

Back to Eden

Liver Health
5 varieties of a sluggish liver
Who is in Control
Products
Coming Programs

PO BOX 850 LAVINGTON 2641

KAYE SEHM 02 6025 5018

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e mail: backtoeden@aapt.net.au

www.kayesrecipesandremedies.com

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*BSB 640000 (Hume Bank)

*Account 302670512 (Kaye Sehm)

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Due to the uncertainty around the Coronavirus changes that have recently happened and have affected all our lives, I did not put out the last Autumn issue of this newsletter. I had just arrived home from taking some classes in New Zealand in March, and I was not sure what was happening. There were so many changes happening around us, I kept putting off researching the articles. Then I made a decision to not send out that last issue of the newsletter. This is the first time in twenty years that I have taken time off from sending an issue out. Spending the time at home I had time to do lots of those jobs that I have put off for quite some time – like sorting through papers and articles. Which ones will I keep and what do I give away or throw out.

But as I have been doing my reading and research, I have decided to get another newsletter together. When I started reading for this article, I found some information that I wanted to share with my readers. I kept putting more and more information in the article and realized that it would cover a number of pages and I didn't know what to leave out.

Even so, there is much more I have left out. As I have concluded this article, I added some information of how to start doing a liver cleanse. I didn't have the space to write up all the information I have found, but thought I'd put in enough to get you started.

I am unsure what the future hold for these newsletters. When I started them in 2000 I had no idea how many I would put out or how long I would keep on writing. At this stage I plan to keep on with them, but this does not mean they will never stop. Our world seems to be changing very rapidly. I believe Bible prophecy tells us that there will be more great changes ahead. At this stage I will keep doing these as long as I feel the promptings of God. How long? Only God knows.

From Kaye and the Back to Eden team

Liver Health ...how it affects us in many ways

Many of us would love the idea that by focusing on just one of our health problems we could transform all the others. But as you read this article, you will discover that many of our symptoms, conditions and diseases are rooted in one root cause – an overloaded liver. Nearly all our health problems, from our general health problems, to digestive issues, to emotional struggles and weight gain, to high blood pressure, heart problems, brain fog, autoimmune diseases and skin conditions have an origin in an overloaded liver and as we improve the function and heal this, our health will start to return.

The liver has been busy neutralizing our bodies all our life. It filters everything you eat and drink, and even everything you smell and then helps usher these toxins safely out of the body. The liver can do many things, but it is not invincible. This remarkable organ can be excessively burdened by the onslaught of toxicants so common in everyday life—chemicals, poor food, sweet snacks and soft drinks, excess alcohol, pollution and the stress we all face today. We are routinely exposed to over 84,000 chemicals, many of which are still untested for safety.

Then there is the high-fat, sugary, refined foods that seem to beckon from every television commercial, store, and restaurant, and place a significant burden on the liver's detoxification system. Finally, the liver is impacted by chronic stress, a feature of contemporary life—which can lead to chronic high levels of cortisol, and contribute to fatty liver.

The liver is one of the busiest organs with a highway of blood running through it. The blood entering it is rich with nutrients from the food we eat, but it also contains any medicines we may be taking, toxic heavy metals we may come into contact with, various hormones, excess adrenaline, and numerous other toxins. Our liver has to separate the good from the bad while trying to maintain proper oxygen balance. It is very important that your liver does a good job of separating the beneficial from the toxic, because after the blood leaves the liver it moves to the heart. Sometimes it is unable to dispose of all the toxins and knowing that if they leave the liver they will do us harm, so the liver stores the most toxic threats such as solvents, pesticides and viruses in its core.

Before it gets to the point of storing the toxins away the liver tries to dispose of these and releases them in the colon, kidneys or bloodstream. A healthy liver only uses the colon and urine for elimination and tries to avoid sending them into the bloodstream where they become free radicals.

The liver has a second way of sending toxins to the colon and this is through the bile. This is its preferred process of disposing heavy-duty debris. A liver with plenty of bile is able to send the toxins through the bile duct directly to the intestinal tract, or through the hepatic duct to the gall bladder, to be released next time it's called to aid with digestion. On the other hand if the liver is stagnant, burdened, clogged and unable to function properly it is unable to flush out the toxins in the bile.

When your liver gets to the point of being unable to get rid of this toxic matter, more of this will be in the bloodstream and will force the heart to pump harder to pull the blood from the liver, resulting in high blood pressure. If your liver is clogged

to the point that clumps of biofilm start to break off into the blood, then you are likely to develop heart palpitations as this jelly-like substance begins to gum up the heart valves, preventing smooth blood flow. More about that later.

The liver can be compromised in many ways. We shall now take a look at some of these.

Dirty blood syndrome

Almost everyone is mildly to chronically dehydrated. Why do some people have a good constitution and other are sickly? Fewer toxins in the body contributes to stronger organs and better health. Over our lifetime, eventually those who are chronically dehydrated will reap what was sown. Even if you have exercised, the thick and polluted blood can lead to having a stroke at the age of 65. In the end, chronic dehydration will win. The bottom line is that the liver will adapt and work to protect us, even if we don't drink enough water, but eventually the liver becomes so stagnant that poisons back up into the bloodstream and lymphatic system causing dirty blood syndrome which is responsible for many different issues. The following are some of these issues.

Excessive Fatigue

Fatigue is a common complaint the world over, and is often experienced when the liver is under stress. The liver converts glucose into glycogen, a form of sugar that can be stored, and then later released as glucose when the body needs a burst of energy. By storing and supplying the body with glucose, the liver helps provide energy and combat fatigue. If the liver is stressed it may become less efficient at regulation of blood glucose. Fatigue and sugar cravings may pop up.

Dark circles under eyes

This can be related to a gluten allergy or gut problems. But it has everything with a toxic, dehydrated liver creating toxic, dirty blood. Where the skin is under the eyes it gets dark because the blood flowing through is lacking oxygen and is filled with poisons. Another cause is pharmaceuticals and or toxic heavy metals that have been stored away in the liver for many years. Various pesticides, gasoline and other petroleum exposure, solvents and conventional household cleaners can also bring on dark circles beneath the eyes.

