

# Back to Eden

Alzheimer's Disease  
Who is in Control  
Eat green leaves  
Products / Coming Programs  
Bible chapters to music  
Optimum blenders

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Over the years that I have been sending out these newsletters I have always had one main object in mind. This was to help people regain their health. By eating a diet and having a lifestyle that promoted and increased our own immune system to work more efficiently is critical in achieving this. By using the Eight Health Laws, simple remedies when sick, by using certain herbs and natural nutrients will all aid in this.

But a very important part of this is knowing how to prepare food. This means not relying on cans, packets or manufactured foods, but making our food from scratch. For example, knowing how to make very smooth nut milks and sauces, gravies and smoothies in your own kitchen without the grainy bits that come from not blending properly. I have realized how important it is to have good appliances to use to enable this to happen.

Around five years ago I purchased a new very powerful blender for what I considered was a good price. Those of you who prepare food realize the value of a very efficient blender. Well, I love using this blender, and have bought some other appliances from this company. I have also purchased a smaller blender, a slow press wide mouth juicer, and a juice press that presses out juice without the huge washup called a JuLavie. I use this to press out leaves and vegetables.

The man who used to own the local delicatessen near me has now taken on the Australian franchise to sell these. I have contacted him and spoke about doing a promotion in my newsletter. He has agreed to running a promotion for all Back to Eden readers. Read about the offer on the last page.

I am very happy with the products I purchased - in both price and efficiency, and wanted to let anyone who is looking to buy any blender, juicer or thermocook (about quarter of the price of a Thermomix), check out the deals on these products on the last page.

From Kaye and the Back to Eden team.

## Alzheimer's ... simple practical support

Alzheimer's disease is a physical brain disease that causes dementia, resulting in impaired memory, thinking and behaviour. It is named after Alois Alzheimer, the German doctor who first described it in 1907. It is the most common form of dementia, affecting up to 70% of all people with dementia. This article shall look at how we can minimize our chances of getting it, or how we can reduce the symptoms of it once we see the start of the symptoms. Obviously, the best plan is to prevent it occurring in the first place. We all need to be educated to help not just ourselves, but family members and friends. The ideas for treating Alzheimer's in this article have been gleaned from an on-line summit called Awakening Alzheimer's.

Alzheimer's disease is a progressive dementia – caused by a progressive degeneration of brain cells. The brain is the control centre for your whole body and different regions of the brain are responsible for different behaviours. The brain degeneration that occurs in Alzheimer's disease affects memory, thinking skills, emotions, behaviour and mood. As a result, a person's ability to carry out daily activities becomes impaired. As the disease progresses, symptoms worsen.

Alzheimer's disease is characterised by specific changes in the brain. There is an abnormal build-up of a protein called beta amyloid, which forms "plaques" outside the brain cells. Inside the brain cells, another protein called tau builds up into "tangles". These abnormal protein accumulations disrupt messages within the brain because they damage connections between brain cells. The brain cells eventually die and brain volume shrinks. These brain changes occur gradually and actually begin many

years (on average around 15 years) before symptoms of dementia occur. The brain is able to compensate for the early damage, but eventually the damage becomes too great and brain function is affected.

As Alzheimer's disease affects different areas of the brain, specific functions or abilities are lost. Memory of recent events is often the first to be affected, but as the disease progresses, long-term memory is also lost. The disease also affects many of the brain's other functions and consequently language, attention, judgement and many other aspects of behaviour are affected. A doctor can't say you have Alzheimer's with absolute certainty, but there are things he can do to be fairly sure. They include tests of your attention, memory, language, and vision, and looking at images of the brain. These images are taken with an MRI (magnetic resonance imaging), which uses powerful magnets and radio waves to make detailed pictures.

Alzheimer's disease typically starts slowly and in the early stages, the symptoms can be very subtle. However, as the disease progresses, symptoms become more noticeable and interfere with daily life. The disease affects each person differently and the symptoms experienced vary. Common symptoms may include:

- Persistent and frequent memory loss, especially of recent events
- Repeatedly saying the same thing
- Vagueness in everyday conversation
- Being less able to plan, problem solve, organise and think logically
- Language difficulties such as finding the right word and understanding conversations
- Apparent loss of enthusiasm for previously enjoyed activities
- Taking longer to do routine tasks
- Becoming confused and disoriented, even in well-known places
- Inability to process questions and instructions
- Deterioration of social skills
- Emotional unpredictability
- Changes in behaviour, personality and mood

## Other types of dementia

**Vascular dementia:** This is the second most common type. About 1 in 10 people who have dementia have vascular dementia, which happens when there's not enough blood going to your brain. This can be caused by damage to your blood vessels or blockages that lead to mini-strokes or brain bleeding. Doctors used to call it multi-infarct or post-stroke dementia.

Unlike Alzheimer's disease, memory loss isn't the typical first symptom. Instead, people with vascular dementia can have different signs, depending on the area of the brain that's affected, such as problems with planning or judgment. No drugs have been approved to treat this type of dementia, but you can do some things to keep your brain and blood vessels healthy and try to prevent future damage. These include exercising, eating well, and not smoking.

**Dementia with Lewy bodies:** Lewy bodies are abnormal clumps of a protein called alpha-synuclein. They build up in your cortex, the part of your brain that handles learning and memory. This type of dementia causes problems with attention and things like driving, along with sleeping issues, seeing things that aren't there (hallucinations), and slowed, unbalanced movements, similar to Parkinson's disease symptoms. Memory loss tends to show up later in the disease.

**Mixed dementia:** Sometimes, a person has brain changes caused by more than one type of dementia. This is called mixed dementia. For example, you may have blocked or damaged blood vessels in your brain (vascular dementia) and brain plaques and tangles (Alzheimer's disease) at the same time.

**Frontotemporal Dementia (FTD):** This form of dementia involves the loss of nerve cells in the front and side areas of your brain -- behind your forehead and ears. Personality and behaviour changes and trouble with language are the main symptoms. Some people also have a hard time with writing and comprehension. Symptoms usually show up around age 60 -- earlier than they usually start with Alzheimer's disease.

