

SIMPLY

SEEKING

SUSTENANCE

Lost & Found - Our Link with
Traditional Food & Medicine

I. N. Cognito

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“We are not gluten and lactose-intolerant!!

Wheat is not the problem.

It’s the bloody cooks!

Given just a *tað* more t-i-m-e and tending, via culinary practises which stimulate the innate enzyme activity, unwanted naturally-occurring **anti-nutrients** are neutralized, and the **gluten**, a splendid complex vegetable protein, transforms to become easily digestible.

When food preparation is rushed, as is the case with 99% of all modern food, and in particular with bread, that same unconverted gluten (and also carbohydrate) bestows a toxic, allergenic effect, upon the human body.

Pre-digestion is essential for body harmony.

With lactose it’s a slightly different tale, but also easily manageable – by insisting on whole, unpasteurised, unheated milk and raw milk products – which just happen to be illegal in most western societies.

We are simply allergic, and addicted, to the rampant rush of modern life and to the wasted haste of crucial and elementary food processes – in both the public and domestic domains.

Since the 1950’s, we have lost the thread connecting us to an ancient culinary tradition that is essential in disabling the toxic anti-nutrients in food, and in rendering proteins, carbohydrates, malts, etc. not only harmless, but also maximally digestible, nutritious and delicious.

That **missing traditional process** is *fermentation*, its **lost habitat**, the *slooooo* kitchen.”

“And if that isn’t enough anguish, we are also being heavily harmed, conned and dumbed down by a heartless and profit-rapacious medical/pharmaceutical *illness industry* and its partners-in-crime – the food *biz* cartels that help create and continue the sickness, and acquiescent government regulating bodies that are supposed to protect us from such vultures.”

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FOREPLAY

I did not start this writing with even a vague intention of creating a book. It began rather innocently during research for a brochure.

*I had read two books that combined 1) the newly surfacing and scientifically supported understanding of the presence of toxic anti-nutrients in all raw foods with 2) the ancient craft of **fermentation**.*

Those books were, respectively, “Nourishing Traditions”, by American Sally Fallon, and “One Man’s Poison”, by Australian Amy MacGrath.

Both works excited me tremendously.

As I experimented with the different ideas and recipes presented by these two brilliant women, it became apparent that what they were espousing was indeed both ground-breaking and radically beneficial to humanity, and yet at the same time deeply traditional. Nothing new here – except the science.

In marrying their respective works, however, I could see gaps in the understandings of each author, and yet each complemented the other in a delightful dovetail.

This book is a direct result of how that fusion, put into practice, manifested itself within me.

Fermentation is not just about pickling veges in jars. It must be seen in its broadest possible application, which involves the long-soaking of many of our daily food items, and the long-fermenting of all bread/pizza/cake grain-based doughs.

*Fermentation is a largely abandoned but absolutely essential culinary art, its disappearance mostly attributable to the acceleration of the tempo of life since the 1950’s, and the consequent rise of fast, junk foods and fast kitchens. Fermentation requires a sloooowness and an attention to detail that the majority of today’s “busy” people are not prepared to, or simply can not, provide – albeit to their severe detriment – because contained within the fineness and the finesse of fermentation, and its partner, **sloooowness**, are so many of the answers and cures to the complex ills of all peoples.*

We wallies, particularly we of the occidental variety, have broken with a traditional truth, and for me, re-discovering it has been not only a deep joy but also a timely gift to my once-broken body, and to scores of others I am now meeting.

Some genuine eureka moments were, however, accompanied by major, but highly energizing, downers - of Alexander proportions. Broadening research and online journeying helped me unearth the existence of real and present threats to the entire natural, organic and holistic food/health/healing/supplement way of life.

***Enter Illness Inc.**, which is treated in greater detail in my second book, "The Plot Sickens – Cure, My Arse!"*

The Sickness Industry, in order to succeed (at not curing) and profit (immensely, as it does), requires and therefore cultivates a constant and deeply ailing stream of humanity.

It is chaired by Big Pharma (pharmaceutical/chemical cartels), and is ably and willingly assisted by the Pharmawhores – Big Medicine/Dentistry, Big Grocery, Big Biotech, Big Fastfood, Big Bureaucracy, Big Media, Big Nuke, an Orwellian U.N., and compliant Wimpy Governments.

I have experienced deep changes during this somewhat seismic process. From its onset, this writing has been a journey that has forced me to confront and concede the significant extent of my own, and the group mind's, dumbed-downness, and to honour the thorough expression of these words in the face of escalating legislative, corporate and internal hostilities.

*I continue to be rigorously nourished by that.
May you be, also.*

INTRODUCTION

The 60's and 70's frenetic, fun, often-fanatical compunctions to radically alter everything from minds to diets did quite a beat-up on the prevailing conservative attitudes towards food and health. Politically incorrect to the max.

My parents considered my budding vegetarianism as akin to serious drug abuse or participation in the Jonestown massacre.

First came fasting, very much like a new drug for some; colonics and enemas too, during those early clumsy rituals and highs towards the new *wholeness*.

Vegetarianism, then veganism gently, peacefully rampaged.

For many, purifying the body gave people their first taste of psychic, out-of-body experiences, and so the wholefood revolution had (still has) definite religious undertones.

Fanaticism could thrive.

First the body, later India.

After the initial purgings and ablutions, we bumbled and bungled a burgeoning health food scene.

Raw foods hit hard.

We wanted raw or whole wherever possible, even barely processed grains in mueslis, because we naively thought chewing 50 times made it *cool*. Anything was fair game, as long as it was mostly raw, *as nature intended*. Wholemeal bread and sprouts appeared, and entirely new cookbooks emerged.

However, as is being made clear today, it was **not at all** a scientific shift, yes a *feelgood* revolution, even an expansive time – for myself an extraordinarily welcome change from the drudgery of 20 years of burnt meat, mashed spuds, cremated cabbage, MSG gravy and cornflakes. Love ya, mother dearest, and yes, I see now that you were right; we **were** just a tad *over the top*. It is coming to light that much of the movement was ignorantly extreme.

Modern (friendly) science is now verifying that we made some fundamental flaws in the formulation of the new counter-cuisine, raw and whole foods being at the very centre of this hullabaloo. Big parts of the baby were thrown out with the bathwater, giving rise to a modern pandemic of serious allergenic ailments, compounded by unmitigated misunderstandings about all foods, especially excellent items such as wheat and unpasteurised milk.

RAW FOOD – RAW DEAL

We are not gluten and lactose-intolerant!!

Wheat is not the problem.

It's the bloody cooks!

Given just a *tað* more t-i-m-e and tending, via culinary practices that stimulate the innate enzyme activity, unwanted naturally-occurring **anti-nutrients** are neutralized, and the **gluten**, a splendid complex vegetable protein, transforms to become easily digestible.

When food preparation is rushed, as is the case with 99% of all modern food, and in particular with bread, that same unconverted gluten (but also carbohydrate and other elements) bestows a toxic, allergenic effect, upon the human body.

Pre-digestion and access to live enzymes in food are essential for body harmony.