Gout

Dirty blood and gout go together. Some people accumulate uric acid that form crystals in their joints. This tells us that the liver isn't filtering properly and the kidneys are paying the price. Toxic sludge has accumulated in the blood. But not all gout causes crystals in the joints. Sometimes there may be viral inflammation of the joints that cause pain and inflammation. Other symptoms that accompany gout is swelling in the extremities. This is caused by poor lymphatic circulation due to a stagnant dysfunctional, compromised liver, with lymphatic fluid retention putting pressure on the nerves in the various area of the body. Often gout is related to diabetes, so people should refrain from eating heavy protein meals and fats to gain relief and allow the body to recover and clean the blood.

Varicose veins

People may blame these on their genes, but they should be diagnosed as a liver problem. Liver problems can be passed down from parent to child, but often within the same family you have the same poisons residing in the liver and creating dirty blood. People with varicose veins have chronically dehydrated blood over the years. This thick blood isn't easy on the vascular system, and so the body adjusts. Less water in the blood makes the heart work harder, and so the brain alerts certain proteins, enzymes and hormones to broaden the pathways for the blood. This expands the existing blood veins and the growth of new spider veins appear.

Inflammation

The inflammation here spoken of is not the result of a fresh injury, rather it is chronic inflammation. People are told that it is the result of the body's immune system attacking itself. But often overlooked causes of chronic inflammation are the viruses that have been stored away in the liver. And also these viruses often release their own poisons such as neurotoxins, which go after the nerves and contribute to inflammation. These viruses can escape from the liver and can attack any part of the body e.g. Epstein Barr virus can attack the thyroid creating Hashimoto's thyroiditis. Virus cells will also go to weak spots, and you can find that an old injury will flare up for no apparent reason. The thicker and dirtier the blood, the more inflammation there will be, the cleaner the blood, the less inflammation you will experience.

Insomnia

Millions are affected by the sleep disorders every year. There are different sleep problems such as taking too long to fall asleep (called sleep latency), waking up too early, fitful and poor sleep quality, frequent nocturnal awakening, or early morning awakening. But most people overlook that this may be connected to poor liver function. Dirty blood can cause the toxic heavy metals oxidizing in your system. Virus pollution and their waste neurotoxins all saturate the brain causing disturbed sleep. Also, when the liver is not working properly it tends to shake, rumble and roar. In the middle of the nights it may start working and go into a subtle spasm because of all the toxic matter it has to deal with. This spasm is something you can't feel, but it creates a disturbance in the body that wakes you up.

Fatty liver

It is well know that high fat in the bloodstream means thicker blood and less oxygen in your body which sets the stage for illness. As fats enter the mouth in either food or drink, the liver immediately starts to eject bile in order to break down those fats as quickly as possible. If the liver senses that the fat content of a meal is high, the bile production becomes extreme. Over time, the liver starts to weaken and starts to store these fats and soon it starts to become fatty or heavy. Often this is continued over years and the liver eventually becomes imprisoned by fat, developing into a pre-fatty and then a fatty liver. This can be avoided or even reversed if we lower our fat intake, remembering that some drinks and foods that contain fructose (and high fructose corn syrup) will increase liver fat.

Weight gain

Many view the reason of weight gain to a slow metabolism, eating too much, doesn't exercise enough, inherited genes, eats too many carbs, and some even blame it on the thyroid. But weight gain really comes down to how fast or slow your liver functions. Someone can eat all the sweets and not gain any weight and this is not because they have a fast metabolism. Rather, it is because they have a liver that has not yet hit its fat storing or poison-storing limitation and therefore functions at a faster pace. For many, liver problems build up quietly for decades before the liver gets to such a sluggish point

that its fat storage capability becomes dysfunctional. Their weight doesn't vary up to the age of 40, and then after this it slowly creeps up. Some even experience fluid retention. This is a result of the lymphatic system being forced to act as the filter that your liver is meant to be.

Mystery hunger

Some experience a nagging hunger that no amount of food can fill and attribute this on a brain or stomach disorder, being hormonal or even the thyroid gets the blame. But a starving liver is not one that is hungry for fat calories, it's a liver that has run out of glucose and glycogen reserves. This is caused by an overabundance of stress to the liver. One frequent stressor is pathogenic activity that is caused by a virus and/or bacteria in the liver feeding on its storage of poisons such as heavy metal, byproducts and sludge from other pathogens, plastics, and petroleum from drugs. As the virus feeds it leaves behind waste products, creating an even more sludge which gives the liver a greater struggle to fuel itself with glucose. One very common pathogen is Epstein-Barr virus (EBV) that also causes hyperthyroidism and hunger.

Aging

What determines the aging process of our bodies? Why does our skin become saggy or discolored and lose elasticity? It's all a sign of a liver losing its varied chemical functions. Some of these chemical functions keep us young and some exist around the ability to detoxify. Getting rid of junk is crucial to keeping the liver fit for duty. It needs to take antioxidants and bind these with amino acids and send these improved phytochemical compounds into the bloodstream. The liver ages before the rest of us out of protection. It fights to keep us young and if we don't give it the nutrients and antioxidants it gets depleted, weakened and its life force is directed to the chemical functions that go on just to keep us alive.

Diabetes and blood sugar

We used to think diabetes was caused by body fat, sugar, and inactivity. Then genes were added to this list. New evidence is showing that fat itself is less of a danger, rather the toxins that are commonly stored within fat are what is causing damage to our bodies. It is important to realize that diabetes doesn't appear from sugar, carbs and no exercise, it begins as a liver

problem – a sluggish, stagnant or pre-fatty liver that was undetected by medical testing. The liver's glucose storage is a huge piece of preventing diabetes. The liver knows how to release stored glycogen and convert it into accessible sugar to be released into our bloodstream or stabilize our blood sugar when we haven't eaten. If the liver is weakened it can't store glucose or glycogen like it used to, plus it's forced to use up any reserves as fuel to deal with the overload of both toxins and responsibilities of keeping its critical functions going. Imbalance of blood sugar begins with your liver losing its sugar supply. The liver is unable to keep up a supply of glucose and glycogen, the pancreas loses its stability and is forced to fluctuate to highs and lows in its insulin production. Elevated fats in the bloodstream make this job much harder if not impossible. Other toxins can be found in different places like cosmetics, plastics, petroleum products and food – such as mercury found in fish.