**Creutzfeldt-Jakob Disease (CJD):** This rare form of dementia happens when a protein, called a prion, folds into an abnormal shape, and other prions start to do the same. This damages brain cells and triggers a fast mental decline. People with CJD also have mood changes, confusion, twitchy or jerky movements, and trouble walking. Sometimes, the disease is passed down

through families, but it also can happen for no known reason. One type, called variant CJD (or mad cow disease, also known as bovine spongiform encephalopathy), has spread from cattle to people when they eat meat from contaminated animals.

**Huntington's disease:** This is caused by a problem with a gene you get from one of your parents. It affects the central part of your brain -- the area that helps you think, move, and show emotion. Symptoms typically start between ages 30 and 50, and uncontrolled arm, leg, head, face, and upper body movements are the first signs. The brain changes also lead to problems with memory, concentration, judgment, reasoning, and planning. People with Huntington's disease also have issues with depression, anger, and irritability. There's no known cure for it.

**Normal pressure hydrocephalus:** The Alzheimer's Association includes this build-up of spinal fluid in the brain as a form of dementia. Symptoms include slowed thinking, problems with decision making, trouble concentrating, behaviour changes, difficulty walking, and loss of bladder control. It typically strikes adults in their 60s or 70s. Surgery to put a shunt in your brain to get rid of extra fluid can help.

## The healthy human brain

The whole brain is fed and provided with oxygen by a complex network of arteries, veins and capillaries. This vascular network is strictly controlled and separates the brain from the rest of the blood stream. The blood brain barrier is a semipermeable membrane that separates the blood from the cerebrospinal fluid and constitutes a barrier to the passage of unwanted cells, particles, and large molecules. It protects the brain from infection, but consequently if the brain becomes infected it is difficult to treat, as many antibiotics are too large in their molecular structure to cross the barrier. This is also a major problem when finding agents to treat Alzheimer's disease, as they must pass this barrier to target the brain.

Behind the ears and temples are the temporal lobes of the brain. These regions process speech and working memory, and also 'higher' emotions such as empathy, morality and regret. Beneath the forebrain are the more primitive brain regions such as the limbic system. The limbic system is a structure that is common to all mammals and processes our desires and many emotions. Also in the limbic system is the hippocampus -- a region that is vital for forming new memories.

The cerebellum is at the back of the brain, which stores our muscle memory so we can do things without thinking - such as riding a bike. The midbrain and brain stem control bodily functions such as heart rate and digestion and act as an interface between the spinal cord and the rest of the brain.

All these complex tasks are mediated by the connections between the brain cells (neurons) called synapses. In the adult human brain there are around 100 billion brain cells, each connected to its neighbours by 5-10,000 synapses.

Our brains form a million new connections -- a million new synapses -- every second we are alive. The pattern and strength of the connections is constantly changing and no two brains are alike. It is in these changing connections that memories are stored, habits learned and personalities shaped, by reinforcing certain patterns of brain activity, and losing others.

Brain cells communicate through synapses in a variety of ways. Signals pass across the synapse in the form of chemicals that are known as neurotransmitters. Neurotransmitters are passed from one brain cell, across the synapse (connection) and to the receiving brain cell, which collects the neurotransmitter with a receptor. The receiving cell can then send out another burst of neurotransmitters to other brain cells to pass the message on.

## The brain with Alzheimer's Disease

Back to the early 1900s when Dr Alzheimer examined the brain of his patient upon her death. He found shrinking of the outer layer of the brain or cortex -- the region of the brain involved in memory, language and judgment. We know that the so called shrinking of the brain is caused by the death of the brain cells. These can now be detected by using magnetic resonance imaging (MRI).

Remember, Dr Alzheimer also found two types of deposits in the brain. We know these now as plaques, found outside the cells and the other type of deposit was found inside brain cells known as neurofibrillary tangles. These plaques impair synapses so signals cannot pass between brain cells. Tangles kill brain cells by preventing the normal transport of food and energy into the brain cell.

The outer part of the brain is usually the area affected first by the disease. Short-term memory loss is therefore one of the first symptoms of Alzheimer's disease. But as the disease progresses to deeper parts of

the brain, long-term memory is also lost. The disease also affects many of the brain's other functions and consequently, many other aspects of behaviour are disturbed.

Apart from the few individuals with Familial Alzheimer's disease (a rare form that is entirely passed on via genetics), it is not known why one individual gets Alzheimer's disease late in life and another does not. Scientists are investigating what triggers the formation of plaques and tangles and about other chemical changes that damage brain cells in Alzheimer's disease.

A variety of suspected causes are being investigated including factors in the environment, biochemical disturbances and immune processes. The cause may vary from person to person and may be due to one factor or a number of factors.

The rate of progression of the disease varies from person to person. However, the disease does lead eventually to complete dependence and finally death, usually from another illness such as pneumonia. A person may live from three to twenty years with Alzheimer's disease, with the average being seven to ten years.

## How is Alzheimer's diagnosed?

There is currently no single test to identify Alzheimer's disease. The diagnosis is made only after careful clinical consultation. The clinical diagnosis might include:

- A detailed medical history
- A thorough physical and neurological examination
- A test of intellectual function
- Psychiatric assessment
- A neuropsychological tests
- Blood and urine tests
- Lumbar puncture for cerebral spinal fluid tests
- Medical imaging (MRI, PET)

These tests will help to eliminate other conditions with similar symptoms such as nutritional deficiencies or depression. After eliminating other causes, a clinical diagnosis of Alzheimer's disease can be made with about 80% to 90% accuracy if the symptoms and signs are appropriate. The diagnosis can only be confirmed after death by examination of the brain tissue.

It is important to have this early diagnosis to determine whether a treatable condition other than Alzheimer's disease, is causing the symptoms. Some other symptoms may seem like Alzheimer's, but after careful analysis are found to be something else. They can often be helped by using different protocols.

## Is there treatment available?

At present there is no cure for Alzheimer's disease. Between 2002-2012, there were 244 clinical trials for Alzheimer's disease in the US at a cost of billions of dollars. 243 failed outright, and the one that succeeded had a very minimal impact. So the problem is that we're asking the drugs to do too much. A single drug cannot help Alzheimer's. The claims that drugs can help are completely unfounded.

