantoin solution. He wanted to find out whether the natural form of allantoin was superior to the synthetic allantoin. He found that the companion elements in the entire herb was indeed superior to the synthetic. Remember, one reason that isolates may not always function as healers is because the missing elements such as vitamins, minerals or phytochemicals that are not supplied either by

the substance or the body. These things may act as a catalyst to bring about a balance of elements in the body which are necessary in a state of health.

Some healing stories

This was reported in the British Medical Journal (June 8, 1912) by Dr Charles Searle, of Cambridge, England: "The patient was a man aged 83, first seen on 23 October, 1911. He suffered from shortness of breath, and swelling of the legs on which there were some ulcers due to neglect. For some months, this condition was very grave; he had marked arteriosclerosis, a loud aortic systolic murmur, with a feeble pulse and low temperature.

During December 1911, a fungating ulcer appeared on the dorsum of the left foot. It rapidly spread, and eventually exposed the metatarsal bones. In January, 1912, the patient's condition appeared to be hopeless, he became at times delirious, and was sent home to die. He was then treated with four-hourly fomentations made with decoction of comfrey root. The ulcer immediately began to fill up rapidly and was practically healed by the end of April, and the patient's condition made corresponding improvement."

H.E. Kirschner, M.D., in his book, 'Natures Healing Grasses', devotes four chapters to comfrey and says, "A leaf a day keeps illness away". In his practice, he witnessed healing of obstinate ulcers, malignant growths and many other ailments. He tells the incidence of a man in New Zealand who casually nibbled a comfrey leaf when walking in a friend's garden (he had suffered with asthma for thirty years). That night he had unbroken sleep, and when wondering why, thought it could have been the comfrey leaf he chewed, that gave him relief from asthma. So he kept up eating a comfrey leaf a day, and did not suffer with asthma after this. He shared this folk remedy with many people who suffered with asthma, who likewise experienced relief by using the routine of leaf nibbling.

Other healing stories involve wrapping a gouty foot in comfrey to experience pain relief, dabbing comfrey tea to relieve the pain of sunburn and juice rubbed on sensitive gums to stop pain. Plantar warts under the toes disappeared after two weeks of applying comfrey leaves, sciatica and varicose vein pain was also relieved. The discomfort of Irritable Bowel was reduced by sipping comfrey tea during the day (1 chopped leaf to 1½ cups water simmered for a few minutes). Back pain was cured after several weeks, severely sprained ankle swelling was reduced and fingers that had been badly bruised by jamming in doors was relieved after poulticing; stomach ulcers, digestive

problems were helped by taking it internally; Another person who had a leg fracture used comfrey and after two weeks did not have to use any morphine for pain relief. For glandular fever, two comfrey leaves were blended in carrot juice and taken daily for a few weeks. All these cases responded after using comfrey.

One small caution, because comfrey is so powerful, it is not recommended using it when you have any metal screw or plate in the body. Some people have had adverse reactions, others have used it successfully.

You could actually live on comfrey. It is high in protein and calcium. It is known that comfrey is the fastest known builder of vegetable protein. The amount of protein obtained from every acre of comfrey can be nearly twenty times that obtained from soybeans. It is one of the few plants that can extract vitamin B-12 from the soil if it is present in the soil. It's high in vitamin A as well. Many other B vitamins are also contained in comfrey.

Some people have even used fresh comfrey in a salad with other fresh, green vegetables. If there is ever a time when food supplies are short, eating comfrey may save lives. A wonderful drink can be made in a blender with fresh comfrey, pineapple juice, and a little fresh peppermint. This is nourishing as well as healing. A person suffering from asthma, chronic or acute, can be relieved by this drink. During the winter, dried comfrey may be made into a tea.

Comfrey burns paste

The Comfrey Burn Paste is made with equal parts of comfrey leaf or powder, wheat germ oil and honey. It is applied directly to the wound or burn and more is added to the skin when the original is absorbed. There is no need to remove the original application when adding more of the mixture to the injury. There are many success stories about using the comfrey burn paste.

One man accidentally scalded his hand with burning olive oil during a kitchen fire. He acquired Third Degree burns from this misfortune. There was no one around to properly dress the wound, so he went to the local emergency room to have the toasted, dead flesh cut away. They cleaned the burn and informed him that he would need skin grafting if he wished to regain the use of his hand. He didn't want to do this, so he asked a friend to first take pictures of the hand for documentation, and then make up the comfrey burn paste and apply it to the hand. After a few weeks of using the comfrey paste, he was able to move his hand. The hand remained somewhat scarred, but new flesh grew. He regained total use of his hand. With dry skin brushing and use of the Cayenne and Bone

Flesh and Cartilage Ointments, he began improving the circulation as soon as the skin grew back. The comfrey paste had turned an almost mummified-looking hand to one that became living again.

Another case involved a five year old boy who was in an accident. The car door opened as the car was moving and the boy was dragged along the asphalt. His fingers were scraped down to stubs - past the nail and down to the top knuckle. His family worked with the comfrey burn paste on the boy's hand and within a few months his fingers grew back. Even the nails! This may seem unbelievable to those who do not know of the power of this combination, but many other stories like this have been documented.

In a very different case two nine year old boys were playing with gasoline and matches. They burned their hands beyond all recognition. Both families went to the hospital emergency ward where they were informed that the only way to help these boys was to do a series of costly operations on them. The best they could do was leave the boys with claw-like projections for hands. One family agreed to do that and the other told the hospital they wanted to try something else first. They took their boy home and they applied the comfrey burn paste on the boy and he showed improvement in a few weeks; his hands were eventually restored.

A special Bone, Flesh and Cartilage formula that can be made or purchased has comfrey as a base. It is available to use as a fomentation or an ointment. It is to be used wherever there is any injury to bones, flesh, or cartilage. It penetrates through the skin, muscle and even reconstructs bone that has disintegrated from disease when properly used. Comfrey is also a part of the herbal antiseptic healing tincture for wounds, sore throats, toothaches, bruises, etc. Comfrey is included in the respiratory formula.