Heart

Glucose is also the fuel for the heart. When it doesn't get enough glucose the heart can atrophy and enlarge. The connection is that the liver stores this sugar. And when the heart doesn't get these sugars on a daily basis the heart becomes prone to heart disease in some shape or form. Many people suffer from heart palpitations and from different types of arrhythmia and seem to have no known cause. The doctor checks it out and it out and there is no sign of deterioration or any other obvious sign of heart disease. Palpitations all can have different root causes and are all linked to the liver. One is the Epstein-Barr virus in the liver, another is chemical toxicity e.g. DDT build up in the liver. These exposures to the chemicals may have happened years earlier. Other exposure comes from petrochemicals, plastics, solvents, toxic heavy metals, old pharmaceuticals and many more. The blood becomes sticky.

A liver in good working order will normally produce a chemical compound that helps dissolve this sticky buildup. This compound only happens when it touches oxygen in the blood. If there is too much fat in the blood, oxygen levels are lower and it can't do its work. So a jelly-like byproduct is stored in the liver where it should be dissolved. At a certain point the substance leaves the liver through the bloodstream and makes its way to the heart where it sticks inside the valve entryways. As the substance builds

up it can make the heart valves stick slightly, sending the heart into a slight, non-dangerous spasm, resulting in the flutter feeling in the chest. Don't confuse this jelly buildup with plaque which is the beginning of heart disease. This is a substance that changes with the oxygen content of the blood. So the oxygenation of the blood is one big piece of the puzzle when it comes to gumming up your heart valves. When blood oxygen is low, viral activity is high, the liver is very toxic, the jelly becomes very thick and builds up to cause the irregular heartbeat.

High blood pressure

The heart draws blood directly from the liver. When the liver is in good working order the blood runs easily. But when the liver is stagnant, sluggish, hot, fatty or toxic it becomes a clogged dirty filter and the blood becomes dirtier and thicker with the debris and waste in it. This increases the suction needed for the heart to pump up blood from the liver. Add to this chronic dehydration and the heart can be forced to use ten or even fifty times its normal power to draw blood through the body. It can be compared to sucking up water through a straw to drawing up cola to a milkshake to jelly through the same straw. The result of all this increased suction is increased pressure – that is high blood pressure.

In order to save the heart from the strain of hypertension, medical communities should be looking to the liver to understand these mechanics of how a burdened liver leads to a burdened cardiovascular system. Even a blocked artery started with the liver. This would empower people who weren't yet suffering to take care of the liver to begin with to avoid ever risking the possibility of developing blood pressure.

High cholesterol

When the liver is not working properly one casualty is cholesterol regulation. The liver's extraordinary chemical function of producing good cholesterol (high-density lipoproteins) starts to wane. The organ becomes overburdened by fat, and can't produce good cholesterol anymore. Nor can it manage what's called bad (low density lipoprotein) cholesterol. Weight doesn't determine cholesterol levels, a sluggish, pre-fatty or fatty liver does. You could be in good shape or even eating what seems to be a good diet and still have elevated bad cholesterol. Even if you are thin, the liver can reach a point where

it can't store cholesterol and other good or bad fat anymore, and it can't produce good cholesterol in the first place. This keeps the excess bad cholesterol floating in the bloodstream un-neutralized and unorganized with no-where to go. Eventually it will end up lining places like the heart and arteries, causing the problems we associate with high cholesterol.

Adrenal problems

The adrenal glands can be compared to energizing batteries in our body. The soft centre of the adrenal glands is called the adrenal medulla and it manufactures and secretes adrenalin into the blood stream where it is carried to all parts of the body. This adrenalin regulates heart rate and blood pressure and stimulates our nervous system in many ways. If your adrenals are unable to produce adequate adrenalin levels, you will feel fatigued and probably depressed – really just like a flat battery. Conversely, if your adrenals manufacture excess adrenalin you will feel like an over-charged battery – your blood pressure and heart rate increases, you feel ready for fight or flight and may become restless.

Whenever there's excess adrenaline in the bloodstream, the liver must try to absorb and neutralize the hormone and sometimes this can cause us problems. An overabundance of stress and stimulating activities can trigger our adrenals to squeeze out continuous spurts of excess adrenaline which are toxic and corrosive to the nervous system and the rest of the body. A diet high in fat delays the adrenaline from being mopped up by the liver.

Chemical sensitivities and allergies
When the liver is under stress, individuals may find themselves more reactive to chemical exposures, including gasoline, kerosene, natural gas, pesticides, solvents, new carpet smells, adhesives, glues, fabric softener, formaldehyde, cleaning agents, medications and many more. Seasonal pollen allergies may worsen, and food sensitivities may increase. The liver is responsible for breaking down excess histamine, and if it is sluggish, histamine may build up in the body. In individuals with chronic cholestasis and impaired bile flow, blood levels of histamine have been found to be significantly greater than normal.

Methylation problems

Methylation is the body's ability to absorb and assimilate key critical nutrients that we get through healthy food, water, sun

exposure and fresh air. When we take in these nutrients our body alters its chemical structure, breaking down and altering it so that the nutrients can benefit us. Your liver, along with the ileum (at the end of your small intestine), work with each to do this work every day. When you lose your ability to methylate properly, it's common to receive a diagnosis that you have the MTHFR gene mutation. When your liver cleanses, revives, rejuvenates, heals, and strengthens, nutrients will absorb and process properly as methylation problems are related to a sluggish, clogged and dysfunctional liver.

Eczema and psoriasis

Almost every skin condition is related to the liver. Eczema, psoriasis, rosacea, lupus, cellulitis, vitiligo, age spots and more start and end with the liver. These conditions begin because something gets inside the liver that shouldn't be there. Some of these toxins include copper (from copper pipes), pesticides (such as DDT), mercury, herbicides, solvents, petroleum products, antibiotics and other drugs. You could have accumulated these from direct exposure or inherited them through your bloodline. These troublemakers build up over time in the liver and these toxic poisons can trigger a rash or itchy dry skin. But when these are combined with a pathogen such as the EBV that is residing in your liver, this is when the more disruptive skin conditions appear.

Different pathogens have different appetites for different toxins. One strain of EBV can prefer a copper flavor resulting in a difficult case of eczema. Another strain of EBV can prefer mercury leaving you with fatigue and a hive-like butterfly rash like Lupus. Psoriasis is a combination of copper and mercury with a virus, most commonly EBV. Rosacea is usually mercury based plus a virus such as EBV. As the EBV feeds off its desired food, the heavy metals and other toxins in your liver, your body pushes poisons to the surface and eliminates them through the skin. If the liver function well, the vaporized methyl toxin is eliminated via the bowel. Even basic hives indicate the liver is not functioning properly.