Yes, it's true that a small percentage of the people **do** have genuine allergies, but what is typically blamed for the current plague of food allergies is based upon false and perilous premises.

We are simply allergic, and addicted, to the rampant rush of modern life and to the wasted haste of crucial and elementary food processes – in both the public and domestic domains. Since the 1950's, we have lost the thread connecting us to an ancient culinary tradition that is essential in disabling the toxic anti-nutrients in food, and in rendering proteins, carbohydrates, malts, etc. not only harmless, but also maximally digestible, nutritious and delicious.

That **missing traditional process** is *fermentation*, its **lost habitat**, the *slooooooow* kitchen.

Furthermore, there is a totally new and quite separate sphere of awareness concerning food allergens unfolding simultaneously.

Central to that revelation is what affirmative science is now bringing to light - something the ancients knew by instinct – that in *all* raw, whole and dried foods there are various naturally-occurring chemicals, broadly and appropriately termed *anti-nutrients*, which have differing roles to play in the lives of their plant hosts - elements *not* meant for human consumption, but which can be easily neutralised.

Hence, we have **two demons** to deal with – under-prepared, unfermented, mostly indigestible nutrients (proteins, carbs, etc.), **plus** the reality of the existence of noxious anti-nutrients in all foods.

Like humans, plants too have their own immune systems. To maintain the life of its species, the seed of any plant has an unerring desire to become a tree or bush or plant, so Nature provides that seed with various natural chemicals to preserve its life – by bestowing longer shelf-life, by discouraging consumption by all manner of pests, from

bacteria to insects to animals to humans, and by guaranteeing germination, and so on. These micro-sentries are always more concentrated in the skins of foods, the exterior walls, the brans and germs, but many are found interiorly also.

For example, the most common one, **phytates** (phytic acid):

Its role is to act as plant preservative, protecting the sesame seed, the chick pea, the walnut, the peach, the carrot or the spinach leaf from bacterial digestion – to *stop the rot*, as it were, so that the grain, vegetable or fruit doesn't simply disintegrate on the bush – chemicals to halt a predator, chemicals which, when ingested, as we continually and unwittingly do, hamper our **own** digestive processes; and in some people, especially the young, the aged or the merely sensitive, **severely so**.

Phytates also rob digestive systems of nutrients by binding with iron, calcium, magnesium, manganese, molybdenum, copper and zinc, preventing a good absorption of those minerals, hence the term **anti-nutrients**.

Phytates are found in all fresh and dried raw foods, more in some than others, the highest levels being in grains, beans, nuts and seeds, then throughout the food chain thru vegetables and fruits to bananas, which have the lowest levels. The fruits that we naturally **peel** contain the least anti-nutrients. I will later show how the peeling of **all** raw foods has a beneficiary scientific consequence.

Apart from phytates, some of the other anti-nutrients present in raw foods are:

Oligosaccharides (the flatulence factor in beans, pulses, etc.), various **protein/enzyme inhibitors** and **phytoestrogens** (some of which jealously guard the ability of each seed to germinate), **goitrogens** (thyroid function depressants), **hemagglutinins** (a clot-promoting substance that causes red blood cells to clump up), plus **growth inhibitors, oxalates, tannins and so on**.

The gifted yet complex soya bean contains **most** of the pre-mentioned anti-nutrients, **and more**. (See later chapter "Soy Polloi".)

Plus there are various fungi (mycotoxins and aflatoxins), which may be contracted during storage or in humid conditions.

Most of the aforementioned plant elements are **not** intended for human consumption. But we **do**, every day, and though our bodies can cope with a little of this and a little of that, **ignorance of anti-nutrients and how to simply deal with them is creating allergenic and immune system overload, and causing a major leakage of vitamins, minerals and trace elements**.

About **oxalates** (oxalic acid), these also bind with minerals, especially calcium, rendering absorption of that mineral difficult. This can lead to the creation of calcium oxalate crystals, the chief component in the formation of the most common kidney stones. Oxalates are in most greens, raw almonds and some root veges, the highest levels being in spinach, silver beets and chards, beet tops and rhubarb.

Despite this common knowledge, the latest innovation in *healthy* salad mixes is the addition of raw baby spinach and beet tops. Yet another aberration – an economic ploy to fudge (expensive) bulk with (cheap) waste matter, delivering further toxins for the

body to cope with. Simple cooking, even gently simmered for only 6 minutes, removes the bulk of oxalic acid and yet retains the precious chlorophyll.

The massive increase in vitamin/mineral supplementation since the late 50's, early 60's, occurring almost exclusively throughout the western world, can be attributed not only to the rise of environmental pollutants, fast junk foods, obscene chemical additives and speedy, soul-less kitchens, but also to the enormous increase in the consumption of anti-nutrients, via the tragic trend to raw, improperly cooked, whole, or inadequately-fermented fare.

And fast-food joints are **no more culpable** in this failure than the new, quick home kitchens of convenience.

As the nutrient content of modern-day foodstuffs is being increasingly slaughtered by earth-extermimating, non-biological farming practices, we are left with grains, fruits and vegetables that are, quite literally, *but shadows of their former selves*.

A recent scientific experiment found that the tomato of today contains significantly less nutrition than a tomato of 100 years ago. And of course, for good measure, a multitude of serious phosphate and pesticide-based toxins, plus weird GM entities, are thrown in.

Yet these are the *foods* that our health authorities **insist** (ably coerced by *crooked* science and the grocery, pharmaceutical and medical industries) contain adequate essential nutrients, and therefore vitamin and other supplementation is but propaganda.

Welcome to the *illness industry*.

Yet even when vitamins and minerals are ample, and pesticide-free, in say organic or bio-dynamic foods, wrong preparation and fast cooking methods still mean that we are being denied those nutrients, as well as suffering toxic input, all of which further necessitates the addition of supplements to the diet.

The essence of this story is that we no longer need to *wear* any of this *shite*.

(The basic constitutional right of access to, freedom of choice of affordable, natural supplementation is under severe threat, may soon be denied us – under the new WTO statutory arm called the Codex Alimentarius Commission, which passed a motion, at their June, 2005 Rome meeting, stating their basic working premise to be that the people of the earth “should get their nutrients from food only”!!)

WE ARE NOT RUMINANTS

Even the ubiquitous and lauded alfalfa sprout contains a toxic amino acid called canavanine. Alfalfa is lucerne, gourmet food for a cow or any ruminant.

Humans don't have the digestive system to cope with canavanine, because we *don't have the stomach* for raw foods, period.

However, a quick soaking of sprouts in cider, umeboshi (or any fermented) vinegar de-fuses any unwanted toxic presence.

No doubt we could eat raw foods till the cows come home, **if, IF**, we had a cow's, or a rabbit's, or a deer's multiple stomach arrangement, because whilst the final one of the **four** ruminant stomachs **is** for normal, human-style acid digestion, the first, the primary and largest stomach, the **rumen**, is for yes, **fermentation** – bacterial fermentation of the **enormous cellulose content** of the green/raw vegetable world they consume, and where anti-nutrients and toxins such as phytates, oxalates and canavanine are either neutralised or discarded, making food ready for passage to the second stomach, the **reticulum**.