A combination of comfrey root powder, oak bark powder, and cayenne was used to stop hemorrhaging from the mouth in a child who had seven healthy molars pulled out in one day. Her mother was told by the dentist that this was normal procedure before braces. When they arrived home, the mother couldn't stop the bleeding from the child's mouth. Gauze pads were dipped in water, folded and then dipped in the combined herbal powders. These were placed between the bleeding gums and held there. They were changed about three times in 20 minutes. Shepherd's purse tea was given through a straw. Healing was rapid.

Adding comfrey to the bath water is said to promote a youthful skin. Comfrey acts as an emollient and is very soothing, inhibiting further damage to tissues, stimulating the

production of cartilage, tendons and muscles. It has been esteemed as a blood, bone and flesh builder. The dark green colour of the leaves indicates the richness of chlorophyll with a molecular structure closely resembling our blood. Chlorophyll acts as a catalyst, to promote healing within the body of man and animals, and is a valuable blood purifier. Chlorophyll also helps to rejuvenate old cells and promote the growth of new cells. This action, together with comfrey's allantoin properties (a cell proliferant) provides us with a very powerful herb.

Internally, comfrey has been used for: indigestion, inflamed stomach and bowel problems, excessive menstrual flow, hoarseness, periodontal diseases, bleeding gums, thyroid disorders, gastro-intestinal ulcers, glandular fever, coughs, bronchitis, ulcerated and inflamed lung conditions, asthma (excessive expectoration), tuberculosis, pleurisy, pneumonia, hemorrhaging, bruises, sprains, swellings, cancer, catarrh, anemia, sinusitis, lupus, lowering blood pressure, hiatus hernia, blood purifier, ulcerated kidneys, bloody urine, diarrhea, dysentery, to ease inflammation of the joints and mucus membranes, torn ligaments, ruptures, broken bones, cuts, gout, gangrene, heart problems, ulcerous wounds, coughing of blood, scrofula, leukorrhea, female debility, boils, gum boils, burns and insect bites.

Legislation on comfrey

The healing benefits of comfrey are well known and documented. However, there is a major problem: Comfrey for internal use was prohibited in Australia by legislation, which placed it on the Poisons Schedule in 1984 by the Poisons Advisory Bureau, through the National Health and Medical Research Council (NH & MRC). The Council listed comfrey as a dangerous poison, only to be available through pharmacists, by doctor's prescription. This decision, from NH & MRC, came after sensational headlines in Australian newspapers in 1978. Headlines designed to scare people from using comfrey were used. 'Liver damage can be done by herbs.' (This could mean any herb or all herbs.) 'Popular Herb is a Killer.' (Positive enough proof that people have dropped dead from eating it?) 'Scientist Warns Herb is a Killer'; 'Health Drink Causes Cancer, says CSIRO expert'; 'Comfrey is a Killer'; 'Be Careful With Herbs They Can Kill You'.

One of the news items read: 'Dr Culvenor's research group at Parkville has been studying the compounds called pyrrolizidine alkaloids, which occur in such pasture weeds as Ragwort, Paterson's Curse and Heliotrope, the last two weeds being from the same family as comfrey. At least four of these alkaloids are known to be car-

cinogens, and it is possible that the type found in comfrey is also carcinogenic, Dr Culvenor said’.

There is pyrrolizidine alkaloids (PA’s) in comfrey, substances that are regarded as potentially hepatotoxic, carcinogenic, and mutagenic. PA’s are believed to have an accumulative effect in the body and may cause hepatic vein blockage and liver toxicity. It is said that the PA’s are only converted to toxic metabolites, in the body, by the liver enzymes. When comfrey is applied externally to the skin, as a cream, it is not considered to be a significant intake of PA’s, in view of low dermal absorption of the PA’s. When comfrey is dried, enzymes are released and much of the alkaloid is destroyed. PA’s are ten times more concentrated as in young leaves, and mature leaves have an even lower alkaloid content, than young leaves.

There are two studies, which superficially perhaps, devalue comfrey as a medicine. One study ground up comfrey roots and leaves and fed them to the rats. Much of the data of this experiment was inadequate and incomplete and of note only one rat out of 28 showed a liver tumour after 600 days. The other study injected alkaloids into the peritoneal cavity of baby rats. A similar dose for an adult man is about 70 kg. This means it would take the alkaloids from about 19, 880 leaves to produce a comparative dose level. This would require eating 6-8 large leaves a day it would take 48 years to affect liver function and liver damage would occur after 150 years.

Andrew Hughes, in his most informative book, ‘Comfrey, nature’s healing herb and health food’, printed in 1991, says, “The safety of comfrey has been proved by thousands of people, who, like myself, have taken comfrey regularly, on a daily basis. There is no known case of the ingestion of comfrey leaves causing hepatic illness, in either man or beast. If the warnings, given by Dr Culvenor of the CSIRO, were to be taken at face value there would have been hundreds, even thousands, of victims of hepatic poisoning amongst comfrey eaters, both human and farm animal. My bi-monthly, regular check-up at the clinic, has given me a clean sheet of good physical condition – blood analysis, blood pressure, chest, bowels, etc., and I engage in both physical and mental activities every day”.

Andrew shares in his book how he and his wife Tomoko, have been taking comfrey in tablet form, for 28 years, amounts from 85 to 135 grams daily. At age 89 (when most senior citizens are retired) he was working fulltime, working in his garden and walking daily, for an hour or more. Although Australian by birth, his work took him internationally and he lived for 33 years in Japan

before returning to Victoria. He researched extensively on comfrey. He imported comfrey plants to Japan and began educating people of the benefits of comfrey as an agricultural food, feeding it to many animals. But he soon realised the benefit to humans as a health – promoting tea, green drinks, leaf vegetable, dry leaf flour, as well as uses for reversing many ailments. Comfrey had been esteemed as a blood purifier and healer.