Acne

When acne is present it means the liver is harboring a chronic low grade level of Streptococcus. Strep lives in the organ that has an abundance of food. Antibiotics are one of strep's fuels of choice – and

one of the liver's greatest enemies. Sadly many people are given these as a cure for acne but the supposed cure just exacerbates the problem. Acne is a result of taking antibiotics for a prior condition earlier in the life. Even if someone has not ever taken antibiotics they were passed down through the bloodline. Antibiotics don't just disappear from your system after you have taken them for years or even decades. They stick around in your liver with other toxins, making the strep nice and happy. Extreme cases of acne may indicate different strains of strep and heavy metals are present in the liver and also subcutaneous tissue contain wastes from foods such as dairy, eggs, fats from chicken.

Small intestine bacterial overgrowth – SIBO

When your stomach acid is out of balance various gut issues can occur. One in particular is weak hydrochloric acid. This is actually linked the liver. Bile is produced in the liver, stored in the gall bladder and delivered to the digestive tract as needed. One of bile's roles is dissolving fats. When the liver is burdened the bile production weakens and so hydrochloric acid is called on the digest fats. This too diminishes any undigested fats and protein which end up heading into the small intestine together, the fat goes rancid making it a delicious food for pathogens. Candida acts as a helpful scavenger feeding on the bugs in the intestines. Strep gets out of control and SIBO takes over.

Bloating, excessive gas, constipation and IBS

Gut health starts with producing bile. When the flow of bile is stagnant or slowed, the gut shifts towards a state of dysbiosis, where unfriendly flora dominate, and constipation is common. The toxins from pathogenic bacteria and viruses, heavy metal wastes, the jelly-like sludge then block detoxification pathways in the liver as well. With the resulting imbalance of flora and dysbiosis, excessive gas and bloating may be experienced after eating. A common cause of constipation is the intestinal tract narrowing and expanding in different areas due to inflammation brought on by pathogens getting to feast on their favourite foods such as gluten, eggs and dairy. IBS results when the colon is lined with pathogenic waste product, elevated levels of strep, E coli and other pathogenic varieties, food that wasn't digested properly and ammonia gas.

Brain fog

Brain fog mostly stems from the liver and the brain. The different troublemakers – for example pathogen EBV, adrenaline, toxic heavy metals and pesticides. As the liver fills up with these neurotoxins, it reaches capacity and they then escape into the bloodstream and to the brain and short-circuit the neurotransmitters. Neurotoxins in the blood and cerebrospinal fluid are big factors in brain fog. EBV neurotoxins are not the only cause of brain fog. Other causes can include adrenal surges, toxicity from heavy metals as well as other liver troublemakers already mentioned.

Emotional struggles

When the liver gets toxic and it's holding on to a tremendous amount of poisons such as radiation, pesticides, herbicides, nanotechnology materials, toxic heavy metals, bacteria, viruses and pathogenic waste matter, some of the poisons can leach into the bloodstream and the intestinal tract in a similar way as you have read before. These poisons can travel to the brain, causing problems there such as “up one minute, down the next” feeling that can result in a diagnosis of bipolar. Very few people would realize that the increase in mental health issues could be related to a liver problem.

Jaundice and baby liver

Many babies come into the world with compromised liver. From when they were conceived, they inherited liver problems from their parents, their grandparents and so on down the family line. When looking at a problem like baby's acid reflux, behind these are the liver and the gallbladder. Baby's livers do not naturally produce a lot of bile at the beginning. They only need small amounts because breast milk is more sugar than fat and this needs very little bile. Baby's stomachs only produce small amounts of hydrochloric acid. When baby's liver is sluggish from the start, born with toxins and hampered by the effects of standard medical treatment, the bile and hydrochloric acid diminish even more. Jaundice in a newborn is actually a baby's liver trying to overcome a highly toxic load that they have inherited from their bloodline.

Autoimmune and hepatitis

Behind hepatitis is a virus with many different strains and mutations. That virus you have heard causes countless problems

to us is the Epstein-Barr. There are over 60 varieties of EBV. It can lie dormant in people for decades. Many even live their whole life with a low-grade viral condition in their liver. No matter what autoimmune issue you have, there's a virus behind it. Different viral strains and different viral fuels cause different autoimmune illnesses and symptoms.

Cirrhosis and liver scar tissue

The liver is a very hardy organ and is normally able to regenerate damaged cells. Cirrhosis develops when the factors that damage the liver (such as alcohol and chronic viral infections) are present over a long period of time. When this happens, the liver becomes injured and scarred. The liver creates scar tissue to bind the toxins. While this is not ideal, it is a process whereby the liver is protecting you from these toxins being released and heading to the brain or heart and causing infections there. Cirrhosis causes the liver to shrink and harden. This makes it difficult for nutrient-rich blood to flow into the liver from the portal vein.

Liver cancer

Does a liver tumor just appear? No. It takes poisons and a virus to spark the process. A mutated virus enters the liver and feeds on the toxins. It then processes them, remanufacturing them to become even more poisonous before excreting them as byproducts into the liver that surrounds it. These more poisonous toxins are fuel to any virus cells that come upon them and their byproduct is even more toxic. As the increasingly venomous byproduct saturates the area, damages it and benign tumors and cysts form. The virus will feed on dead liver tissue and since the tissue has very powerful remanufactured poisons that are deadly to a number of virus cells. Each time they excrete more potent toxic byproducts. Struggling for life, the virus cells produce enzymatic chemical compounds that transform them into active cancer cells. They reproduce and multiply and release a new enzymatic compound slowly changing the human cells into cancerous ones.

Hormone imbalances and premenstrual syndrome

The liver detoxifies more than chemicals and pollutants. It also detoxifies our own hormones, including excess estrogen. Not surprisingly, when liver function

is impaired, excess estrogen may not be adequately bound and excreted. Signs of excess estrogen in women can include PMS, fibrocystic breasts, moodiness, weight gain, menstrual disturbances, fibroids and more.

High levels of heavy metals

Human exposure to heavy metals has soared, due to an exponential increase of metals in industrial, agricultural, and technological applications. From coal burning power plants to plastics, textiles, electronics, wood preservation, and paper processing, metals are ubiquitous in everyday life. Heavy metals can cause DNA damage and contribute to a variety of human illnesses. When the liver's detoxification pathways are impaired, heavy metals can accumulate in the body. In particular, the liver's stores of glutathione, which safely and effectively binds to toxins and metals, can be depleted.