Yes there are things that can help. As amazing as that sounds, they are linked with lifestyle. Plus certain supplements can also help. Some integrative doctors and scientists are now teaching that Alzheimer's can be prevented. But we need to become educated in the different ways we can help stop the progression. Let us look at some of these as presented in the summit.

## Lifestyle is important

Dr David Katz, is the Founder and the Director of the Yale University Prevention Research Center and is an internationally recognized authority on the prevention of chronic diseases. He's written 15 books, 200 scientific articles and believes we can slash our risk of Alzheimer's by up to 80%. He believes that dementia is substantially preventable and the risk factors for Alzheimer's and other dementias overlap substantially with risk factors for coronary disease. He says if you fix those risk factors, rates of dementia go way down, as do rates of heart disease.

In many people there is a massive prevalence of insulin resistance, called pre-diabetes. It's often referred to as the "metabolic syndrome." Diabetes is a situation where the body's tissues are less sensitive to the actions of insulin, and of course, insulin does many things, but one of them is to usher blood sugar into cells. If your tissues are less sensitive to insulin than they should be, in order for that usher to do its job it needs help, and so insulin levels go up and this does all sorts of damage to the body. High insulin levels are pro-inflammatory, they increase oxidative injury. And people who are vulnerable to Alzheimer's disease seem to show the particular manifestations of insulin resistance — that high level of insulin, that poor ability to get sugar into cells now affects the brain and the central nervous system.

Remember, brain cells use glucose as their first fuel. But we now know that high blood sugar fuels Alzheimer's. The brain cells are starving because the sugar can't get into the brain. Some are now calling Alzheimer's Type 3 diabetes.

There is evidence that dementia is linked to lifestyle and is found in people all over the world that have had their lifestyles practices documented in the book **The Blue Zones** by Dan Buettner. He shows five documented Blue Zones in the world. There is one in Ikaria, Greece, one in Sardinia, Italy, one in Okinawa, Japan, one in Loma Linda, CA, and one on the Nicoya Peninsula in Costa Rica. These are the places all around the world with the highest concentration of centenarians — people who live to be 100. Add to this they rarely get dementia.

They also don't have strokes — because of their lifestyle. They live in cultures where it's normal to eat a wholesome diet, they avoid toxins like tobacco, get routine physical activity, and, in addition, get enough sleep, are not stressed out, and have good, supportive, strong interactions with one another, a sense of community. But one Blue Zone is not defined by geography or location and that is Loma Linda in California.

This Blue Zone doesn't encompass all of Loma Linda, and it's certainly not all of California, which has the same epidemiology as the rest of the United States.

This Blue Zone is the Seventh-day Adventist population in Loma Linda. They are mostly vegetarian, don't smoke, drink alcohol and exercise regularly. Their sense of community is strong. Effectively they are doing what all the other Blue Zone populations are doing. In the other Blue Zones it's more of a cultural practice. So for example, in Ikaria, Greece, they've sort of been off the grid and living a traditional Mediterranean lifestyle. But the results of that traditional culture overlap with the spiritual and lifestyle practices of Seventh Day Adventists in Loma Linda.

And what they overlap to produce, in all cases, is diets of wholesome foods, mostly plants — in fact, in Loma Linda they're vegetarian, and many of them are vegan — and get regular physical activity. They are not stressed, spend time in prayer and get good sleep.

Could this Blue Zone be replicated? A study was commenced in Finland in 1972 called "The North Karelia Project". They took one of the populations around the world with the highest rates of cardiovascular disease, and with all of the complications of this, including dementia. They intervened, and took away tobacco, the excess salt, the excess saturated fat — and shifted the diet to wholesome foods, mostly plants. This involved the citizens, the political leaders, business leaders, and the scientists, all working together.

After 40 years, and they have reduced the rates of cardiovascular disease, metabolic disease, and dementia by approximately 80%. They have proven what's possible when you shift from a diet and lifestyle at odds with health to a diet and lifestyle that's supportive of health.

## Sleep

Dr Michael Breus, a sleep doctor from Manhattan California, tells how poor sleep habits can lead to Alzheimer's and dementia. He tells that there are three different areas that are affected from even just one night of poor sleep. Your reaction time slows down, you get very emotional and cognitively, you have a tendency to slow down. So even one night of sleep deprivation affects you in all three areas.

But every organ of the body is affected with chronic poor sleep. A great study out of the University of Chicago showed that when flu shots were given to people who were sleep deprived versus people who weren't sleep deprived, and then they were exposed to the flu virus, almost twice as many people who were sleep deprived actually got the flu. So it can have a pretty traumatic impact on our ability to fight disease.

As you fall sleep there is a very particular sequence. You go from awake to Stage 1, to Stage 2, into Stages 3 and 4, back to Stage 2, and into REM sleep. That is a very particular movement structure that you go through in your brain — this shows up as brainwaves in an electroencephalogram (EEG), a test that detects electrical activity. This is considered one cycle of sleep. It last anywhere between 80 and 120 minutes, but on average lasts 90 minutes. The average person is going to have five 90-minute cycles per night or about 7½ hours of sleep.

But the interesting thing is all the cycles aren't the same. In the first part of the night, that's when we get our Stage 3 and 4 sleep, which is called "deep sleep," where the growth hormone is emitted and the cellular repair occurs. In the last third of the night, is where we get REM sleep and is where all that mental restoration occurs. It's not evenly spread across the cycles. So if you wake up early or cut off one of the cycles, which one did you cut off? Did you cut off the deep sleep one so that you don't feel good physically, or did you cut off the REM sleep one, and so you're having cognition issues?

We know that people who have cognitive decline have shorter amounts of sleep or they awake early in the morning. We must realize that lots of repair and maintenance goes on in our body while we are asleep.

Good quality sleep is essential to our health. So it is very important to have regular sleep times and need to do everything we can to prepare ourselves for this. We need to remind ourselves that spending time on computers, mobile phones or electronic devices in the hours just before bed time will disrupt our sleep.

## Light therapy

The best light therapy we can utilize is sunlight and need to make sure we get out into this daily. But some who have a problem getting enough sunlight have found that our brains are helped by purchasing a small blue light box that emits a blue wave light. We do not want to be exposed to blue light at night as it will play havoc with our sleep, but research shows exposure to blue-light during daytime hours can be beneficial by reducing daytime sleepiness, speeding reaction times, elevating alertness and strengthening attention span. Research suggests we don't need prolonged exposure to blue light to achieve its benefits. A study found 30 minutes of blue-light exposure in the morning led to better working memory performance and faster reaction times, compared to other light exposure. Check out blue lights online for more information.