Trials undertaken by Henry Doubleday Association members, also showed that it is a valuable plant for pain relief. In 1983, 90 patients with osteoarthritis and rheumatoid arthritis were tested. They took comfrey, as either 4 cups of tea or 9 tablets, daily. Dr Mount reported there were no side effects from this dosage, whatsoever, and no reports of any symptoms, which could be construed as liver symptomatology. Patients reported improvement in well-being, with 23-35% pain relief and mobility.

Another report, is of trials by Dr Clare Anderson, from the Laboratory of Pharmacokinetics and Toxicology, School of Medicine, University College, London, with testing forty long-term comfrey consumers, who then submitted for liver function tests. All were found to have perfectly fit livers! One of these was Emsie du Plessis who had eaten quantities of raw comfrey, since 1960. Her story, she wrote at 78 years of age. “A few years ago, I felt a little below par, not really sick, but not my usual self. I was watering the garden on a hot day and I felt dizzy. So I thought, ‘This is it – the beginning of the end, for an oldie like me’. I went to the doctor and he examined me and found that I was a bit anemic and that I should go to the hospital for a full blood test. On the way home, I decided to postpone my visit to the hospital for 3-4 weeks, and to step up my comfrey eating, to 3-4 leaves, every day. When I returned to my doctor, he said, ‘Come in – this is a social call, your blood is perfect’. If the alkaloid damaged my liver, during that time, then I would like to think that allantoin is one of the world’s most powerful, natural healers.”

Another Australian was Foster Savage, a farmer who grew lots of comfrey. Wilted comfrey was fed to his animals in large amounts. Why did he allow it to wilt? He told me that animals could eat much more, each day, when it was wilted. He disputed that two leaves eaten daily – over a couple of years – will cause serious disease. He and his family (13 children) ate about 70 leaves daily, for 24 years: in the form of comfrey tea, liquidised in a vitamiser as a green drink, and in salads. He also fed comfrey to his farm animals.

It is evident that there are many others, besides Andrew Hughes, who consider the

legislation, which restricted comfrey, to be quite outrageous. Classified in the Poisons Schedule defining comfrey as a substance or preparation, which is of such extreme danger to life, as to warrant limitation of its distribution to qualified persons (registered doctors), and which requires special precautions in manufacture or use. Natural health practitioners and the public, wrote thousands of letters of protest and signed petitions, asking Members of Parliament to remove comfrey from the Poisons Schedule and make it available to the public again, without prescription. They were told that they would have to prove the safety and efficacy of comfrey, if they wanted to use it. They were also told that they could submit all the evidence they wished, but the decision would not be changed.

Over 200 PA’s, are found in plants, mainly in the Asteraceae, Boraginaceae, and Fabaceae families. The most acutely toxic PA’s, are in plants of the senecio and crotalaria genus. The kind of PA’s found in comfrey are generally considered to be less toxic, however, they must still be regarded as having the potential for liver damage, at even low levels. Some comfrey users prefer to use homeopathic preparations as an acceptable alternative to the whole plant, since the poison scheduling of comfrey.

Comfrey as a food

Over the years many people have queried: “Can you eat comfrey?” In Isabell Shipard’s book *How Can I Use Herbs in my Daily Life* she tells how she asked the Queensland Health Department for information on comfrey, and wanted to know if any other plants had been banned. She was amazed to find that borage together with 25 other plants had been listed as Appendix ‘C’ and ‘of such danger to health as to warrant prohibition of sale and use’. She commented to the departmental officer, “But borage is served in restaurants”. He replied, “**This legislation restricts its use therapeutically, however you can still eat it as a food**”!!! So, the 27 plants that are considered ‘such a danger to health’ can still be sold and eaten, as a food!

We need to consider if our government is really interested in the health of citizens, or are they more interested in listening to the lobbyists behind the scenes. It has been said, that there has been a concerted attack on the concept of health through balanced food and natural herbs, orchestrated by sectors of several professions and some companies that market pharmaceuticals. They don’t like comfrey, since it can heal. They prefer to have people use the thousands of formulated drugs on the market. Many of these drugs have caused side effects and killed many people. Some of these drugs have since been banned and

some are still allowed to be used, even after evidence of associated deaths. Also, many food additives are still allowed to be used after thousands of recorded side effects and deaths e.g. MSG, aspartame, saccharin etc.

It is suggested here that there needs to be evidence that shows comfrey is dangerous and needs to be published, but if not, why is there such a vendetta against a well known herb which is more famous for its medicinal value than any other herb sold by herbalists. A genuine concern is that people will be scared of using comfrey, which is a safe and simple answer in some cases of arthritis, and turn to one of the many, recently banned, anti-arthritis drugs, which have already amassed a very considerable death toll in a number of countries'.

How has comfrey been used as a food? Many herb lovers use comfrey leaves as a vegetable, like spinach, in salads or cooked. As the leaves are rather rough and hairy, it is best to chop the leaves finely, when adding to a tossed salad or tucked in a sandwich. Some comfrey connoisseurs eat the leaves with lemon juice, because the lemon is said to release the comfrey's calcium. Use leaves as wraps, to make rolls of savoury rice, add leaves to stews, soups and casseroles, add chopped leaves to batter or any food you like.

Juice comfrey leaves with carrots, celery and other vegetables or greens. Make a comfrey smoothie; using leaves blended with pineapple juice, orange or mango. In summer, blend comfrey leaves, zucchini, avocado and carrot juice, to make a refreshing, cold soup. Comfrey used as a vegetable soup daily, has helped to relax and promote sleep for people with nervous conditions. Leaves dried and crumbled, or ground to a green flour, can be added to bread, gravy and soups. Dried leaves are used as a tea sometimes on its own or in combination with other herb teas – e.g. mint.