How to cleanse and rejuvenate your liver

Your liver is the only visceral organ in your body that can actually regenerate itself. If even a mere quarter of your original liver is left, it can regenerate back to its full size. Your liver's capacity for repair is immense. It just needs a little extra care and attention. Here are some tips for improving your liver function. **But you need to exercise caution when wanting to cleanse your liver.** A toxic liver can release many poisons into your bloodstream and can cause you to have some healing crisis in your body. You may wish you never started to cleanse. This is why you need to be very careful. The liver may release so many toxins that it immediately has to start the process of mopping them up and they never actually get the chance to leave your body.

Some readers will have a much cleaner body. These are easier to clean. The more toxins you have, the harder it will be to cleanse, and the gentler you need to go. There are some very important things you need to consider.

Points to consider

It is beyond the scope of this article to give all the information you need for a good liver cleanse. But the following points may help you get started.

- You must be well hydrated, especially in the morning.
- Eat foods that your body finds easy to process.

- Avoid all processed foods, especially processed fats.
- Avoid caffeine and black tea.
- Keep meals very simple with few food combinations.
- Your body will do very well just eating one (or at the most) two foods at one meal.
- Chew foods very thoroughly.
- Avoid all animal protein and eat only plant based diet.
- Avoid gluten, canola, eggs.
- Eat only two meals a day e.g. breakfast and lunch 6 hours later. You will be surprised how easy it is to start doing this. It may take a few weeks, but you will feel great. Your body will love this as it gives it time each day to start some deep cleansing every day. This means each night you will be going to bed with an empty stomach. Your sleep will be more restful.
- If you need a third meal, it needs to be very light and very small.
- Add lots of food that are high fibre foods.
- Do a castor oil pack on liver area. (directions for this is found in Back to Eden Health Training Manual – see p9 for details)
- Sweat at least three or more times per week by exercising or in a sauna.
- Remember DO NOT OVEREAT.

Improve bile flow with bitter botanicals
Bitter botanicals have been used for hundreds of years as both medicine and as drinks. They promote proper drainage of the liver, kidneys, lymph, and help support intestinal health. First and foremost, they support healthy bile flow, which is critical for digestive function, and helps balance your gut flora, since bile acids are antimicrobial. Remember, toxins and their metabolites are eliminated from the liver into the bile, and out of the body via the stool.

The classic bitter botanicals are potent yet gentle. They include gentian, milk thistle, goldenrod, myrrh, and dandelion. Gentian is often called our most bitter herb, offering digestive support and liver protection. Gentian has been shown to increase levels of our most potent endogenous antioxidant, glutathione. It also improves bile flow. Milk thistle (*Silybum marianum*) has a reputation as a potent liver protector, also with bitter properties. Its most active molecule, silymarin, has been shown to enhance glutathione levels in the liver and gut. Dandelion is widely known for its tonic function on the liver, gallbladder, and kidneys. Goldenrod helps the flow of bile. Myrrh is antimicrobial, and improves bile flow as well.

Some supplements

Glutathione

Your liver's ability to transform toxic molecules into less toxic ones, and then help your body excrete them, depends on two phases of detoxification. Phase I liver detoxification utilizes specialized enzymes to help neutralize innumerable substances. Phase II detoxification goes even further, and neutralizes the byproducts of Phase I. Then the toxins are removed from the body. To detoxify, your liver relies on many enzymes and molecules, but the most important may be glutathione. Levels of glutathione are naturally higher in the liver than the rest of your body. However, low levels of glutathione have been found in chronic liver disease.

Alpha lipoic acid

ALA easily enters into all live cells, giving them added antioxidant protection from injury due to highly toxic troublemakers. This supports the nerves entering the liver and also glucose storage containment in deep levels of the liver. ALA perks up the liver and helps detoxify it at the same time.

Aloe vera

The gel from a fresh leaf binds onto toxic debris in the intestinal tract and carries it out of the colon during elimination. It reduces poisons and toxins in the intestinal tract so that they don't travel to the liver. It also helps cleanse the blood flow through the hepatic portal system into the liver, bringing with it chemical compounds from aloe that specifically inhibit bacteria and certain viruses. It expels and diminishes ammonia inside the intestinal tract that otherwise seeps into the liver when food is putrefying due to low hydrochloric acid and bile production.

Barley grass juice powder

Contains phytonutrients that feed an undernourished liver while allowing it to detoxify dozens of frozen toxins and poisons inherited from the past and up to the present moment. It's a responsible detoxifier, replacing the toxins with vital nutrients.

More supplements (it would take too much room to list the benefits of each separately) are: B vitamin complex, black walnut, burdock root, cardamom, cat's claw, chicory root, CoQ10, curcumin, dandelion root, eyebright, ginger, goldenseal, lemon balm, licorice root, magnesium, melatonin, milk thistle, MSM (methylsulfonylmethane), mullein leaf, nascent iodine, nettle leaf, olive leaf, peppermint, raspberry leaf, red clover,

rosehips, spirulina, turmeric, vitamin C, vitamin D, yellow dock, Zinc. **REMEMBER** - the blood cleansing herb listed for sale on page 9 of the newsletter has many excellent liver and blood cleansing herbs.

Mop up toxins with binders

Many toxins are reabsorbed after excretion into the bile. In addition, endotoxins from unfriendly gut bacteria, as well as bacteria themselves, can actually move through an inflamed gut lining directly into the bloodstream. This is known as microbial translocation and is associated with immune activation and inflammation. This puts more stress on the liver.

There is no universal binder that has an equal affinity for all toxins. However, a blend of natural molecules that effectively bind a wide array of toxins can help lessen the load on our bodies. Binders to consider include bentonite clay, activated charcoal, and thiol-functionalized silica. Because each has a special affinity for certain types of toxins, a blend will offer broader protection.

Because binders can be constipating, consider soothing supplements such as acacia gum, which serves as a prebiotic fibre, and aloe vera, which has long been used in traditional medicine to soothe inflamed tissues. These support the health of the intestinal lining, normal gut motility and the growth of friendly flora, all of which can help improve liver function.

Liver troublemakers

Every day we are exposed to substances that threaten our health. Thankfully, we are blessed with miraculous, neutralizing filtering livers. The liver does such a good job protecting us that we are normally unaware that anything harmful has entered our body. For the liver, some of these substances can cause trouble.