Here, any undigested food is packed into cud, which is regurgitated for chewing (hence, even further processing and refinement); then onto the third stomach, the **omasum**, where water from digested materials is reabsorbed. Phew!

Stomachs 1, 2 and 3 are all pre-digestive facilities humans do *not* possess.

Finally, food reaches the cow's equivalent of the human's one and only stomach - the **abomasum** - where acid and pepsin digestion begins upon any proteins still remaining.

All of this is necessary – just to digest *raw food*.

Other ruminants or animals with digestive systems similar to that of the cow include the gazelle, giraffe, moose, antelope, caribou, sheep, goat, deer, kangaroo, camel and llama. The tiny, carrot-loving rabbit too has a multi-stomach system.

Raw and whole foods are perfect for these creatures.

Not so for humans.

Other classic wholefood eaters, the birds which eat seeds, nuts and grains, have a recessed pre-digestive area in the oesophagus, called the crop, where any quickly-swallowed food is caught and held. Here it is softened and ground up with small stones the birds swallow – before moving onto the proventriculus.

There, large amounts of digestive juices are produced, particularly pepsin and hydrochloric acid. Then on to the gizzard for further grinding.

We had a pet talking cockatoo, which would carefully remove **all** husks and bran from seeds and nuts before eating the inner part only.

Humans don't have rumens, or crops. Chewing does help, but we don't have the stomach for raw and whole foods. We are destined to do the essential preparatory work in our precious kitchens – the critical work of pre-digestion, of fermentation.

Sure, you'd have to eat a sinkful of alfalfa sprouts to actually endanger your life with

canavanine poisoning, but who needs yet another toxin to combat? We have enough, in the environment alone.

Even if your food is mostly organic, when you total the daily consumption of anti-nutrients and indigestible elements from sprouts, other raw foods, quick-fermented (basically all) breads, non-fermented (all) pizza bases and pastas, biscuits and grains, unsoaked and poorly cooked beans or pulses, toxic raw nuts and mueslis, numerous other wheat and soy products, tampered-with milks and yoghurts, etc., you can get some idea of the humungous job given to our embattled, flagging immune and digestive systems, which are working overtime, and which are more vulnerable to serious violation now than at any other time in history.

That's **without** any consideration of phosphates, pesticides, any other externally applied chemicals, and junk additives like msg, tvp, hvp, corn (grain) syrup or dextro-maltose, and the endless list of chemical preservatives.

This part of the narrative deals only with what naturally occurs *within* each plant.

For those who fear loss of vitamins, chlorophyll, etc., due to cooking, know that the chlorophyll in greens is actually enhanced for the first few seconds it is placed in simmering water, and is still available for up to 6 minutes of gentle simmer. Ditto with orange veges and their carotene. There's **no** need (as there **is** with say, dried pulses and root veges) to cook green vegetables for a long time, because they surrender their anti-nutrients quite easily. Even the ancient practise of peeling and soaking vegetables in water before cooking has a modern scientific validation. Don't knock it.

The greatest concentration of phytates being found in, and close to, the **skins**, traditional wisdom told our foremothers to remove all skins and soak the veges in water for several hours prior to cooking. The peeling routs the external battalion of anti-nutrients, the long-soaking leaches out the inner brigade.

I remember seeing both my grandmothers doing this, and wondered why.

I wonder if they ever wondered too.

Water and time are the key components. Water penetrates, leaches out unwanted elements (even pesticide residues), it neutralizes and cleanses, so if you must use inorganic produce, long-soaking will assist also.

However **slight** the nutrient loss thru peeling, soaking and cooking, it **cannot compare** with what the body must expend, must waste, in order to combat ingested anti-nutrients and inadequately converted proteins, carbohydrates, sugars, fats and other nutrients.

It **is** possible for humans to (not actually *graze*, but most definitely) *enjoy* the green, red and orange vegetable/fruit world, to ensure their vitamin/mineral/chlorophyll and beta-carotene, etc. intake, but we must **mimic** the cow – beloved bovine, sublimely slow – **not** in the fields, but in the **kitchen**, the three **pre**-stomachs of the kitchen, via various lacto-fermentation processes and their kindred crafts – peeling, long soaking, and careful sloooow cooking.

This is necessary for our lone stomach to ably perform, for the body to thrive.

And “thrive” it does, because when we eat peeled, soaked, well-fermented, appropriately-cooked foods and avoid anti-nutrient intake, the vitamins and minerals in the food become not only fully available but also enriched, and the body experiences an enzyme surplus, a *splendid satiety*, a glorious plague of nutrients and anti-bodies which have been relieved of their defensive duties, free now for previously unfamiliar tasks of repair and invigoration – duties they rarely get time to perform in most modern-day bodies.

Bruce Lipton, cellular scientist extraordinaire, in his *bloody marvelous* new book “The Biology of Belief”, writes a chapter titled “The Biology of Homeland Defence”. It explains how “the body has two **separate** protection systems, each vital to the maintenance of life”.

Put very simply, **external** threats are handled by the **HPA axis**, which ultimately activates the adrenal gland in *fight or flight* situations. The latter may include anything from a lion attack to a tsunami to common everyday elevated stress levels.

Internal threat, which covers everything that we eat, drink, inhale or absorb, toxins from the kitchen or the atmosphere, are managed by the **immune system**.

Now you can see by those two job descriptions that both systems **must** be extremely busy, in many people, much of the time.

The **crucial aspect** to Lipton’s explanation is that when the *fight or flight* defence is up and running, it dominates all other systems, severely restricting their functioning, especially the immune, digestive, and intelligent thinking faculties.

Lipton explains “once the adrenal alarm is sounded ----- the visceral organs stop doing their life-sustaining work of digestion, absorption, excretion, and other functions that provide for the growth of the cells and the production of the body’s energy reserves”. Stressful life = extremely poor accessibility to immunity, digestion, regeneration and clear thought.

Similarly, if the immune system is heavily occupied with countering toxic dietary input, such as anti-nutrients, other indigestible elements, pharmaceutical drugs and so on, as well as coping with everyday environmental pollutants, then quite naturally other system functions suffer.

Now when you consider that these two defence systems are *being called upon* constantly, it’s small wonder that we are getting sicker and sicker, but also, crucially, *dumber and dumber*.

When will we relax, *slooooo* down, laugh, eat well, have fun?

Apart from managing the anti-nutrient factor, there is an **entirely separate raison d’être** for fermentation – and that is the intrinsic enzymatic converting, into their nourishing, pre-digested alter-egos, of the complex proteins, starches, sugars, fats and other nutrients within all foods - elements which, without such transformative action, are not only denied us, but can also be indigestible, meaning ultimately, toxic.

Yes, that’s right, unconverted nutrients are toxic to the human body!!

A Jekyll and Hyde scenario.

The properly cooked (or the lacto-fermented) food is imparting optimum benefit, tox-free. But what has become **normal** fare – as in present-day rapid food preparation – robs us of nutrients and of precious enzymes to fight the (mostly unnecessary) fight (against the toxins that very same food introduces).