In his informative book, on the wonderful attributes of comfrey, Andrew Hughes says, "Comfrey is a food". Hughes points out how medicines may have an immediate effect, the results of which may be felt almost instantly, however the effect does not last. Comfrey, on the other hand, does not act this way. Comfrey is a food, and as such, must be metabolized, like all other foods. Hughes continually stresses this point, explaining that to get the benefits of comfrey, it must be taken regularly and consistently. The effect of comfrey is longer lasting because it is built into the very cells of the body. It should be used, regularly, as a food, because it penetrates to every part of the body and brain, improving both the structure and function of each part. Comfrey contains the same structural

material of which the human body is built, the proteins and minerals, plus the catalysts that enable the metabolism to operate more efficiently – vitamins, enzymes, etc. Secondly, its two unique elements, vitamin B12 and allantoin act directly on the blood stream – B12 to create red corpuscles and allantoin to regulate cell formation and increase white corpuscles. Once the blood is affected by ingesting this food, the whole body benefits, even to the tiniest hair, the most remote cell, the tips of the nails, the cells of the brain, the marrow of the bones. According to Hughes, every part of the body functions better as a result of regular consumption of comfrey, and the body as a whole, is more resistant to the attacks of disease and ageing.

Garden Cultivation of Comfrey

Comfrey can be grown easily in your own yard. It is propagated by root cuttings, not by seed. Comfrey requires no special care. It is an adaptable plant that puts down deep roots. Although it will flourish with minimum cultivation, it does like sunlight and water. Cut back the flowers so the plants will bush out rather than grow up tall and spindly. This will give you a good crop of leaves. Comfrey is a perennial so it will come back every year without replanting. Old comfrey leaves are high in potassium so you could use them for compost. The leaves will die back in colder climates over the winter but will re-emerge in the springtime. This wonderful plant should be grown in every garden. During the summer, it can provide the family with the nutritious and refreshing "green drinks" that can prevent and cure illness.

Summary of comfrey uses

Comfrey Cream: To make an ointment to use externally, take 1 cup of finely cut comfrey root and simmer in 1 cup of olive oil until it starts to soften. Cool and strain. Add 50g of melted beeswax. Essential oils may be added to the simmering mixture, to give the cream a pleasant smell. The cream is used to relieve pain and aid healing of cuts, bites, sprains, arthritis, dry vaginal conditions, inflammation and neuralgia.

Comfrey oil: Soak dried comfrey leaves in virgin olive oil for 3-4 weeks in a jar. Shake daily. Then strain the oil. This can also be made into comfrey ointment. Instructions for this is in the Back to Eden Health Training Manual.

Use externally as a poultice (can use either leaves or roots) for:

Any healing: broken bones (is called knit-bone), bruising, sciatica, back problems, boils, rheumatism, neuralgia, varicose veins, bed sores, wounds, ulcers, insect bites, tumours, muscular pain, pulled tendons, gangrene, shingles, rashes and skin

conditions, a blood bone and flesh builder, It is also said to help reconstruct torn muscles that might have been injured. Excellent poultice for lung cancer, squamous cell cancers (make paste and mix with coconut oil and lemon juice - use for 5-6 weeks)

Use comfrey cream or oil

Comfrey cream or oil can be used for: pain, inhibiting further damage to tissues, stimulating the production of cartilage, tendons and muscles, promote the growth of new cells. Excellent on inward bruises, gangrenous sores, ulcers, burns, open wounds, arthritis, gout, broken bones, tendons and ligaments, swollen neck glands. (You can use the leaves or roots directly on the skin as a poultice as well) Excellent used on bed sores.

Other uses: any crushing injuries – comfrey paste. Injury will send crushed parts back to their proper place, Carpal Tunnel Syndrome (use comfrey ointment, cayenne liniment, marshmallow also), burns (use aloe vera and comfrey ointment), good for garden compost (put leaves in bucket or plastic bin and cover leaves with water and allow to soak for 1-2 weeks. As it ferments it becomes black and slimy. Dilute this brew with 2-4 parts of water and use for seedings or plants).

Restores tissues: use equal parts honey and wheatgerm oil, blend and add crushed dried comfrey leaves. Place on wound 1-2 cm thick. Do not wash off, just allow excess to fall off and add more herbs. Do not allow to dry out, this must be kept moist. Bandage.

Caution: It contains allantoin – a substance that causes cells to regenerate and grow faster. It makes wounds heal. However, caution should be taken when it comes to deep wounds – the poultice or oil can heal the skin so quickly that the new tissue may cover the wound before deep healing inside, resulting in an abscess or skin infection.

How to make a poultice

Place comfrey leaves (or clean comfrey roots) in food processor- blend with a little water to produce thick green (if using leaves) liquid paste. Place on a chux (or rag) and fold edges over to form a parcel. Place the poultice with only one thickness of chux directly on the injury or wound Bandage in place with glad wrap. Leave in place for about 2-4 hours (or even overnight at times). Change and use new fresh poultice if needed. If using on the chest, use hot water and make the poultice warm or place a hot water bottle over the poultice.

*Comfrey Nature's Healing Herb and Health Food Andrew Hughes
Comfrey Dr Christopher newsletter
How Can I Use Herbs in my Daily Life
Isabell Shipard*

Spiritual

How Christ Ministered... part 20

Practical counsel that was written over 150 years ago shows how God is interested in our health and has given us guidance on using stimulants and narcotics

Under the head of stimulants and narcotics is classed a great variety of articles that, altogether used as food or drink, irritate the stomach, poison the blood, and excite the nerves. Their use is a positive evil. Men seek the excitement of stimulants, because, for the time, the results are agreeable. But there is always a reaction. The use of unnatural stimulants always tends to excess, and it is an active agent in promoting physical degeneration and decay.

Condiments such as mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard's stomach is often pictured as illustrating the effect of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite. The system feels a want, a craving, for something more stimulating.

Tea acts as a stimulants and, to a certain extent, produces intoxication. The action of coffee and many other popular drinks is similar. The first effect is exhilarating. The nerves of the stomach are excited; these convey irritation to the brain, and this in turn is aroused to impart increased action to the heart and short-lived energy to the entire system. Fatigue is forgotten; the strength seems to be increased. The intellect is aroused, the imagination becomes more vivid.

Because of these results, many suppose that their tea or coffee is doing them great good. But this is a mistake. Tea and coffee do not nourish the system. Their effect is produced before there has been time for digestion and assimilation, and what seems to be strength is only nervous excitement. When the influence of the stimulant is gone, the unnatural force abates, and the result is a corresponding degree of languor and debility.