Each of the liver's two main lobes has three general levels; it's perimeter surface, its subsurface and the deep inner core. Some of the troublemakers settle in different levels, some in one or two levels, and some can spread out across all three. The liver sends the worst of the troublemakers to its core. With many dangerous substances buried deep in its central core, the liver can protect you better. you can even walk around, because with these troublemakers tucked away, your liver can still function pretty well. But eventually it can catch up with you and cause you to feel unwell.

The deeper troublemakers go into the

liver, the more it protects us in the moment and the more time it takes to pull them out later. This is why people's healing processes can vary so much. When you need more time to heal, it's because more toxic troublemakers are buried deep in your liver.

Petrochemical group, settle in the inner core: plastics, petrol, diesel, engine oil and grease, exhaust fumes, kerosene, lighter fluid, gas grills and stoves, chemical solvents, solutions, degreasers, lubricants, car and carpet cleaning products, dioxins, lacquer, paint, paint thinner and carpet chemicals.

Chemical neuroantagonist group settle in the three levels of the liver and can be passed on through inheritance. These are chemical fertilizer, insecticides, pesticides, herbicides, DDT, fungicides, smoke exposure of any kind, fluoride and chlorine.

Problematic food chemical group starts to leave the liver faster and you could eliminate all these within six months to a year of cleansing. These include aspartame, other artificial sweeteners, MSG, formaldehyde and preservatives.

Problematic food groups, this group all leave the liver fast as long as you stay away from them while trying to cleanse. These include eggs, dairy, cheese, hormones from food, high-fat foods, recreational alcohol, vinegar, caffeine, excessive salt use, gluten, corn, canola oil and pork products.

Pathogenic group are responsible for the misunderstanding of autoimmune disease. These include viruses and viral waste matter, bacteria, food-borne toxins and mold.

Chemical industry domestic invasion group. These leave your liver easier. They include plug-in air fresheners and scented candles, aerosol can air fresheners, spray-bottle air fresheners and mists, cologne and aftershave, perfumes and conventionally scented body lotions, creams, sprays, washes, shampoos, conditioners, gels, and other hair products, hair spray, hair dye, talcum powder, conventional makeup, spray tan, nail polish, remover, and adhesives, conventional cleaners, conventional laundry detergent, fabric softener and dryer sheets and dry-cleaning chemicals.

Pharmaceutical group. While there may be times when these are necessary, but we need to be aware they affect our liver. Antibiotics, antidepressants, anti-inflammatories, sleeping pills, biologics, regular immunosuppressants, prescription am-

phetamines, opioids, statins, blood pressure medications, hormone medications, thyroid medications, steroids, the birth control pill, alcohol and recreational drug abuse.

Toxic metal group gets into all the liver and can be passed down through the bloodline. Mercury, lead, aluminum, copper, cadmium, barium, nickel and arsenic.

Radiation is something your liver sponges up. Plane flights, x-rays, MRIs, CT scans, cell phones, food and water absorb this from past nuclear disaster.

Excess adrenaline, caused by a prolonged abundance of adrenal stress and adrenaline based activities.

Rainfall exposure. Rain is not like it used to be. The rain is filled with any particulate that is found in the air.

Five varieties of a sluggish liver

Just as different types of smoke can alert us to different type of fires, particular symptoms can clue us to what is wrong with the liver. One way to help figure out what's going on is to learn about the five varieties of sluggish liver. The whole liver doesn't become sluggish at once; it may be only a part of your liver that's sluggish while the rest functions fine. Many people have a combination of sluggish areas. Here's a look at the five areas of liver sluggishness. Keep in mind that you could have a sluggish liver in one or even all these areas and not experience one of these symptoms.

Middle of the liver: A liver that's sluggish in its deepest part is most likely to reveal itself with symptoms such as hot flashes, night sweats, prediabetes, swelling, fluid retention, body temperature fluctuations, low energy, weight gain, brain fog, dark circles under the eyes, hypoglycemia, hyperglycemia, fatigue, rashes, anger, frustration, irritability, a sense of loneliness, depression, anxiety, anxiousness, poor skin tone, skin pigment issues (including Raynaud's syndrome), and excessive thirst.

Bottom of the liver: A sluggish lower liver can make you toss and turn in the night, result in other sleep disturbances and insomnia, and/or give you constipation, a feeling of unease, sensations of hot and cold when neither makes sense for your environment, jealousy, or a quick-to-get-hurt manner that gets you labelled as having a "thin skin".

Top of the liver: Poor digestion, acid reflux, bloating, gastritis, pressure in the abdomen, irritability, frustration, stiff shoulder, shoulder ache, tongue sores, cancer sores, corner-of-the-lip sores, other mouth sores, body temperature fluctuations, a bulging, protruding or hardened upper belly are all possible symptoms of a sluggish upper liver.

Left side of the liver: When the left hand side (the left lobe) of the liver is sluggish, feelings of weakness in the left leg or arm, nausea, anxiousness, lack of hunger, insatiable hunger, random stomach pain, moodiness, irritability, emotional sensitivities, and backaches can result.

Right side of the liver: The right hand, larger side (the right lobe) of the liver becoming sluggish can lead to brittle and/or discoloured nails (from zinc deficiency), stitches in the right hand ribs, mild weakness on the right side of the body, leg spasms or cramps, mild tongue discoloration, a raw tip of the tongue, sensations of inexplicable hot and cold, and difficulty warming up.

So many of the symptoms and illnesses that the world teaches are a sign of a faulty body are in fact a sluggish or damaged liver asking for assistance. If you experience fatigue, the doctor may say it's because you're too stressed out, when really it could be an infection of EBV, inside the liver. If you experience hot flashes, you'll hear that it's hormonal and a sign of perimenopause, menopause or post menopause, when the truth is that they happen as a result of a liver that's been holding on to a virus, heavy metals or toxins long term. With mysterious weight gain, a practitioner may say you overeat or don't eat right or you need to exercise more; meanwhile, it's really a sign of a liver burdened with viruses, excess adrenaline and other troublemakers. And if acne plagues you, the diagnosis will be puberty or some other hormonal shift, when the reality is that it's from strep bacteria thriving in a congested liver, causing the lymphatic system to become overloaded too. None of these issues mean your body is falling apart, they're your liver saying, "please help me".