Lose – lose.

The **other** (traditional) way gifts us with accessible nutrients plus multiple enzymes – **sans** the fight.

Win – win.

All foods actually *demand* fermentation before consumption.

If we don't *do the necessary* **before** eating, it's *gonna* happen anyway, **after** eating.

Meaning? As with the cows, fermentation of food **must** occur **before** digestion. It's a rule of nature. Humans don't have this facility. Chewing helps, but it's not enough. So, it's all destined to happen in our stomachs, which is a totally inappropriately designed for such activity.

This gaffe results in the creation of numerous gases and toxins injurious to wellbeing.

Further evidence of the importance of prior fermenting is revealed in the bread that I make. Because it is long-fermented (12 hours or more) at the dough stage, hence all nutrients have been enzymatically converted, it has a greatly extended shelf-life. I've seen loaves keep well for weeks, with little or no breakdown.

Compare this to what happens to fast breads, given the same conditions. They start to ferment, the marker of this activity being the rapid growth of fungus, and they become inedible. Ferment the bread **before** cooking and you will see no fungus for weeks.

Observe the **bloating** stomachs of African kids surviving on almost raw or poorly prepared grains. This is fermentation taking place **inside** the body. I saw it frequently in the 70's commune kids and adults who fed on raw foods.

Our food, only 100% of it, screams out for pre-digestion!

Check out your own wind situation.

This is fermentation happening - anyway.

An "F" in the School of Farts.

Proper mastication of foods, ie. chewing long and well and introducing saliva into our food, is an important aid to the human body's own digestive process, in that it will create more access to nutrients and less acidity, but it will **not** neutralize the natural toxins, the anti-nutrients in our food.

People who chew well are fortunate, but I am reminded of an excellent yarn from the great Sufi master, George Gurdjieff's classic work "Meetings with Remarkable Men", a book, and later movie, which delighted me in the late 70's.

GG's love, as a young man, was to roam with several friends over much of Asia Minor and Russia seeking heightened, cutting-edge experiences and enlightened beings in an intense search for "the truth". It is reported that he once deliberately drove a Bugatti racing car at full speed into a tree, breaking many bones in his body, just for the experience, and to see how aware he would remain. Apparently he passed his own test.

He remained conscious throughout the ordeal, and survived.

One of the journeys these wandering compadres embarked upon took them into the Turkish mountains to sit with a Sufi dervish master.

As they shared a bowl of rice around an evening fire, the master observed, with some hilarity, that George was still eating long after he and the others had finished their repast. GG had recently adopted the discipline of chewing each mouthful 50 times, and this ritual became the focus for the master to speak, giving GG (and myself as I read, for I had also been suffering the same practice) what would prove to be a powerful and welcome lesson in balance and acceptance, a slap in the face of fanaticism.

The essence of that discourse went so:

If you naturally eat fast, the body will adjust, it will create both the necessary chemical presence and the efficiency to deal with any contingency.

First and foremost, be and love what you are. Don't force change upon what is already perfect as it is, or you will set up new and complex stresses, neuroses, and illnesses.

Do not seek enlightenment through the body, nor attempt to become healthy by imposing absurd disciplines upon it. If you are a fast eater, then be a fast eater, happily. Be yourself and all else will take care of itself. Let your body adjust to what you are, and don't manipulate the body towards some idealistic notion of what you could, or should, be.

I cheered to tears upon reading that.

Yet another self-imposed hard time vanished.

BACK TO THE FUTURE, FORWARD TO THE PAST

Two things are clear:

- 1) We are eating more and more raw, whole or under-prepared foods (I also address this to the "health food" quarter), and,
- 2) the crucial culinary understanding and natural counter to this anti-nutrient barrage has been largely abandoned, especially in Australia, USA and Britain. And that **is** the essential and ancient craft of **lacto-fermentation**.

It is still alive in France, Italy, eastern European countries, but disappearing fast under Colonel Sander's onslaught.

In this homage "to all things sloooow," the term *fermentation* includes the ancient craft of preservation of foods in jars, but also, and fundamentally, the sister skills of peeling, long soaking and sane cooking practices - a sloooow kitchen.

This was the norm in western societies up until World War II, when a major disruption occurred in the continuity, in the passing on of granny's traditional kitchen ways to her daughters and sons. At this time Australians also became exposed for the

first time to the ruinous US diet, via servicemen and television, and in just 50 years or so, millennia of culinary wisdom has been discarded so suddenly that the western (and now, large parts of eastern) diet have become massive disaster areas – all creating fortunes for the *fealthy biznez* of Big Grocery, Big Fastfoods and naturally, in its deeply ailing wake, and at the head of the bill, “*Big Pharma and the Pharmawhores*”.

Lacking refrigerators, as one did, BC, the ancient Greeks made lacto-fermentation an art form. They preserved enormous quantities of food in large vats and urns in cool underground cellars – all types of vegetables, fruits, olives, herbs, anything and everything. They sealed the containers with bees’ wax or with a thick top layer of olive oil.

(The vegetable matter in fermentations, the food that’s being acted upon by enzymes and bacteria, is called “substrate.”)

The Greeks are also renowned for their fermented milk produce, their yoghurt and feta cheeses having no equal. Not surprisingly, the Greek word for fermentation means “**alchemy.**”

Not exclusive to the Greeks however, fermentation was common practice throughout the world. This fine craft was, and still is, responsible for the removal of all natural toxins and for the enhancement of both medicinal, nutritional and digestibility levels in the substrate.

And then some – that variable, unknowable, brilliant, enzyme-rich, affirmative “X” factor that fermentation generates.

Controlled fermentation not only eliminates almost 100% of irksome, sucking anti-nutrients, but also converts indigestible, allergenic proteins (such as gluten), carbs like maltose and complex carbohydrate, plus lactose and more, into assimilable, multi-beneficial nutrients.

Without this enzymatic conversion, these simple nutrients will also be toxic, and sadly, this magic touch is not allowed, no longer given the time to dance, in 99% of all modern food.

Those ancient Greek food ferments kept perfectly for ages, years if necessary, with scant rotting or rancidity, as well as having great taste and even improving with age!

Now show me a f-f-f-fridge that can do all that!

All foods, and that includes your *fave-rave* grains – kamut, spelt, millet, quinoa, etc. – contain anti-nutrients, varying in types and intensities. In traditional societies, most grains are fermented before cooking. Simply by adding water and standing for 12 to 24 hours, the ferment is activated, and the abounding enzymes convert the substrate into *gold*. that’s all *fermentation* is; it’s **not** some weird, wacky, secretive, smelly, rotting, unmanageable trip.

In India, the **rice** flour dough used in making their delicious and enormously popular South Indian breakfast dishes, idli and dosa, is left to stand overnight before use.

That is *fermentation*.

Scots soak their **oats** for 2 days, replacing the water 3 times before cooking them long and slow. Sometimes they will then pour the porridge into wooden drawers where it sets, keeps well and improves with age. That's fermentation too.