## Magnesium

Plus other ways to enhance sleep are taking supplements of magnesium. Magnesium is a very important mineral our bodies need so it is worthwhile to purchase a good quality supplement. An additional way to get this is to try banana tea. This is made by washing a banana with its peel, cutting the ends off and cutting in half. Boil in 2-3 cups of water for 4 minutes. Steep, then strain and drink.

More suggestions for helping sleep is keeping well hydrated and drinking water first thing in the morning, get direct sunlight in the morning as this resets the circadian clock. Exercise regularly and avoid caffeine. Those with sleep apnea and/or who snore also are at risk of dementia.

## More suggestions

Studies show that if people have hormonal problems with their thyroid, they are anywhere from 200-800% more likely to develop dementia and Alzheimer's. So hormone levels need to be kept in the normal range. Plus, it is important to keep the blood sugar low.

Most people are unaware that chronic infections spur symptoms such as Alzheimer's. Two very common, but overlooked infections are bladder infections and chronic sinus and candida infections. Often people

can have these for years. Sometime low grade bladder infections are not considered important, but they can be a contributor to dementia. Also, if you have a chronic post-nasal drip, this is a sign of candida. What we need to remember is that these chronic infections can be associated with Alzheimer's.

Just like a person with diabetes is unable to get the insulin into the cells, those with Alzheimer's have a problem in the brain—the cells are starving. The brain is starved of fuel. Sugar is the only fuel that the brain can use, except for ketones. And that's why using coconut oil as a fuel source is another option.

## Diet

Some people say that eating coconut oil can help prevent or treat Alzheimer's disease. The claim has to do with ketones. Ketones are what our bodies produce when they convert fat into energy. The primary source of energy for the brain is glucose. In Alzheimer's disease, it's believed that brain cells have difficulty metabolizing glucose. But the theory is that ketones that are produced in our bodies when digesting coconut oil may provide an alternative fuel source to keep the brain nourished.

Some believe that this cannot be proven by science and the conclusion is unclear. But it is worthwhile to note that Dr Mary Newport has had great results giving her Alzheimer's suffering husband Steve 4-6 tablespoons throughout the day. Plus she used Medium Chain Triglyceride (MCT) oil as a supplement as well.

In the keto diet, carbohydrates are strictly limited and replaced by high fat intakes, forcing the body to use fat as a primary energy source. This works only because the body is forced to metabolise fats instead of carbohydrates. I do not believe that the keto diet is the best, but versions of this diet have successfully been used to treat neurological disorders.

Sometimes people have a diet with lots of healthy multigrain breads, bananas and beans which all turn to sugar in the blood. This over consuming of carbohydrates can lower your personal "set point" for tolerating them so that your blood sugars don't fall back to normal within two hours of eating as they should. Instead, they stay elevated, going beyond what the cells can handle, and eventually this triggers a chain of effects that lead to insulin resistance, the precursor to high blood pressure, heart disease, diabetes, obesity, possibly Alzheimer's disease, and even some cancers. The 2017 National Diabetes Statistics report found that an estimated 50 percent of Americans have either diabetes or pre-diabetes and that many are unaware of this fact.

Plus make sure of your levels of folic acid and B12 are adequate. Another point we must not forget is that many people who have dementia or Alzheimer's are on different medicinal drugs. The elderly often take multiple medications and these often interfere with nutrient absorption. One example is those who are on Acid blockers. A recent study showed a dramatic increase in Alzheimer's and dementia in people who have a history of being on chronic acid blockers, probably because these drugs reduce absorption of B12 and magnesium. Often when people are taken off the medications they don't need, their Alzheimer's symptoms improve.

Another supplement is Coenzyme Q10. Coenzyme Q10 is great in helping oxygen get to our mitochondria. Our mitochondria are like the energy packs in our cells that help produce the gasoline called ATP to get ourselves working better.

Vitamin E is a simple anti-inflammatory. Just getting enough of that can help decrease inflammation. Most people are low on Vitamin D. Acetyl-L-carnitine is a molecule that helps sugar and fat go from our cells into our mitochondria to get the energy there. And then another one alpha-lipoic acid, an antioxidant that helps get glucose and medium-chain fatty acids from our blood into our brain to work better. So you can have all sorts of fuel or nutrition, but if you can't get it into the cells you're going to have problems. You've got to get that energy into the cells.

There's new research showing that people with Alzheimer's have trouble smelling out of their left nostril. So there's a test that they're doing now where you simply take some peanut butter and place it at a point there you can smell it, about 30 cms from your nose (use a ruler to measure this). Pinch the right nostril shut and slowly move the peanut butter closer. Most people start to smell it at about 20 cms away. Then, go to the right nostril, and see where you first notice the smell. In people with Alzheimer's it's usually half the distance, so 10 cms is where they start to smell it instead of 20 cms.

## Herbs

Rhodiola rosea has been used in traditional medicine for many years and is found in cold, arctic mountainous areas. It has a long history of use as a medicinal plant in Europe, Asia, Alaska, Iceland, Scandinavia, France, and Greece. It has been studied by Russian scientists who have used it for their athletes and in their space program. It is mentioned by the Greek physician

Dioscorides as early as the first century AD. Some people believe the herb can treat anxiety, depression, fatigue, anemia, and headaches. A report published in *Alternative Medicine Review* found that *Rhodiola rosea* shows promise as an adaptogen. Based on evidence from several small studies, the author states that the plant's extracts provide benefits for mental health and heart function.

Another 2005 article describes *Rhodiola rosea* as "a versatile adaptogen," stating that the herb can increase resistance to stress. In particular, the authors state that it holds promise as a possible treatment for reducing stress hormone levels and stress-induced heart problems. Some people take *Rhodiola rosea* to enhance physical performance before exercise or as a way to improve concentration and thinking. There are also claims that it helps reduce physical and mental fatigue. A book *The Rhodiola Revolution* by Dr Richard Brown and Dr Patricia Gerbarg relates the story of Patricia, who had severe memory and cognitive decline and within ten days of taking a good quality *Rhodiola* noticed difference in her cognitive function.