The continued use of these nerve irritants is followed by headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other evils; for they wear away the life forces. Tired nerves need rest and quiet instead of stimulation and overwork. Nature needs time to recuperate her exhausted energies. When her forces are goaded on by the use of stimulants, more will be accomplished for a time; but, as the system becomes debilitated by their constant use, it gradually becomes more difficult to rouse the energies

to the desired point. The demand for stimulants becomes more difficult to control, until the will is overborne and there seems to be no power to deny the unnatural craving. Stronger and still stronger stimulants are called for, until exhausted nature can no longer respond.

Tobacco is a slow, insidious, but most malignant poison. In whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow and at first hardly perceptible. It excites and then paralyzes the nerves. It weakens and clouds the brain. Often it affects the nerves in a more powerful manner than does intoxicating drink. It is more subtle, and its effects are difficult to eradicate from the system. Its use excites a thirst for strong drink and in many cases lays the foundation for the liquor habit.

Among children and youth the use of tobacco is working untold harm. The unhealthful practices of past generations affect the children and youth of today. Mental inability, physical weakness, disordered nerves, and unnatural cravings are transmitted as a legacy from parents to children. And the same practices, continued by the children, are increasing and perpetuating the evil results. To this cause in no small degree is owing the physical, mental, and moral deterioration which is becoming such a cause of alarm.

Boys begin the use of tobacco at a very early age. The habit thus formed when body and mind are especially susceptible to its effects, undermines the physical strength, dwarfs the body, stupefies the mind, and corrupts the morals.

Never was traced by human hand a more vivid picture of the debasement and the slavery of the victim of intoxicating drink. Enthralled, degraded, even when awakened to a sense of his misery, he has no power to break from the snare. No argument is needed to show the evil effects of intoxicants on the drunkard. The bleared, besotted wrecks of humanity--souls for whom Christ died, and over whom angels weep--are everywhere. They are a blot on our boasted civilization. They are the shame and curse and peril of every land.

And who can picture the wretchedness, the agony, the despair, that are hidden in the drunkard's home? Think of the wife, often delicately reared, sensitive, cultured, and refined, linked to one whom drink transforms into a sot or a demon. Think of the children, robbed of home comforts, education, and

training, living in terror of him who should be their pride and protection, thrust into the world, bearing the brand of shame, often with the hereditary curse of the drunkard's thirst.

Intoxication is just as really produced by wine, beer, and cider as by stronger drinks. The use of these drinks awakens the taste for those that are stronger, and thus the liquor habit is established. Moderate drinking is the school in which men are educated for the drunkard's career. Yet so insidious is the work of these milder stimulants that the highway to drunkenness is entered before the victim suspects his danger.

Often intemperance begins in the home. By the use of rich, unhealthful food the digestive organs are weakened, and a desire is created for food that is still more stimulating. Thus the appetite is educated to crave continually something stronger. The demand for stimulants becomes more frequent and more difficult to resist. The system becomes more or less filled with poison, and the more debilitated it becomes, the greater is the desire for these things. One step in the wrong direction prepares the way for another. Many who would not be guilty of placing on their table wine or liquor of any kind will load their table with food which creates such a thirst for strong drink that to resist the temptation is almost impossible. Wrong habits of eating and drinking destroy the health and prepare the way for drunkenness.

It must be kept before the people that the right balance of the mental and moral powers depends in a great degree on the right condition of the physical system. All narcotics and unnatural stimulants that enfeeble and degrade the physical nature tend to lower the tone of the intellect and morals. Intemperance lies at the foundation of the moral depravity of the world. By the indulgence of perverted appetite, man loses his power to resist temptation.

Temperance reformers have a work to do in educating the people in these lines. Teach them that health, character, and even life, are endangered by the use of stimulants, which excite the exhausted energies to unnatural, spasmodic action.

In relation to tea, coffee, tobacco, and alcoholic drinks, the only safe course is to touch not, taste not, handle not. The tendency of tea, coffee, and similar drinks is in the same direction as that of alcoholic liquor and tobacco, and in some cases the habit is as difficult to break as it is for the drunkard to give up intoxicants. Those who attempt to leave off these stimulants will for a time feel a loss and will suffer without them. But by persistence they will overcome the craving and cease to feel the lack. Nature may require a little time to recover from the abuse she has suffered; but give her a chance, and she will again rally and perform her work nobly and well.
Edited from Ministry of Healing ch 26 E G White

Who is in Control?

Part 17 of a series

Approximately 35% of women and 45% of men worldwide are sub-fertile. About 7% of women and men are effectively infertile - Why is this so? Read of some suggestions **how to improve fertility rates**

An announcement on the mainstream news recently stated that one in twenty five babies born was an IVF baby. For those of us who can remember back fifty years ago can recall how uncommon infertility was. Now the opposite is the norm. What is happening to our world? Both women and men are seeing their fertility rates decline rapidly.

The way to approach infertility is to address all body systems and not just the reproductive system alone. Many couples who can't conceive suffer from a combination of sub-clinical conditions. They don't cause infertility on their own, but in combination can reduce a couple's probability of conceiving.

For example; a gluten intolerance will cause inflammation in the gut that can minimize your nutrient absorption and lead to deficiencies in nutrients you need for optimal sperm, egg and hormone production and a healthy pregnancy. Exposure to heavy metals, radiation, and toxic chemicals in some foods, drugs and other products can damage DNA. Recent Nutrigenomic (a study of the effects of nutrients on gene expression) research suggests what we eat can influence our gene structure and expression.