It's cold enough in Scotland for such behaviour, but I doubt that the Scotswoman knows that oats, like wheat, have high levels of phytic acid, and yet her long kitchen tradition uncannily devises the perfect *fermentation* process to both eliminate these anti-nutrients, and favourably convert the starches and proteins as well.

Compare this time-tested formula with the common western practise of "one minute oats," or quick-cooked rolled oats = a sickly, indigestible brew.

Discerning people may go for the option of organic or biodynamic oats, eliminating **at least** the pesticide factor, and **yet inadequate preparation leaves them still with a toxic porridge**, loaded with phytates, other anti-nutrients, and indigestible proteins and starches, etc. And yet, with a little extra time and better planning, it will thoroughly transform.

Creating this *pre-digested* state in the food is a key factor in the brilliance of fermentation.

There's a pizza shop today, in downtown Rome, with a billboard outside proclaiming "TRADITIONAL 48-HOUR PIZZA DOUGH".

This is, there does exist, the healthy pizza! It's rare.

Also the healthy pasta, the wonderful bread. It's all possible. It simply takes T-I-M-E, and care.

Poor Mexican peasants avoided pellagra, a killer disease that scourged the southern **corn**-eating states of USA between 1900 and 1940. Disastrous cooking methods on the USA side of the border meant that essential vitamin B3, niacin, was not made available. And yet the Mexicans, who fermented all their grains anyway, somehow knew to add lime to their corn ferment, which made the B3 free and available. Hence the disease never affected them – just across the Rio Grande. They had that - - - *ancient sense*.

And even today, despite the enormity of corn consumption in the USA, the *yanks* still get the preparation of corn (in fact of all grains, beans and seeds - in truth **all foods**, period) hopelessly wrong. But so do most of us in *western* countries, except in those disappearing pockets where traditional ways still exist. We process everything far too quickly. Hence the inevitable rise of ever more chronic diseases.

Speed kills!

In the kitchen too.

Those same errors in the *yankee* cuisine have transferred to the kitchens of an aping US clone like Australia. Oz gets it wrong too. With supermarket and Pizza Hut shoppers, that may be said to be obvious, but the big shock is that **health food shoppers get it wrong also**. Like I did.

Our great Oz great-grannies **did** practise fermentation, and their kitchens were *slloooow* enough to embrace it. Like the Scotswoman or the Mexican, granny wasn't

consciously aware of the **scientific** supports for the neutralization of anti-nutrients and the pre-digestion of proteins, starches, etc., but her long, silent, inherited preserving traditions sensed it. It was in her genes. Folk wisdom and superior food speak for themselves. Gran didn't have to know why, because it was simply handed down, via the magical thread of lore.

But today we are discovering *why*.

We had lost that eternal thread, but **uncontaminated** science is helping us retrieve it.

Granny never ate huge green/orange salads as we do today.

Sure, she ate celery and parsley, occasionally. She knew that these and other herbs contain medicines (and flavours), which are beneficial, but never did she indulge in the huge, unsubtle quantities we consume today. To her, they were mostly *garnish*.

She quite naturally utilised the more potent greens in a more, shall we say, homeopathic way – small doses.

Though I **do** think that if the Italian greens rukola (rocket), radicchio and endives had been around in her day, she may have eaten a tad more. Rukola and the various endives (bitter lettuces), **especially the younger leaves** (as they get older, darker and larger, the leaves contain more oxalates) are the perfect raw greens for humans. I always have a *fewbedsfull* of these in my backyard, weather permitting.

Lettuce, sure, granny ate it, but it was not the overused hype food it is today, such as the monstrous, turbo-charged, white-hearted iceberg varieties, which are empty, often GM (genetically modified), or/and phosphate-laden *crap*.

Even raw **fruit** was not so common.

Gran ate raw from the trees in her yard - bananas, mangos, papayas, mandarins and loquats - but her instinct was to cook most things; and to preserve fruits and veges in air-tight jars; to create fermented drinks such as wine, elderberry champagne and ginger beer, plus fermented tomato sauce and pickles - all practices which kill the need for chemical preservatives, eliminate anti-nutrients and enhance food values. When the local apple or peach tree became laden with fruit, she put them into preserving jars too, eating very few fruits raw. And, she peeled everything!

Dried fruits were only eaten after soaking.

However, fruits with **thin** skins, such as apples, pears, all stone fruits, grapes, etc. may be eaten whole as these skins contain high levels of excellent anti-oxidants and flavonoids.

Also, intelligently, granny added those more potent garden/medicinal herbs and vegetables to the jars of mixed vegetable ferments that were constantly *on the go* in the pantry.

She would place her salted **meat** in a metal food (air) safe for a couple of days, stimulating pre-digestive activity in the meat, in a positive bacterial process called (interestingly) *curing*.

Meat marination is another excellent form of fermentation that still survives.

And if granny had some continental blood, she made fermented sausages; or sauerkraut – a fermented cabbage preparation; a fine food infinitely more beneficial (and tasty) than the original raw cabbage.

So this is how it was for our fabulous foremothers in Australia, and fortunately, although much of gastronomic granny's ancient wisdom is no longer apparent, all is not lost.

India today is a country that in many respects mirrors great grandma's west of 70 years ago. There are very few refrigerated transport vehicles and coolrooms in the entire country (though it is changing fast). Hence, available produce is mostly **local and in season**, the veges and fruits coming from nearby market gardens and orchards. In my 15 years in India, I got into this rhythm, and both I and my body got to appreciate it, enormously. My senses naturally follow similar appreciations here in Oz. Buy local; support the small organic grower.

(The garden compost heap is actually a ferment; no better illustrated than in Permaculture creator Bill Mollison's extraordinarily researched "Ferment and Human Nutrition." This is a must-have tome for the ferment folk.)

Following is an E-mail I received (her own cute grammar retained), from Veronika Litinskaya, a Russian-American confidante:

"i am proud to say that i am not entirely innocent on the subject (fermentation). growing up in the poverty of soviet union, isolated from the wonders of industrial food processing by the good old iron curtain, i spent long evenings in Autumn preparing all sorts of vegetables, fruits and berries for the winter, every family had its own way of preparing sour cabbage. in October every household was fermenting, and smelling accordingly. my personal fav was mildly salted, crisp cabbage with carrots, cranberries and large chunks of apples. go the farmers market was always a treat – could try dozens of recipes there!"

(For a warm and vibrant, taste-tale-autobio of traditional French cuisine and culture, and served with a remarkable sense of balanced indulgence, of all the finer things, I urge people, and especially men, to read a great new book titled "French Women Don't Get Fat" (Random House), excellently penned by the CEO of French champagne company, Verve Clicquot, Mme. Mireille Guillano.

A deliciously surprising read, which exquisitely alerted, then subtly altered, the Oz barbarian in me – and in such a total manner that I fell in love with the "woman" in the author, much in the same way as I become dissolved into the powerful yet vulnerable femininity and lyrical/vocal/musical wizardry of Icelandic diva, Bjork.)

FERMENTATION – FINE ART

How does fermentation work?

It's basically about **activation, pre-digestion, de-toxing, preservation and nutrient enhancement.**

When food is fermented correctly, what magically occurs is that all of the various components within that food are rendered **pre-digested**, the conversion completed by enthusiastic enzyme action.