If you look at India, they have a 70% lower rate of Alzheimer's than is in the United States, and that's been traced back to the curcumin in the diet. That's basically turmeric. It's what makes curries yellow, and turmeric, in the curcumin form, is a major brain protectant.

Other herbs that can help memory and brain health are St John's Wort, Ginseng, Chamomile, Lavender, Saffron, Bacopa (Brahmi) and Ginko Biloba. It would be worthwhile to start taking some of these. Do not forget the properties of fresh green leaves. Add them to your salads, smoothies or whatever way you can take them.

## Omega 3

Some recommend fish oil for a good brain food. The DHA in fish—the long-chain omega-3 fatty acid—is good for brain development. But, of course, the mercury that comes with the fish is bad for brain development. Researchers looked at 33 different fish species to see what the net effect of these compounds would have on children's IQ. And, for most fish species, they found that the adverse effect of mercury on the IQ scores of children "exceeded the beneficial effects of DHA."

Our most popular fish is tuna. If pregnant women ate tuna every day, the DHA in the fish would add a few IQ points. But, the mercury in that very same tuna would cause so much brain damage that the

overall effect of eating tuna while pregnant would be negative—wiping out an average of eight IQ points. Unfortunately, IQ just takes into effect the cognitive damage caused by mercury, not the adverse effects on motor function, and attention, behavioural deficits. We think that attention span may be particularly vulnerable to developmental mercury exposure, probably due to damage to the frontal lobes of the brain. And, the IQ study didn't take into account the relatively high levels of PCBs in salmon, and the accompanying concerns about "cancer risk."

A good way to get the essential fatty acids into our diet is to add flaxseed or chia seeds. So we don't need to eat fish. Flaxseed has many health benefits including cancer prevention heart health, reducing cholesterol, fewer skin problems, and decreased inflammation.

A mention needs to be made about having unhealthy altered fats in your diet. The worst type is known as trans fat. It is a by-product of a process called hydrogenation that is used to turn healthy oils into solids and to prevent them from becoming rancid. Trans fats have no known health benefits and that there is no safe level of consumption. Trans fats create inflammation, which is linked to heart disease, stroke, diabetes, and other chronic conditions.

## Parasites and heavy metal toxicity

If you have been exposed to heavy metals eg lead and mercury, your system's overwhelmed; it cannot handle these heavy metals and they would actually kill you. Your body allows parasites to grow, and they grow in the areas where the densest concentration of heavy metal is in your body. It could be in the connective tissue and fissure in the bone. It could be in your brain. The parasites extract from your cells and from your matrix, the lead, they bind it in themselves, and you actually survive because you have the parasites. You will need to look at heavy metals and parasites and detoxify from them to have a healthy brain

## Gluten sensitivity

In the past decade, awareness of the potential harmful effects of gluten has risen exponentially within the medical community and general public. An increasing number of healthcare practitioners are recognizing that celiac disease is just one extreme manifestation of gluten sensitivity and that many other patients may unknowingly be suffering from non-celiac gluten sensitivity (NCGS). While non-celiac gluten sensitivity is most often associated with digestive

system symptoms, it turns out that this disorder may have equally detrimental effects on the brain. Neuroinflammation has been found to play a central, triggering role in brain-related disease. When systemic inflammation reaches the brain, it creates neuroinflammation.

## Fasting

Many people who fast declare how fasting gives you a clear mind. This makes sense because we are not taxing our digestive system to digest food. Dr Dale Bredesen, has received international acclaim for his breakthrough research in Alzheimer's and uses the Bredesen protocol and this has gained recognition as the first effective treatment for reversing Alzheimer's and dementia. He is the Founding President and CEO of The Buck Institute for Research on Aging at Novato in California.

His protocol covers many of the other treatments already mentioned, but he also takes patients through a specific protocol that includes intermittent fasting. This means you need to fast each day for at least twelve to sixteen hours. Not eating for this time gives your body time to actually literally clean out your brain. And then you want to have three hours between last meal of the day and bedtime. This is another critical piece of this that you want to do. I know a number of people who only have two meals a day. Meal time will vary with your schedule. But I have regularly eaten only breakfast and lunch for around 30 years now and have no hesitation in recommending it.

## Many issues

We have to remember that Alzheimer's disease has many triggers. Our gut health is important. Plus we must get our heart rate

up daily. This means regular exercise. Eat a nutritional diet of whole plant foods. Our brain is very sensitive to the foods we eat. What we are realizing is that Alzheimer's has been reversed in a number of cases.

By utilizing the eight laws of health – Whole food nutrition, exercise, drinking lots of water, getting into the sunshine, avoiding harmful foods and moderation in healthy foods, breathing fresh air, having good rest and trusting God. These all take a decided change in our lifestyle. But, it is becoming more apparent that the same diet that brings you health and longevity can bring you sound brain health and cognitive function.

<https://www.dementia.org.au/about-dementia/types-of-dementia/alzheimers-disease>  
<https://www.webmd.com/alzheimers/guide/alzheimers-and-dementia-whats-the-difference#3>  
[https://www.dementia.org.au/files/helpsheets/Helpsheet-AboutDementia13-AlzheimersDisease\\_english.pdf](https://www.dementia.org.au/files/helpsheets/Helpsheet-AboutDementia13-AlzheimersDisease_english.pdf)  
Awakening from Alzheimer's – episode transcripts

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# Who is in Control?

## Part 19 of a series

Are the fires part of the climate agenda? Could there be another reason for our unpredictable weather?

A new year has arrived has arrived, and it certainly looks like this year will be quite different from other years. Unprecedented bushfires in Australia have incinerated over a million hectares of land, home and towns have been burnt, some lives lost, and all the wildlife that has been killed is devastating. And the fires are still burning, with no end in sight. How bad can it get? What is in store for Australia? The world? What is happening to our world?

How often we hear the cry “climate change”, but there is an obvious difference of opinion on how this is interpreted. On one side some are saying that we humans are responsible for putting greenhouse gases in the atmosphere, that carbon emission are responsible for the problem, others say that we are just going through cyclical drought. So many opposing views. But one thing is certain, we are living in very uncertain times.