Liver Rescue Anthony William
<https://www.quicksilverscientific.com/blog/signs-your-liver-needs-a-detox/>
https://www.huffpost.com/entry/how-to-detox-the-4-worst-diabetes-causing-chemicals_b_58d-2fa20e4b062043ad4afb4

Who is in Control?

Part 19 of a series

What is happening to our world?
Is God still in control?

The beginning of this year marked a new decade. Some looked at this with optimism, but as the year has now passed the halfway point I'm sure that many will agree that this is a year we will never forget. Who of us who live in Australia can ever forget the horrors of the bush fires that devastated so many parts of our country earlier this year? But current events have quickly pushed the memory of these into the past.

The past few months have contained so many world-changing events it's hard to believe these are happening and sometimes we may think we are living in a dream. If only we could go back to the "good old days" – even of last year. Then there are the regulations we must follow in regard to the Covid-19 coronavirus pandemic crisis. Who would have ever thought this would happen, not just to our country, but to the world?

Then there is the social unrest that has resulted from the death of George Floyd in Minnesota. Then massive protests that followed this swept America in late May and early June, splitting opinion in an already deeply polarized country. The violence we are seeing on the news, the looting, the craziness leaves us all in amazement. What is happening to the world?

We can see two sides developing. A left-wing radical group, and a conservative group that wants to "Make America great again". It is obvious to all that the world is very unsettled. Some even say that the dynamics that caused the French Revolution have begun to arise and that history could repeat.

The forces behind the French Revolution were out to eliminate people of faith as the enemies of France and to shut the mouths of God-fearing dissenters. They even placed a nude statue of a woman on the altar in the church at Notre Dame and proclaimed the God of Christianity dead. Soon thereafter, the French government collapsed...

...some scholars note how practitioners of occultism comingled with evil nonhuman energies that emanated from their actions,

symbols, and incantations and that, once summoned, were released upon a gullible society to encourage a destructive collective group mind. As people passed these "thoughtforms" or memes from one to another and the ideas became viral, the power and reach of "the entity" spread with it until it became an unimaginably destructive force. (Skywatch TV)

Has there been a process of re-education in our midst? Who controls almost all the media outlets? Who tells us what news we need to hear? Who is it that writes the script for the news readers? Why is Facebook and Twitter censoring conservative voices?

An interesting report was given by Celeste Solum, a former FEMA camp administrator who warns that FEMA has long been planning to enslave and then exterminate tens of millions of Americans. (FEMA camps have been set up as detention camps in USA.) These camps will be used to house tens of millions of Americans who can't be "re-educated" into socialists and communists. It is believed that guillotines are already at the camps. This genocidal attack will be against Christians and conservatives and is likely being unleashed this year.

She goes on to say the radical, terroristic left is pursuing a playbook of mass murder targeting conservatives, Christians and Whites. Everything you've seen this year — COVID-19, the plandemic economic collapse (underway now), the false flag riots — was engineered and deployed in order to push people into starvation and destitution in order to drive the masses into FEMA camps by the end of this year. Once there, people will be sorted into communist "sympathizers" vs. "resistance," and those who resist communism will be beheaded.

How could all this happen?

Picture the time ahead, we are coming up to an American election. What will happen to America if Donald Trump wins again? We saw an incredible amount of "snowflakes" lose their reason when Trump won the first time. Can you im-

agine what will happen if he wins again? Can you see more riots, civil unrest and anarchy – possibly a Civil War? Remember: The Left is a dangerous cult that indoctrinates people and incites fanaticism, transforming them into obedient puppets filled with emotional rage and bigotry. You can't reason with cult members, as they are immune to logic and facts. They live in a delusional bubble of contradictory lies and hate-fuelled disinformation. Opposite this left wing madness and lunacy is a conservative America that will fight to defend their freedoms. And conservative America is fuelled up to do this. They believe that victory will only be achieved through the eradication of all treasonous enemies of America and authoritarian fascists who have already admitted their goal is the mass murder of conservatives, Christians and Whites across America. And they have the guns and ammunition to do this. They know they will lose their freedoms if they don't fight against this.

They will fight back – mark my words. There will be a push to conservatism. America, under Obama was taken so hard to the left that there was inevitably going to be a conservative reaction. We see that in Donald Trump's presidency. Obama, with a supporting left-leaning media has taken America in a direction opposite from its historical track. These included changing the way America related to gender, race, and other socialist programs.

One point I would like to make is, could there be another side to all of this craziness we are experiencing? Could the whole Covid-19 lock-down experience eventually unite many in their views? For example, take those who push the climate change agenda. People are now claiming emissions have lowered since the world "shut down." Then we have others who have enjoyed the family time they are experiencing during this time.

Bring these together and you can see that because the left has pushed so many unwanted changes on normal people, people are being agitated. The pendulum has swung so far to the left, what will happen when it is let go and swings to the right? History tells us that when the Puritans were persecuted in Europe in the 1600s and fled to America, the freedom they wanted for themselves they did not grant to any others who did not agree with their religious standards. I fear the same will happen today. Will everyone have to agree with their agenda being pushed and

cont on p 10

Products for Sale

- Licorice Root Powder** 200g.....\$12
Licorice root is used to rebuild Adrenal Glands. Suggested maximum daily dose is 1½ tspns
- Maca Root Powder** 200g.....\$17
A great price for this superfood. Great for a diverse range of conditions. Especially good HRT alternative, menopause, PMS, Anemia, Thyroid deficiency, osteoporosis, fertility and increased energy. Organically grown.
- Blood Cleansing Herbal Tea** 200g.....\$13
Contains Buckthorn, Licorice Root, Burdock, Chaparral, Red Clover, Cascara Sagrada, Dandelion, Cat's Claw. Use it long term to help cleanse bowel, liver and blood.
- Barley Leaf Powder** 200g.....\$12; 450g.....\$27; 1kg.....\$55
Loose powder, organic A powerful way to get needed nutrients including beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll. Has 3 year shelf life.
- Hawthorn Berry Powder** 200g.....\$14
A great tonic for the heart and related circulatory problems. Just add powder to water or juice.
- Comfrey Root Powder** 200g.....\$14
Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.
- Comfrey Leaf** 100g.....\$9
To use in poulticing or in oils and ointments. A great healing herb. Has lots of uses
- Nettle Leaf Tea** 100g.....\$9
Incredibly undervalued herb. An effective tonic, rich in vitamins and minerals.
- Afalfa Leaf Tea** 150g.....\$12
Rich in vitamins, minerals and other nutrients that strengthen and maintain health.
- Calendula Flower** 100g.....\$9
Used as a tea for inflammation, or use as a base for ointments and oils
- Cornsilk Tea** 100g.....\$8
A great way to treat bladder infections
- Cayenne Pepper** 200g\$8
Can be taken internally to stimulate circulation, stop bleeding and used as a poultice on the skin to stimulate healing. Heat rating: 60,000 Scoville Heat Units
- Turmeric Powder** 200g.....\$8
Is an antioxidant, anti-inflammatory, blood detoxifier and has many anti-cancer properties plus many more uses
- Activated Charcoal Powder** 250g.....\$25
- Bentonite Clay** 250g.....\$10 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 way 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.
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or order online www.kayesrecipesandremedies.com