Equally vital is the dissolution or neutralization of toxic anti-nutrients.

This twofold magic fuels the alchemy of the ferment.

In any ferment solution, which simply means the long-soaking of foods in good water, and often with sea salt added (fresh whey, liquid enzyme, or probiotic bacterial preparations as an optional, but recommended extra), various lactobacilli which naturally inhabit the surfaces of all uncooked foods begin to activate and proliferate, and set about their work converting some of the substrate's nutrients, especially proteins, into lactic acid - the most stomach-friendly of all acids, in a brilliant alchemical change.

Within our stomachs, lactic acid's action is gentle (unlike the acetic acid of vinegar ferments, which is harsh), soothing on the lining, and promoting abundant growth of intestinal flora, activities that are *primo* for the entire digestive system.

Lactic acid is **the** preserving factor, the long-life principle of the Greeks' fermenting success.

Fermented vinegars such as balsamic, cider vinegar and others **do** add a delicious and healthy element, but are best added to the food **after** it is served.

Fermented foods are a boon for lactose-sensitive folk, because the enzyme **lactase** (the natural converter of lactose) is generated in the lactic acid environment. Hence, the correct term is lacto-fermentation. Lactic acid kills pathogens, in both ferments and stomachs. It does not permit putrefaction to occur. It also promotes the growth of anticancer agents.

Other enzymes spawned in the process are **maltase** (the foil for maltose), **protease** (for protein conversion) plus **alpha** and **beta amylases** (starches), **lipase** (fats), **invertase** and other crucial digestive enzymes.

A strange and wonderful brew.

And there's a fail-safe method for assessing if a ferment has in any way *gone off*, which they rarely do. A failed ferment will smell **rank**. The nose knows. And even if some fungal film has formed on the surface of a ferment, if the smell is clear, you can simply remove the film and continue to eat the substrate with safety. I have done this often.

We really do have a bad attitude towards bacteria.

(See later chapters "Bacteria Hysteria" and "Aaah, This Antiseptic Life".)

Lacto-fermentation creates not only superior foods but also medicines of the highest calibre, both curative and preventative. It is **not** an overstatement to call well-fermented food **panacea** in essence, because this food genre most definitely **is** a universal remedy. There's **no** illness that will **not** respond positively to the adoption of a fermented food regime.

The benefits of ingesting lacto-fermented foods are numerous and superb – in promoting good sleep, alleviating constipation, reducing cholesterol and blood sugar, activating the pancreas, lowering blood pressure, alleviating asthma and many allergic conditions, clearing the skin of blemishes, bolstering the immune system, losing weight (rampant ingestion of **unfermented** wheat, in its myriad modes, along with serial usage of msg, are among the main causes of obesity and allergies today).

Consumption of properly fermented foods leads to increased levels of energy, good

cheer and ease.

And as a bonus, for those who eat mostly slow foods, the often-considerable monthly supplement bill effectively disappears, along with medical expenses, plus the worries.

Fermentation introduces a slightly sour, yet not unpalatable taste to our food. Media advertising power and modern eating practices have all but eliminated the acceptance, the appreciation of, the **sour** taste principle. Within the subtle delightful sourness of fermented foods lies a flavoursome and remedial pleasure disguising a rarely tapped nutrient hoard.

Not fully appreciated also is the **bitter** principle, a realm which contains so many healing herbs, eg., the leaf of the Hindu's sacred neem tree (many Indians implored me to "chew the **bitter** leaves, baba, to heal diabetes, the **sweet** disease," which I did, and which did an amazing job too, upon my then-embryonic, late-onset diabetes); also the juice of the aloe vera plant, and many strong curative herbs such as rue and yarrow. Rukola (rocket) has that hot/bitter essence too, albeit slightly milder.

Sour and bitter have been swamped by sweet and savoury, to the great detriment of culinary variety and good health.

(See www.mercola.com, under "lacto-fermentation," for more details. Also www.westonaprice.org Read "Nourishing Traditions" (S. Fallon) for comprehensive fermentation how-to's and recipes. Also "Ferment and Human Nutrition" (B. Mollison), and "Wild Fermentation" (S. Katz).)

ONE WOMAN'S PASSION

Australian author, Amy MacGrath's truly remarkable little book, "One Man's Poison" (1990), traces her trials and tribulations, from the 1950's onwards, in raising four daughters, and later, up to 1986, when asked, by her daughters, to intervene and advise on her children's children also.

Amy MacGrath is a history professor, who displays in her writing a deeply investigative and compassionate nature.

Whenever her children showed any illness, emotional change or trauma, she would immediately scrutinize the diet, and never the child's mental state, never try to treat the "behaviour". Rare indeed.

To always start from this point showed her genius – and her love, patience and compassion for her four girls.

She examined the fine print on labels, continually harassed food companies, bakeries, etc. to reveal actual contents of foods, sought true names and natures of disguised additives, processes, etc. In those days, unlike now, companies felt obliged to disclose. She had some high-powered support from a couple of the biologists and nutritionists she encountered.

The resulting life, and brilliant novel are a warm and scientific revelation – with recipes and kitchen hints too.

It's a book that should be in every home library, health food store, but sadly, never will be, as it is now out of print.

(However, we were recently successful in obtaining a copy, via a website which hunts such books for you. Go to www.bibliOZ.com. The book's ISBN # 0 9591879 7 9.)

Via her alertness, intelligent detective work, endless research, sheer grit, guts and practical application, and at a time when research was extremely difficult, MacGrath proved that inadequately prepared foods, whether they were so-called health foods or otherwise, plus widely used additives such as the rather *innocent-sounding* wheat/corn-derived **malt** and **glucose** (labeled under various disguises such as dextro-malt, and also found in bread provers) were responsible for 99% of her tribe's ills and allergies, and that once she got her kitchen right, they all, herself included, quickly transformed from hyper-allergic, sometimes seriously ill *devils* into healthy contented *angels*. Even the quality of the kids' schoolwork would quite dramatically rise and fall in perfect step with their health swings.

This little book is a great read for parents, especially those with attention-deficient, hyperactive or hyper-allergenic kids, or for those who wish to prevent those conditions from developing in their kids.

Sickness and moodiness are mostly about what kids (adults too) eat and drink and breathe! It is an enormous error, a crime, to give children powerful drugs such as Ritalin and Statins for conditions that require fundamental dietary remedies.

MacGrath's exhaustive and lengthy (25 years!) *life* experiments reveal four of the greatest and simplest truths about our daily bread:

- 1) It is not true that wholemeal flours contain more nourishment than plain flour.
- 2) It is not true that there is no meaningful fibre in plain flours. There is.
- 3) The bran and germ (the "whole" in wholemeal) is not digestible anyway. Discard it!
- 4) And most crucially, bread doughs must be allowed to ferment for at least 6 hours (not a moment less, and longer is better), for full enzymatic conversion, pre-digestion, to have taken place.