What really is the truth? The one thing I have learned over the years is to question the mainstream narrative and not to accept it blindly. Often the truth is hidden from our view and is much harder to find.

When we consider the physical health of people, we realize that it is not just one cause that breaks down a person's health. There are multiple factors that are responsible for this. Could it be the same with the change of weather patterns? That there is more than one reason for the change in climate?

The one reason that is often put forward is so much undergrowth, so much fuel that makes these fires burn hotter. While this is true, I have considered that there are more factors that may be responsible for the change in weather. These are four points that I do not hear in any of the public debates. There may be more that I am unaware about, but at this time I will suggest these as possible causes.

## Geoengineering

Governments around the world are thinking seriously about how the climate can be manipulated to slow or even stop runaway climate change. Some geoengineering proposals focus on removing carbon dioxide from the atmosphere. Some examples include: ocean fertilisation, where iron dust dumped into the open

ocean would trigger vast algal blooms that would absorb large quantities of carbon dioxide. Crops modified to increase carbon uptake; forests planted specifically to absorb carbon dioxide; and carbon capture and storage have been trialled with limited success.

But the one that I believe has a great impact on our planet and lives is the highly toxic heavy metals and chemicals that are systematically sprayed into our atmosphere from jet aircraft as part of the geoengineering / solar radiation management (SRM) programs. The air we breathe is laden with nano-sized synthetic fibres and toxic metals. These materials act as electrolytes to enhance conductivity of military radar and radio waves. Governments, the military and much of the media deny that these exist and claim they are contrails. But geoengineering is real and is happening now. The layperson's term for these is chemtrails. They have been proven real by citizens and researchers who have tested the air directly surrounding these and the soil and ground water under these. They have found a toxic brew that includes toxic heavy metals including barium, chromium, cadmium, aluminium, and nickel and other pollutants

like mould spores, mycotoxins, polymer fibres, ethylene dibromide, and reportedly, radioactive thorium. These toxins are absorbed through the skin, inhaled, ingested from contaminated water and foods.

For over seventy years climate engineering has been fully deployed and steadily increased. At this point there is no weather that can be considered “natural”. Geoengineering is weather and biological warfare, nothing less. What is amazing is that it is being conducted in our skies and is in plain view to everyone. My advice to people is to look up and see how these trails dissipate into misty, silvery coloured cloud haze. And remember, aluminium powder is flammable. When it settles down on trees, it is small enough to be absorbed into the roots. Fires burn dramatically hotter, trees can even explode when burnt.

## HAARP

It is beyond the scope of this article to explain all the features of HAARP here. Simply put, they are antennas that transmit extremely powerful radio frequency signals and are found all over the world. (HAARP is a reversal of a radio telescope; antenna’s send out signals instead of receiving). They can be moved to steer the upper atmosphere with a focused electromagnetic beam, capable of moving the jet stream and heating the ionosphere. This is the electrically charged sphere surrounding earth’s upper atmosphere. It ranges between 40 to 60 miles above the surface of the earth. This modification can thereby change weather patterns from one area to another. By using this HAARP technology, earthquakes, hurricanes, floods, snow, droughts and volcanic action can be created and induced.

But there is a connection between chemtrails and HAARP. Planes spread their chemtrails creating grid patterns over our skies filling the planet with toxins. There is an interaction between these compounds (metallic in nature) and the signals beamed out from HAARP. This affects radar capabilities, the weather, and various form of mind control.

There is information out there that shows how it is affecting weather. It is not beyond the realms of possibility that we are already witnessing a war, a war that does not involve conventional weapons, but a device that creates “natural” disasters that can be equally devastating. Imagine using a flood to destroy a city or tornadoes to decimate an approaching army in

the desert. The military has spent a huge amount of time on weather modification as a concept for battle environments. If an electromagnetic pulse went off over a city, basically all the electronic devices in your home would wink and go out, and they would be permanently destroyed.

## EMFs

According to Martin Pall, PhD, Professor Emeritus of Biochemistry and Basic Medical Sciences from Washington State University was talking at the recent 5G Summit. Dr Pall, one of the leading scientists in the world on EMFs, has done scientific research on 5G and its effect on plants, states that “5G and their associated electromagnetic frequencies, EMFs, can trigger a regulatory system that normally protects the plant, but when you excite it with EMF’s, you can get high levels of terpenoids that are highly flammable. This is like spraying the plant with gasoline. These terpene responses can spread to other plants and when you accumulate enough of these terpenes under calm wind and hot conditions you may get spontaneous combustion.” This will possibly cause fires and Dr Pall suspects this may have exacerbated the recent California wildfires that encroached into towns where the EMF towers contributed to the combustion. Wind and cool temperatures will diffuse the terpenes. This is a good reason for councils to take a hard look at the 5G infrastructure which will see hundreds of mini, small cell towers flooding our trees and plants with terpene-causing electromagnetic frequencies.

Could this be the reason for the explosive reaction of the burning trees in the fires we are seeing? I obviously do not know, but I do know something is different about these from fires that burned in the past.

## God is speaking to us

The Bible has prophecies about what the world will be like in the end times. One of these is it warns of global weather extremes with great atmospheric upheaval. There will be extreme frost and snow, huge and deadly hail storms, heat from the sun will scorch the earth, exceedingly great storms and hurricanes, earthquakes, great heat from the sun will scorch the people on earth are just some of the events that will happen around this time. And there will be signs in the sun, in the moon, and in the stars; and, on the earth distress of nations, with perplexity, the sea and the waves roaring (Luke 21:25).

To me it seems obvious that there will be many more problems that this world will still have to go through. I do not believe that the world will get any better. Our only hope is in trusting God, learning about Him and coming under His protection.

As humans, we have disobeyed God, not kept His commandments, done things our way, and then when God withdraws His hand of protection from us, we all cry out “what is happening”.

God wants to get our attention. The earth cannot go on much longer. The environment and climate systems are collapsing around us. Our food supply is contaminated, our economy is on a precipice, many countries in the world are on the verge of war. God is using these signs to get our attention. There is a saying “there are no atheists in foxholes”. I recall hearing one woman who was being interviewed after these recent fires that she normally didn’t pray much, but she certainly was praying that God would protect her from the fire. Why do we wait until times of extreme trial to turn back to Him. He wants us to repent now and turn to Him. Remember the article in newsletter No 79 on how God will protect us and keep us safe from all harm – if we turn to Him (note the condition), as found in Psalm 91.