Minimise your exposure to toxic chemicals

Exposure to environmental toxins from industrial chemicals, both utero and neonatally may dramatically affect adult fertility. There are many chemicals circulating in our environment, food supply, air and water. These compounds alter hormone function and result in adverse reproductive health. Sperm seems to be more sensitive to heavy metal and industrial pollutants than eggs. The list is extensive, but to name a few we need to avoid phthalates and bisphenols found in plastics, pesticides on food, formaldehyde in many cleaning products, petroleum based liquids found in household products, dry cleaning chemicals and paint fumes. Then there are many personal care products that need to be avoided e.g. body and face creams and lotions, liquid soaps, shampoos, toothpastes etc. If it is not natural, avoid it. Vaccines are another problem as they damage the DNA. 2017 flu vaccines contained vaginal spermicide Polysorbate 80 and Octoxynol 10, which both cause sterility.

Don't drink unfiltered tap water

Besides the fluoride and chlorine contaminants, town tap water has many pollut-

ants. Our waterways are constantly being polluted by industrial waste and byproducts, pharmaceutical drugs, heavy metals, pesticides and herbicides and commercial cleaning products. Plus toilet water is often treated before re-entering the water supply. The trouble is that many drugs are not filtered out e.g. contraceptive pills, antidepressants, steroids, hormone replacement therapy. Try your best to always drink filtered water and remember that the water we shower in also affects our health.

Aim to eat optimal fertility diet

The growing embryo needs plenty of high quality nutrients to form the baby. Organic food is the best. Whole grains, legumes, nuts, seeds, vegetables in season, good fats and oils. The optimum diet is a whole food plant based diet. This means no refined or food depleted of its natural state.

Avoid dangerous fats

Consuming trans fats –that have been damaged by light, heat and oxygen, that are hidden in foods such as; doughnuts, biscuits, lollies, chocolate, chips, pies, hot chips, take aways and thousands of other foods may increase your risk of infertility by as much as 70 percent?

Scientists from the Harvard University School of Public Health advise women wanting to get pregnant to avoid all trans fats. The sole purpose of adding trans fats to food is to extend its shelf life and are mostly listed as 'hydrogenated fat' or 'hardened vegetable fat' or simply 'vegetable fat.'

Minimize animal derived estrogens

Dairy products account on average for 60-70 percent of estrogens consumed. Humans consume milk from cows in the second half of the pregnancy when cow's estrogen levels are high. We usually associate dairy and drinking milk with calcium, and never think about what else we may be consuming along with the calcium (and dairy, by the way is not the best source of calcium). There are many hormones that have been found in cows' milk that disrupt our own hormonal balance.

Consumption of milk has been linked to certain cases of male infertility. Excess estrogen and pesticide exposure has been linked to Polycystic ovary syndrome (PCOS) and Endometriosis. Studies have found higher concentrations of pesticides in cheese than in non-organically grown fruit

and vegetables. The first line of naturopathic treatment recommended for hormonal disorders and endometriosis is to minimize intake of animal products. Animal products have a high content of hormones, pesticides and herbicides which are known endocrine disruptors. They play havoc with your hormones and this can lead to anovulation.

Avoid genetically modified foods

Genetically Modified foods, according to researchers, are becoming a real problem when it comes to fertility, causing an influx in worldwide infertility rates. Since the 1970's alone, sperm counts among the world's male population have declined as much as 40-50%, according to some studies. GMO foods may be just one of the reasons, warn those studying the phenomenon. Countless studies on animals have shown that reproductive systems are greatly compromised when GMOs are involved. For males, the effects include testicles that change color, from pink to blue, altered sperm resulting in fewer pregnancies, and even altered DNA in the animals, even when they eat only the slightest amount of genetically modified food.

The effects are felt in females as well. Higher rates of infertility, premature births, low birth rates and higher infant mortality rates plagued female rats fed a genetically modified diet. For a study in Europe, female rats fed GMOs gave birth to babies that died on a regular basis, with the chance of death being as high as 99 percent. But in rats fed regular food, there was only a 10 percent mortality rate. The offspring of GMO-fed rats also had low fertility rates. It is too early to see the full consequence of how GMO foods affect fertility, but it certainly seems obvious to avoid it, even on the current research.

Avoid any Roundup and glyphosate

There is already evidence that glyphosate is an endocrine disrupting chemical, but the extent of the problem is far greater than it appears. Different glyphosate formulations vary in toxicity, mainly because some of them contain adjuvants that are either toxic by themselves, or else exert synergistic effects with glyphosate. It has long been known that Monsanto's formulation Roundup, the most widely used glyphosate herbicide, is far more damaging than glyphosate itself.

In a study published last year in the Journal of the American Medical Association suggests that pesticide residues in food may account for a large proportion of the roughly 100,000 unsuccessful pregnancy attempts in fertility clinics across North America. The women in the study were grouped according to the amount of pesticides they ingested and average pesticide residue levels found in common foods.

The study found that the women who consumed the most pesticides had a 26% reduced chance of having a live birth than women who consumed the least amount of pesticides. Women consuming the least pesticide had a 7% chance of miscarriage, while women consuming the most pesticide had a 34% chance of miscarriage. The stunning implication of the study is that most infertile couples doing IVF would succeed in conceiving if they ate organic – or even “less poisonous”. Remember, many common foods have been contaminated with glyphosate e.g grains, vegetables.

Exposure to environmentally relevant doses of a glyphosate-based herbicide during pregnancy has been found not only to impair female fertility in rats, but to induce foetal growth retardation and malformations, including abnormally developed limbs, in their second-generation offspring.

Avoid EMF exposures

In 2012 the results of one of the largest population studies conducted in France with over 26,000 men using cell phones reported continuous decrease in semen concentration of about 1.9% per year with a total decrease of a third (32.2%) over the 17-year study period. Sperm counts in men worldwide have declined by half over the past 50 years and are continuing to fall, according to a number of studies.

There is growing evidence that EMFs from cell phones can impair male fertility. The use of laptops (especially when situated on the lap near the reproductive organs) has been connected to male infertility. Theories why include the heat from the machine itself on the scrotum, or radiation from the EMF at such a close distance. Since the 1940s, researchers have recognized that high-level occupational exposure to radio-frequency (RF) radiation significantly decreases male fertility. More recently, a number of studies have shown that much lower levels of RF radiation, such as that emitted by a cell phone, can also affect sperm quantity and quality. There are also links between RF exposure and effects on female reproductive organs. It is possible that fetuses in utero are susceptible to RF exposure, as well.