It is a deep and damaging myth that plain, unbleached flour is an empty food, for it is the optimum way to use grains. And the long ferment not only frees up the wonderful attributes within these foods, it also adds absolutely miraculous qualities that are completely lacking in most modern breads and foods.

Enzyme-a-go-go.

It is essential at this point to make very clear the huge distinction between **plain** wheat flour and **white** flour – 2 entirely different *animals*.

Unbleached plain flour is created from wholemeal flour by simply filtering off the troublesome bran and germ, retaining the same off-white colour as the original. It is loaded with nutrients and fine beneficial fibre.

On the other hand, **bleached white flour**, which is used in most supermarket breads, cakes, etc., is exactly what it says – bleached - sterilized of all life, so that what remains is virtually pure starch, excellent for use as a simple glue, or perhaps an ingredient in

cement – which is virtually how it acts in the body anyway.

Amy MacGrath also came to discover the presence of anti-nutrients and their significant effects upon health.

She even found government-issued dietary pamphlets from the 1950's carrying warnings for mothers about phytates and their proclivity to rob the body of minerals, so for MacGrath, the natural toxin *thing* plus the irritations of bran and wholemeal were by now becoming a problem for her home regime anyway.

But she was way ahead of the ballgame.

She moved forward always, supported and proven by many *perfect loaf* trials with helpful local bakers, which led her to realize that the best bread flour for her family was the simplest – wheat, plain, organic and unbleached, but only if it was fermented for not 4, not even 5, but had to be **at least six hours** before her tribe evidenced no negative reactions.

Leave it longer than 6 hours? Well, it only gets better.

There's yet another astonishing attribute of the ferment process - age is beauty, age is vigour.

We have become dreadfully dumb and fiercely neurotic about the word "*fresh*".

MacGrath also discovered that it's nutritionally wise to get our starches from a variety of different sources, so that the whole spectrum of carbo-nutrients is covered. So she mixed her bread grains, and served balanced meals by alternating the starch foods, like sweet potato, taro or rice, on different days. On this point, it is worth noting that the **carbohydrate** in wheat is called *complex carbobydrate*, meaning that it **alone** is a multi-faceted carb, hence highly beneficial. Similarly, the *gluten* in wheat is an excellent vegetable-source, dual-personality **protein**.

Both proteins and carbs require a reasonable ferment time in order to render them digestible, non-allergenic, and fully available.

MacGrath found that simple raw sugar is far less deleterious than its reputation, and certainly infinitely less dangerous than any and all of the glucoses, malts and sugar substitutes she encountered.

I salute Amy MacGrath; she was a genuine pioneer of food science, more than 40 years ahead of her time.

I've been making breads the Amy MacGrath way for 5 years – long-ferment of course, leaving the dough overnight, for at least 12 hours, always a mix of various grains in plain flour form (where possible, or sifted if wholemeal flour). Excellent fare, clear in the tummy. My old ideas about wheat being a no-no for me have been completely turned around. Now people are pleading with me to make this nutritious, fully digestible bread for themselves and their approving kids.

I am *loaf* to do so, but I do, and I teach the recipe also, which is included at the end of the next chapter.

The following letter is personally pertinent, yet typical of the recent general reaction to my bread and other fermented foods:

“I switched to a diet based on wholefoods and organic produce over a decade ago desperate to improve my general wellbeing and tackle chronic fatigue syndrome as well as a host of other physical illnesses that were plaguing me.

I was determined to get well and knew that food must be an essential factor to assist my healing. After trying several different ‘healthy’ wholefood regimes, I converted to macrobiotics, went on half-fasting retreats, stopped eating dairy and meat and ate what was considered an extremely healthy diet consisting mostly of wholegrains, legumes, nuts and the freshest naturally grown local produce. I spared no expense on my quest to be ‘healthy’ and attended several nutrition courses. As the years went on I simply could not understand why my gastro-intestinal and respiratory health problems continued to prevail and my chronic fatigue persisted. I still felt sluggish mentally and physically and was unable to efficiently digest wholegrains or bread, even the gluten free variety. I had continuing allergic reactions to a variety of seemingly healthy foods. Thank goodness for fermented foods!!!

Since meeting him (this author) two months ago the quality of my life has already radically changed. My chronic fatigue has all but disappeared and I am finally able to eat bread without having a nose bleed!! My energy and appetite for life have returned and my body feels strong. My emotions also feel a lot more balanced. He has provided me with the missing link I so desperately sought during the past decade. He has also provided me with the essential education about the importance of fermentation, slow cooking and how vital it is to prepare our foods properly to aid digestion and absorb nutrients. I am just so grateful and feel so good.

What a joy to be able to eat bread again.

Thank you.”

- A.F., Bangalow NSW 28/11/05.

(When AF mentions “bread” in her letter, she means *plain wheat flour bread!* At first, I made it for her, in the weeks preceding the birth of her first child, and then I taught her the method.)

BREAD DREAD

The following story is, unfortunately, true.

Before the 1950’s, most bakeries in Australia, indeed the world, ran 2 shifts of workers because the dough was fermented throughout the night, long and slow. That bread was made from plain, unbleached wheat flour, and now, seen in retrospect, was superior to most breads of today.

I would often visit our local bakery with my uncle, who home-delivered bread for many years. During the 50’s, the US-based bakery giant Tip Top came to my town, and started to buy up all the small bakeries it could; other giants competed with them, meaning that in very quick time we had only 2/3 bakers in the entire city, ditto in all parts of Australia.

One of the **very first actions** these corporate bakers were to take was to introduce the **fast loaf** (3 hours from start to finish), effectively eliminating the need for half, or one entire shift, of their labour force. This was actually required by a new law called The Bread Act.

This seemingly innocuous cost-cutting decision would relentlessly impact and compromise the health of each and every bread lover since – that’s virtually *everybody* since the 50’s – and would cause countless deaths, bestow myriad miseries, as it continues to do – and, significantly, be responsible for the totally unwarranted rise of the brand new disease - gluten-intolerance.

The first act of a major tragedy that still plays, everywhere, everyday.

Very basic bread that had once been fermented for an extremely healthy 8 hours or more was now brewing in just 2 hours! Yeast levels were increased, accelerants and proving agents introduced. Glutens, starches and malts were not given the remotest opportunity to convert to their digestible potentials, in a sickly anti-nutrient-laden, gluepot stew.

Breads are still made this way, even the so-called *health* breads!

Fast-made bread is one of the most destructive implementations into the modern diet. It has become *normal fare*, and poorly-prepared/digested wheat is **the** chief contributor to the current plague of “gluten-intolerance”, obesity, diabetes, candida diseases and many allergenic conditions.

And it is utterly unnecessary!

Just leave the dough stand a few more hours, and all is well.

Gluten (once properly fermented) is a wonderful vegetable protein.

It is actually a mix of the two elastic proteins, *gliadin* and *glutenin*.

Gluten has become a falsely accused **monster**.

So-called gluten-intolerant adults and kids have eaten my long-ferment bread with amazement at, delight in, the taste, the clarity and the painless, satisfactory satiety. And, no doubt, at the love in the doing – the inexplicable “X” factor.