My belief on climate change? Yes it is happening and more will happen in the future. Greenhouse gases may play a small part in this, but I believe there are more factors that are causing this that are virtually not promoted by the media.

I believe that these extremes in weather, whether fire or flood or hurricane, or whatever Satan may send our way, our only hope is in God. Learning to trust and knowing Jesus intimately is the only thing that will keep us from harm. And the one thing I want you to remember, and never forget, God is allowing many things to happen, and we know they will get much worse, but always remember, He is in control.

The below YouTube clip (6min.21 long) is worth watching. It is about what is being sprayed in our skies. I have just watched it and it reinforces what I already have written in the article.

[https://www.youtube.com/watch?v=S-GIkHKKVvIY&feature=youtu.be&fbclid=IwAR3wePkpeLN6z-4MAH1RmxGDwmECRgivrAsQTXMHYx-UrJLze5iLX\\_kPYqc8&app=desktop#dialog](https://www.youtube.com/watch?v=S-GIkHKKVvIY&feature=youtu.be&fbclid=IwAR3wePkpeLN6z-4MAH1RmxGDwmECRgivrAsQTXMHYx-UrJLze5iLX_kPYqc8&app=desktop#dialog)

# Alkalize with dark leafy greens

When we think of health, we think green. When we think of nature, we think green. Green is a colour associated with the good aspects of life, yet when it comes to dietary choices we generally have a certain reluctance towards this food group. Plus, greens supports four out of the five life forces -nutrition, oxygenation, alkalization, and detoxification.

It is not uncommon for people around the Mediterranean to harvest their food for lunch. This means the locals will go out into a field and pick wild greens. Locals believe their secrets to longevity is not just their diet, but they supplement this with wild edible greens, and are actually living as their forefathers have for generations. Similarly, in places like Mexico there are still some who follow the tradition of eating wild edible greens and they too consider them “pure medicine”. Many world cultures consider them a superfood that you need in your diet.

## **DARK, LEAFY GREENS GIVE YOUR BODY FOLATE**

The word folate describing the B vitamin originates from the Latin root word folium, which means leaf. Fact: our bodies have to get it from food, from dark green leafy vegetables. The function associated with folate is varied and works in conjunction with other nutrients. Folate deficiency is common and leads to a host of health problems you don't want including digestive disorders, cardiovascular disease, and most famously perhaps, birth defects. Folate is also crucial in epigenetics (external or environmental factors that switch genes on and off without changing the DNA sequence) through a process known as methylation where folate acts as a methyl donor promoting cellular differentiation. Folate is also essential for DNA and RNA synthesis, amino acid production, and cell division. In short, you really, really need it.

## **DARK, LEAFY GREENS BURN FAT**

Greens are recommended as a weight-loss food. They are low caloric while still being packed with nutrients and other active compounds, however, greens' effect on weight loss goes beyond just calories. Greens contain nitrites, which have been associated in browning fat cells, meaning converting fat-storing white cells into fat-burning brown cells. This creates extra fat burning and ultimately, weight loss.

## **DARK, LEAFY GREENS ARE ANTI-AGING**

A study carried out at Rush University Medical Center reported a significant decrease in the amount of cognitive decline for those participants consuming higher amounts of dark green leafy vegetables. The researchers associated the high vitamin K, folate, beta-carotene and lutein present in these greens as

influencing this anti-aging effect. Green's antioxidants, brain protection, cellular support, anti-inflammatory benefits, and essential fatty acid nutritional contribution (in particular, the much-appreciated ALA omega-3 fatty acid) all contribute to anti-aging as well.

## **DARK, LEAFY GREENS HELP YOUR HEART**

Cardiovascular health is positively influenced multiple ways when making greens a continuous part of your food choices. First, greens regulate the production on a hormone known as erythropoietin, which decreases blood viscosity. This potentially reduces blood clots and heart attacks. Greens' dietary fibre helps regulate cholesterol and trygliceride levels in a positive way making sure they don't cause any unnecessary trouble. Nitric oxide — our internal blood pressure regulator — is positively influenced through the consumption of greens. High homocysteine has been linked with cardio vascular diseases, but greens provide substrates that convert homocysteine into harmless amino acids.

## **DARK, LEAFY GREENS FEED YOUR TELOMERES**

Inside the nucleus of a cell, our genes are arranged along twisted, double-stranded molecules of DNA called chromosomes. At the ends of the chromosomes are stretches of DNA called telomeres, which protect our genetic data, make it possible for cells to divide, and hold some secrets to how we age and get cancer. Telomere length reflects biological aging. We don't want these shortening and dark, leafy greens have a lot of what our cells need. A diet rich in greens is well documented to protect telomere length and integrity.

## **DARK, LEAFY GREENS FIGHT DIABETES**

Glucose imbalances, which can lead to complications such as diabetes, can be prevented and regulated by introducing greens into your diet. Magnesium, ALA omega-3 fatty acid, and polyphenols found in greens are considered to be of crucial importance in managing glycemic load and insulin sensitivity. Enhancing insulin secretion and also mimicking insulin function are other integrative mechanisms that greens can contribute to keep diabetes from developing.

## **DARK, LEAFY GREENS FEED YOUR GUT**

High-plant-based diets and the resulting effect on the human microbial community help your gut bacteria. The high fibre content in plants provide substrates for gut microbes to digest and create byproducts that effect various gut metabolic activities including pH balance, gut permeability, immune balance, bowel movements and so forth. Failure to consume high amounts of plants in these diets leads to severe compromise in your gut flora.

## **DARK, LEAFY GREENS PROVIDE SUN PROTECTION**

For any sun lovers, greens provide UV protection at a cellular level through the antioxidant and anti-inflammatory benefits of carotenoids such as lutein and zeaxanthin. These actually act in your body as a natural sunscreen.