Damage from various types of radiation can affect sex cells, developing embryos and growing children, and it also plays a role in many diseases because of the damage caused to cellular DNA. This renders the body unable to repair its ‘injuries’, causing mutations that can then be passed along to the next generation of cells.

Avoid the two most common allergens

The link between food intolerances and anti-sperm antibodies is now well established. Studies have found that women with multiple allergies and food intolerances

were more likely to miscarry. An overactive immune system is more likely to attack its own body cells. From an immunological point of view an embryo and sperm cell are foreign bodies. But Mother Nature was clever; she programmed our immune systems to distinguish between an everyday invader and a sperm cell or embryo.

A normal and healthy immune response to an embryo or sperm cell is orchestrated by Th1 cytokines that suppress your killer cells (that’s what they are called) to leave the embryo unharmed. Because of this protection many pregnant women are poor wound healers and can come down really badly with a cold or flu. Your natural protection has been suppressed so that your baby can develop properly. An abnormal immune response to the implantation of the fertilized egg is orchestrated by Th1 cytokines. Rather than suppressing your killer cells they stimulate their activity. This can lead to defects and the loss of the fetus.

The two most widely spread food intolerances are gluten and dairy. It is recommended to have an IgG immunoglobulin test done to check if you are dairy and gluten intolerant. But since most people have some level of allergy to gluten and/or dairy, it’s advisable to avoid gluten and dairy altogether during the preconception and pregnancy period.

Check for Sexually transmitted disease

Most people believe both they and their spouse are STD free. However there are some STD’s that have no obvious symptoms. In men, a Chlamydia infection can lead to sperm abnormalities including sperm antibodies. In women, it can lead to scarring, blocked tubes and miscarriage. A study found 60% of male partners of infected females attending a fertility clinic were found to be infected with Chlamydia.

Allow yourself 120 days before trying to conceive

Sperm and egg quality can be improved, but it takes 120 days. During the generation and maturation of the cells that form an embryo, everything that you and your spouse ingest, inhale or are exposed to will influence the health of your eggs and sperm for better or worse, and the ultimate quality of the genetic building blocks you pass onto your child. Sperm disorders contribute to 40% of infertility cases. Women who suffer from recurrent miscarriages often have partners with low sperm counts and visually abnormal sperm. Therefore both partners should detox - this is very important (detox in many different ways), follow a fertility diet, take preconception supplements and avoid reproductive toxins.

Avoid coffee, smoking and alcohol

You may not want to hear this, but drinking coffee decreases fertility. A large study

from Connecticut found as little as 1 cup of coffee per day increases the risk of not conceiving by 55 percent. And if you have 2-3 cups per day that risk rises to 100 percent and continues to increase with an additional cup up to 176 percent. And did you know that women who drank coffee before and during pregnancy had twice the risk of miscarriage?

Alcohol is harmful to women’s eggs and men’s sperm and as little as one glass can reduce fertility by 50 percent! This can further lead to damage of the developing embryo and may result in miscarriage. And although it’s been known for a long time that drinking while pregnant should be avoided, drinking before pregnancy has been largely ignored.

This doesn’t stop with coffee and alcohol. Smoking and recreational drugs can also reduce your odds of conception. A study tested the effects of cigarette smoking on semen quality in men and found that sperm motility decreased in light smokers while heavy smoking produced abnormal sperm shape. Scientists have discovered that quitting smoking may increase sperm count in men who quit smoking for 5-15 months by 50 percent to 800 percent respectively.

Take a good quality preconception and pregnancy supplement

Regardless of whether you are eating organic produce and a healthy diet, you are unlikely to be getting all the nutrients your body needs for optimal fertility from your diet. This is why supplementation is important. Getting pregnant requires a surplus of nutrients and energy. Some of the key nutrients for fertility are zinc, selenium, magnesium, calcium, B12, B6, folic acid, vitamin C and omega-3 fats

IVF Does Not Address the Root Cause of Infertility

When we take a closer look at IVF it is far less safe and less effective than we are often led to believe. As well as being invasive and prohibitively expensive for many, IVF treatments carry a substantial health risk to both the mother and baby. Conventional IVF and other assisted reproductive technology (ART) treatments don’t address root causes of infertility. These root causes include: nutritional deficiencies, toxin exposure, stress, food intolerances, allergies and immune deficiencies. These subtle but critical factors interact synergistically to impact the quality of your eggs and sperm, affecting your ability to conceive and the health of your embryo.

How Safe is IVF?

Many people think IVF is relatively safe -- but is it really? Multiple studies have reported a high risk of birth deformity including brain disorders, developmental delays and genital malformations.

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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.
- 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

Sunflower Seed Roast

- 1/2 c onion
- 1/2 c tomato juice
- 1 c sunflower seeds - ground
- 1 c walnuts - ground
- 2 c potato - grated
- 1 c soft breadcrumbs
- 1/2 c rolled oats
- 2 t Celtic sea salt

Grind seeds and walnuts. Blend onion and tomato juice together. Add remaining ingredients. Mix well. Pack firmly in greased loaf tin. Bake at 200° for 60 minutes.

Lima Beans in Asparagus Sauce

- 1½ c dry lima beans (3-4 c cooked)
- 340 g can asparagus with juice
- 1/2 c raw cashews
- 1 cup water or bean broth
- 1/2 t Celtic sea salt
- 1 T cornflour

Soak lima beans in 4 c water overnight. Drain off water from beans and just cover with fresh water. Simmer until tender in salted water (approx 30-45 minutes. Time may vary because of the tenderness of the beans). Drain bean broth while still warm (can substitute this for all or part of the water). Blend all remaining ingredients until smooth. Cook sauce gently for 5 minutes, stirring constantly. Add cooked lima beans, stir through, and place in casserole dish to serve.