Calculate postage: up to 500g costs \$9 postage; up to 3kg costs \$16 postage; up to 5kg costs \$22

Recipes

Liver Detox Recipes

Smoothie

2 to 3 organic bananas
1½ to 2 cups frozen blueberries
½ cup frozen cherries
2 to 3 cups of filtered water

Blend thoroughly. This makes 2 large servings or 4 smaller ones. Pour the unused portion in a glass jar and store it in fridge for later.

Liver Rescue Juice

2 apples, coarsely chopped
2 cups coarsely chopped pineapple
2 cm piece ginger
1 bunch celery
1 cup loosely packed parsley

Optional additions

1 cup sprouts
4 small radishes
1 cup loosely packed dandelion greens

Place apples, pineapple, ginger, celery and parsley through a juicer. Add the other optional additions as well if required. Always store any unused juice in airtight bottles in fridge.

Liver Rescue Broth

1 bunch celery, diced
6 carrots, diced
1 butternut pumpkin, cubed
2 onions, diced
2 cm ginger root, peeled and grated
1 cup loosely packed cilantro
6 garlic cloves, peeled
12 cups water

Simmer all ingredients for at least 1 hour and up to 4 hours. Strain and enjoy as a warm nourishing broth.

This recipe can also be enjoyed as a chunky vegetable soup by leaving the vegetables whole within the broth.

After the broth is strained, use the leftover vegetables to make a curry. Stir in 2 cups coconut milk, 2 tspns healthy curry powder, 1 tablespoon maple syrup and 1 teaspoon sea salt. You can partially blend the veggies to make a thick curry soup.

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 July 28 at 10 -12 noon
Tues August 25 at 10 am -12 noon
Tues September 22 at 10-12 noon

Due to the Covid restrictions changing continually, please phone
Kaye to confirm these classes.
phone Kaye 0260255018

Past Issues of Back to Eden newsletters

If anyone would like past issues of Back to Eden newsletters, please contact Kaye. We have a number of spare copies that we are interested in getting rid of. Assorted issues, but most will be included. This parcel will include 50 plus issues. **Cost, including postage will be \$25.**

Call now while stocks last and are still available. Once gone, no more will be available.

Phone Kaye

**Ph 0260255018 or email Kaye
backtoeden@aapt.net.au**

cont from p 8

not have the freedom of conscience? Now that there is civil unrest and riots, conservative people are realizing the world has gone crazy. Many ordinary people are asking, what can we do to get back to normal? People want to return to normal!

I believe many people could easily push for the world to take off a rest day every week. They would claim that this will benefit the environment (not as many emissions) as well as strengthen family ties. The stage has been set for the world to easily accept a rest day – or we may call it a Sunday law. Many will love this and will see this as an answer to many current world problems (the pope is already pushing this). These include all the social, economic and environmental problems around us. They will say getting back to “God” will answer all of these.

I believe Bible prophecy predicts this will happen. There will be a Sunday law, but please remember these points. Some will love this, think this is a good idea and say we need to get back to God, for God will save us from the all the problem we are now having in the world – from the violence, crazy weather patterns, natural disasters, race riots etc.

My point I want to make is that one day in the not too distant future there will be a push for a Sunday law when people see the need to get back to God. While the motive behind this may be genuine and seem to be the answer, but in reality

God does not require a special day to be legislated. God wants people to serve Him from their hearts, not because it has been legislated. He already has a rest day which His followers keep because they love Him and not because it is legislated. His Sabbath that is mentioned in the Bible is Saturday and not Sunday. Nothing can be found in the Bible where God changes His day of rest from Sabbath (Saturday) to Sunday. God actually says Himself says in Malachi 3:6 that He never changes. This was not changed by God but by the Roman Catholic Church in the 3rd Century.

Bible prophecy tells us of great changes that are soon to take place in the world. Jesus Himself was asked by His disciples when the end of the world would happen. His answer is written in Matthew chapter 24, Mark chapter 13 and Luke chapter 21. Plus there is reference to this time in other parts of the Bible. It would be a good idea to read these chapters and consider them. Nearly all of the conditions listed have happened.

These texts clearly indicate the type of world we are living in right now. When starting writing these series of articles in this newsletter back in 2013-2014, I firmly believed that we are fast heading to the climax of events in the world just prior to Jesus returning to take His people home to heaven. I am even more convinced now in 2020 as I see the events of the past few months. We are fast fulfilling all these prophecies. For over forty years I have

believed one day we will have a cashless society. And with recent events, I can see that this is about to eventuate. The New World Order is about to try to take over the world.

But, while they will seem to succeed for a short time, God will take over and He will cut short their reign. And the Bible tells us of what will happen to them.

But we are equally as warned to make sure we are on God's side. Many who think they have a relationship with Him will be told by Him that He never knew them. Jesus is coming very soon! We must be reading our Bibles, praying for wisdom and light and sharing our faith with others.

If anyone is interested in finding out about these prophecies, contact me for details of some studies. But one thing we must never forget – God is still in control. He knows what is about to happen and absolutely nothing takes Him by surprise. And if we read the end of the Book, we know who wins and definitely do not want to be on the side of the loser.

www.naturalnews.com/2020-06-29-guillotines-pre-positioned-across-america-execute-conservatives-christians.html
www.skywatchtv.com/2020/06/13/famous-baptist-pastor-robert-jeffress-sees-guillotines-on-horizon-as-protesters-tear-down-monuments-republicans-turn-on-trump-and-shadowlands-french-revolution-fervor-head/