## **DARK, LEAFY GREENS PROTECT AGAINST TOXINS**

Aflatoxins are types of toxins produced by fungi, and they are one of the most carcinogenic substances known. Chlorophyll found in plants and abundant in particular in greens has a neutralizing effect on these common toxins; it does this through directly trapping the toxin, rendering it harmless.

## **DARK, LEAFY GREENS BUILD ENZYMES**

Enzymes are the body's sparks. They ignite countless chemical reactions. A lack of enzymes keeps us from digesting our food and getting all the nutrients out of them. Raw foods have the most alive, active enzymes. When you are adding fresh, raw salads to your diet, you're boosting the enzymes your body needs. Greens consumption also increases the activity in your body of a specific family of enzymes known collectively as GSTs (Glutathione S-transferases). They promote cellular detoxification of toxins such as the already mentioned aflatoxins, but also of xenobiotics, which are foreign substances that can contribute to diseases.

Overall, the antioxidant, anti-inflammatory, nutrient-dense, and phytochemical-rich characteristic of dark, leafy greens provide our bodies with beneficial effects ranging from the microscopic, molecular level to the telescopic tissue level such as your skin. Greens provide proven health benefits! What else do you need to know to starting including a heaping serving of greens with every meal if possible?

## **WHAT TO EAT**

Become educated in how to identify and use wild greens – the darker and wilder the better – or greens you can grow yourself in a garden or even in containers on your porch. Ask friend or gardeners to help you identify them, and even taste them. Yes, greens taste “healthy,” but you'll find that there is incredible diversity in the actual flavour and the texture of the different types of greens. Some do really taste OK, some terrible – but these bitter plants are needed to cleanse and detoxify. Do not overconsume one particular type of green – this can actually cause unwanted side effects (for example, some greens bind calcium so your body can't absorb it). It is best to mix them up, and that is why variety is vital. Try beet leaves (yes, you can eat the tops!), dandelion greens, kale, mustard greens (spicy!), oxalis (lemony), purslane, parsley, green and red lettuce varieties, sorrell, spinach, nettle, and more!

A good way to consume these greens is in a smoothie. Include a few different types of greens as well as nuts and seeds and even fruit. Use water, juice or non-dairy milk to mix. Another way is to blend these in a little water, strain and drink the green water. To make more palatable for your family, blend in pineapple juice instead.

<http://www.superlife.com/dark-leafy-greens/>

## Products for Sale

**Licorice Root Powder** 200g.....\$12  
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**Maca Root Powder** 200g.....\$17  
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**Barley Leaf Powder** 200g.....\$12; 450g.....\$27; 1kg.....\$55  
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**Cornsilk Tea** 100g.....\$8  
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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  
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## Recipe

### Vegetarian Quiche

#### CRUST:

1¼ - 1½ c soft breadcrumbs  
½ c gluten free four (eg millet)  
¼ c walnuts (or other nuts)  
½ t Celtic sea salt  
½ c water (approx)

Whiz 2 slices bread in food processor to make fine soft breadcrumbs. Add nuts and whiz until fine. Add four and salt. Then add water to make into soft dough. Press out over the bottom of a greased quiche or pie dish.  
You may add a little more breadcrumbs if you want to press up the sides of the dish.

#### FILLING

5-6 c grated or finely diced vegetables, eg zucchini, carrot, capsicum, onion, leek (sautéd lightly to soften), diced tomatoes, cauliflower, etc  
1 c raw cashews  
1 c water  
2 cloves garlic  
2 t Celtic sea salt  
½ c cornflour, gluten free if needed  
1 t basil

Make sure the raw vegetables are finely diced or grated or they will not cook through. You can virtually use any vegetable. You could add potato, pumpkin or sweet potato but they would need to be cooked first. Measure out 6 cups into a bowl. Place the rest of the ingredients into a blender and blend until very smooth.

Stir into grated vegetables and place the mixture into the unbaked crust in the quiche dish. You may want to press down any vegetables that are above the mixture with potato masher.

You can make the quiche without using the crust.

Bake at 180° - 190° for 1-1¼ hours or until done.

**Suggestions:** if you use diced tomatoes, dice them small so the tomato skin will not be tasted, and you may need to add a little more cornflour because of the moisture in the tomatoes. You can add 1 cup chopped tofu or cooked chick peas or beans to the mixture.

I have tried this replacing the raw cashews with using either sunflower seeds or almonds and this still works.

## Bible Chapters and texts put to music

In newsletter #79 I wrote in an article of how a lady was cured of cancer because she learned to trust God's promises of protection and healing and recited **Psalm 91** many times until she was healed. So many want to memorise these Bible texts, but find the words very difficult to recall. A music teacher friend, Wendy Hill, told me she had put Psalm 91 to music and was able to memorise the words by singing the words with the tune she had written. This started me thinking so I set to work and have put the words of **Isaiah 58** to music (I also teach music). Since doing this I am finding it quite easy to remember the words to these Bible chapters. Both tunes are composed for the words of the King James Bible Version.

Since then, Wendy has told me she has composed melodies for the **Three Angel's Messages** found in Revelation 14:6-12, the **Ten Commandments** plus a number more of Bible texts that concentrate on the **promises of God**.

Wendy and I would like to offer to any reader a copy of this music. Plus, to help you to remember the tunes, I have made MP3s of the tunes and are burnt onto a CD disc.

If anyone want copies of these, plus the MP3 recordings on the disc, please contact me. Cost is \$20 plus \$3 postage if required.

Call Kaye on 0260255018 or email: backtoeden@aapt.net.au

**If there is a vocalist reading this, and who would be willing to sing these melodies and record them so others can learn them, contact me.**

## Back to Eden Health Classes

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

Tues Feb 18 at 10 -12 noon  
Tues March 24 at 10 am -1.30 noon

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

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

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Place the fruits and vegetables into the juicing bag. Insert the juicing bag into the machine, close the safety cover and begin juicing. The juice will be ready after 90 seconds. This cold press juicer stands 419mm and weighs 17.2 kg. Note this only does about one glass of juice at one press.

The inner filter bags are placed in a silicon bag. This presses out the green juice from leaves, grasses fruits and vegetables. The leaves and grasses will need to be chopped into small pieces, or can be placed in a food processor for about ten seconds to release the juices. This is great way to make green drinks from your garden. You will need to have a supply of inner filter bags as they only last a few presses.

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