Caramel Corn Crunch

- 4 litres popcorn (1 c unpoped organic popcorn seed)
- 1/2 c pure palm sugar (grated)
- 1/4 c honey or maple syrup
- 1/2 t sea salt
- 1/4 c oil
- 1/2 t vanilla
- 2 c assorted raw nuts/seeds - almonds, cashews, pepitas, peanuts etc

Measure out the popcorn seeds and pop the corn. Place popcorn in a large bowl (clean laundry bowl). Mix all the other ingredients together. Stir this mixture through the popped corn. Place on a sprayed oven tray and bake at 180° for 25-30 minutes. Palm sugar often comes in hard blocks (often round) from Asian or some Health Food stores.

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 Oct 23 at 10 am -12 noon Simple hydrotherapy treatments
Tues Nov 20 at 10 am -1.30 pm Wind-up class then luncheon cost \$5

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

Canola oil is the margarine of yesteryear for uneducated health enthusiasts who have no idea it clogs blood and promotes dementia

What kind of food never spoils? You get one guess. That's right – the kind you should never eat. So then why do you think most health food stores use canola oil mixed into nearly every packaged and jarred food on their shelves? The honest answer is they're trying to make more money. Insects won't go near canola oil – there's a sign not to eat it right there. Its shelf life runs close to forever. Mix canola oil into salad dressings, mayonnaise, potato salad, macaroni salad, hummus, cereal, or corn chips and their shelf life extends almost indefinitely.

Plus canola oil is the cheapest "food" oil on the planet. Canola oil gets fancy, appealing labels too, like "expeller pressed" or even "certified organic," but it wouldn't really matter if you painted rapeseed hot pink and stamped it "grade A," because it is what it is. Now let's talk about what it does to the health of human beings who eat it regularly.

Organic or not, canola oil coagulates over time and causes health issues.

What happens to humans when their blood clots and doesn't flow properly from their heart to their brain and other organs? Ever heard of the words weight gain, heart disease, stroke, and dementia? Even the insidious American Heart Association has come to grips with evil canola, admitting in a recent study that canola oil dramatically raises the blood coagulation factor, increasing the risk of death from heart disease and stroke.

Canola oil, when consumed by humans, leads to high cholesterol levels in the blood and fatty plaque build up inside blood vessels. These are obstructions that interfere with blood flow to and from the heart, triggering strokes and heart attacks. So, whether or not that canola oil is free from pesticides and processing chemicals, that coagulating will still occur. That's why it simply does NOT matter if the canola oil is organic,

expeller pressed, or served up by a 5-star restaurant, the end result is still the same.

The high-fat meal, blood coagulation study was authored by a doctorate student at an Agricultural University in Denmark, where it was discovered that even the so-called good mono fats increase risk of heart attacks and strokes due to blood clotting. The study was not done on rats or monkeys, but on humans, so all the canola-pushing quacks can throw out that old argument that humans aren't the same as lab-test animals.

The research was done on 18 healthy young men over nine months. Rapeseed oil was a main culprit of blood coagulation and artery clogging, along with beef. The changes in the men's blood indicated an "immediate prothrombotic effect" said the leading researcher. Imagine what happens to humans already suffering from heart disease when they consume canola oil. Then there's the fact that 90 percent of canola oil is genetically modified to contain toxic pesticide. Talk about pouring salt in the wound.

Science behind toxic canola shows it increases plaques in the human brain, contributes to memory loss and decreases learning ability.

The hallmark of degenerative diseases, a build-up of plaque in the brain, could be the scariest part about eating canola oil. That trendy kitchen staple that was labeled "heart healthy" for decades has just been proven to be the complete opposite. It should be labeled "brain deadly" and "heart deadly," but since the FDA and the CDC are run by Big Food shills and hucksters, that will never happen.

The short term effect and ultimate red flashing warning sign that canola oil is horrible for your health is the weight gain factor. Have you run into a brick wall with your diet? Are you also feeling lethargic and brain dead lately? Maybe it's time to check those organic salad dressings for blood coagulating canola. Avoid that canola-loaded prepared food bar at Whole Foods too.

Guy Crosby, Adjunct Associate Professor of Nutrition at Harvard's School of Public

Health, studies food and culinary chemistry and cell wall structure of plant foods. He warns all humans about canola consumption. Here's his verdict. Canola oil is rapeseed oil bred to reduce the "undesirable elements." Crosby notes that most canola oil is chemically extracted using hexane (a constituent of gasoline) and then it's deodorized with other chemicals (because rapeseed stinks).

In another recent study, rodents fed the coagulating junk-science food stuff called canola oil developed signs of dementia and working memory impairment, and that's after just two tablespoons of canola oil per day. The mice also gained significant amounts of weight after consuming canola.

Wait, we're not done with the scary news yet. The rodents also showed increased formation of amyloid plaques in the brain. Plus, the canola oil had destroyed a peptide that protects brain neurons from damage. This damage prevented contacts between neurons, indicating extensive injury, according to the research experts. That study was published in the journal Scientific Reports. Find out more about the effects of all processed oils on the human body at NaturalPedia.com, and try to stick with organic, live, raw foods as your main sources of nutrition.

<https://www.naturalnews.com/2018-09-03-canola-oil-is-the-margarine-of-yesteryear-clogs-blood-dementia.html>

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Summary

Infertility -- for the majority of couples -- is not an incurable disease. A more suitable description would be: a temporary condition caused by nutritional deficiencies and excessive toxin accumulation. Remember, specific bacteria and viruses can interfere with a growing embryo, resulting in miscarriage or birth malformations. Your level of fertility and the quality of your eggs and sperm is determined by many small but crucial factors. When combined these factors add up to the difference between fertility and infertility.

Toxins from the environment, drugs and many commercial cleaning and body care products can disrupt your hormonal balance and lead to infertility. As such you need to be aware of those factors before you embark on this amazing journey. You need to prepare for your pregnancy as you would for an important trip. Good preparation will not only minimize the chance of complications and heartache down the track, but will also ensure the healthiest baby possible.

Adapted from <https://articles.mercola.com/sites/articles/archive/2009/10/29/10-ways-to-address-your-root-causes-of-infertility--naturally.aspx>