Sure, **be** intolerant of gluten in its under-prepared, expedient form. It **most certainly** is toxic. Such sensitivity is wise and self-preserving, but **do not** condemn gluten and wheat via this premise.

We are not gluten-intolerant; we are allergic to the accelerating haste of modern life!

Wheat is, **yes**, potentially one of the most highly allergenic foods on the planet, but like soya beans, converts to **a truly great food once it is fermented long enough.**

But hey, it’s **not wheat** that is the problem.

It’s the bloody cooks!

There are hordes of great, friendly foods out there, **once** they are *treated right*. If **not**, they become, predictably, fiends.

In all current breads, pastas, pizzas, cakes, biscuits, and on and on and on, the complex proteins have not been given the requisite fermentation time to convert to their excellent, digestible alter-egos.

Wheat also contains a complex carbohydrate and highly allergenic maltose, but within that same complexity, when correctly fermented, there lies varied and splendid nutrients – 18 amino acids (proteins), complex carbohydrate (a super efficient source of energy), B vitamins, iron, zinc, selenium and magnesium.

From a demon to a god in a ferment.

The catastrophic changes in bakery procedures were a disaster that went largely unnoticed in the 50's, except by my baker/uncle and a few other observant souls. He became aware that from that **fateful** change onwards, many of his customers began to grow ill. Amy MacGrath made the same observation in her book "One Man's Poison." Of course the 50's also saw the introduction of mass pasteurisation of milk and other food perversions, so there were several developing culprits.

This period marked the beginning of the end for bread and milk as healthy, nutritious staples, and signalled the onset of the demise of food in general.

Today, the absolute extreme of this perfidy is found in Hot Bread kitchens, which produce loaves of very toxic, allergy-inducing *crud*, in just 40 minutes from start of dough to baked finish! Oh yes, *don't* it smell sooooooo good? Sorry, duped again. One key to long-ferment bread-making is this: The longer the ferment, the less yeast is required. Over time, even the smallest amount of yeast will slowly grow and spread throughout a dough. The addition of **ginger powder** (instead of sugar) to the original mix helps to create a strident growth network for even and healthy leavening to occur. Sourdough leaven is a fine option to baker's yeast, but bear in mind that sourdough is also yeast, also a leavening agent. It's just that in sourdough the yeasts are attracted, gathered wild from the atmosphere.

(See Slooow Bread recipe at end of this chapter - for how to make your own sourdough culture.)

Remember, whether you employ baker's yeast or sourdough as the leaven, the actual dough fermenting time must be longer than 6 hours!

I have witnessed not only so-called *gluten-intolerants* enjoying my wheat/granulated yeast bread, but also yeast-sensitive folk are also reporting no reaction – not 100% success of course, but enough to suggest that, just as proteins and starches transform in the long ferment process, the yeast positively alters also.

The tremendous upsurge in cases of gluten, carbohydrate and lactose sensitivity (see next chapter "Kow Tow, Brown Cow") **is a totally modern phenomena, and finds its origins in quick, economically convenient, and incorrect food preparation - forging a delusional, diversionary path that we have charted in just the last 50 years, far far away from traditional lines.**

Then there's the **bran** of grains to consider.

The all-pervasive hype about the virtues of bran is *bullshit*!

Actually, far, far better to eat *bullshit* than bran! True.

Bran is the outer husk of any grain or seed, it is indigestible, and its high phytate content robs our bodies of nutrients, especially minerals, and stifles digestion. If we are eating well, we don't need such gross fibrous brooms to "sweep out" our bowels.

Bran robs us of nutrients in another way also: Because bran is an irritant to the bowel, its radical stimulation of the peristaltic motion means that any foods accompanying the bran get shunted along far too rapidly in the bowel, severely restricting the crucial extraction of minerals and vitamins which would occur in a normal (slow) passage through the colon.

Not even to their pigs would the Chinese give bran, from any grain (rice included). In 1542 England, the government-published "Dyetary of Health" stated "*bread having too much bran is not laudable*". At that time, the rich ate *plain* bread, the poor ate the waste, the *brown*. Follow the money.

Bran is now *lauded* as a lifesaver, is present in so many of today's foods. A huge market has been created for what was, for thousands of years, and deservedly so, *crap*. Don't toss it out though, it's ideal for the compost heap or chipboard manufacture. I have experimented with fermenting bran-rich wholemeal flour doughs for over 24 hours and still the resulting bread is indigestible, acid-forming.

The **germ** of grains too, like bran, is loaded with anti-nutrients.

Wheat germ oil is an excellent food, but prone to rapid rancidification, and this is true of the whole germ of any grain – not to be eaten raw, even if it's super fresh – makes **no** difference, *'cause* the anti-nutrient phytates are still loaded in there.

This is what **wholemeal** means - that the bran (and sometimes the germ too) are left in the flour.

So you see, this is my *case* (not yet *rested*) - that ***whole don't*** necessarily ***mean wholesome!***

The ancient, tried and true slow-ferment baking way rejected outright the germ and bran of grains. It fermented doughs overnight, and delivered nourishing, allergen-free, 100% digestible bread from **unbleached**, long-fermented **plain** flour, just like my uncle did, and just like many of today's tradition-savvy Italian and French bakers do.

There is one Sydney bakehouse, Sonoma, which ferments its bread for 32 hours, and my daughter tells me it is superb.

SOL Bakery, out of Brisbane, and Goanna Bakery, out of Lismore, both make excellent long-fermented breads.

Another *realized* baker is Crystal Waters on the Sunshine Coast in Queensland, who have re-opened after effecting some changes.

Ask your bakers how long they leave their bread dough **sit**, or is it **stand**?

You may be surprised.

Also, be aware that many bakers of excellent loaves undo all of their good work by dusting the bread with raw, indigestible flour – a stupid, trendy practice that defeats the whole purpose of the long ferment, and which reveals that certain bakers don't fully understand the health reasons behind the tradition.

Breakfast cereals are *cereal killers*.

“Puffed” cereals are particularly irksome because of the high heat and pressure processing, but flakes and other shaped cereals are no better, including the so-called health versions. Studies have shown that these heat-extruded grain preparations can have an even more adverse effect on the blood sugar than refined sugar. Nevertheless, in television advertising, they are totally and absurdly misrepresented as wonder foods, supported by oodles of sporting stars with false and fabricated health claims. The Nutri-Grain “Iron Man” ad is a mind-boggling fabrication of a junk food, thrust regularly and systematically upon the dumbed-down, especially the young. National hot bread chain, Baker’s Delight, is even permitted to advertise themselves on television as nutrition experts, specifying “advice” and “diet plans”, which no doubt include daily helpings of their own *gluten-violent* “health breads”.

The **permission** to propogate this *bullshit* is of course granted by our *health-protecting* government agencies (such as FSANZ, TGA, the USFDA), bureaucratic *guardians* which do **not** give a *rat’s arse* about public health, and which would eliminate their *enemy*, the natural health food/healing industry, given even a smidgen of a chance. The Oz government recently ran a \$6 million advertising campaign to get kids up off the couch, but when asked to place restrictions on junk food commercials at kids’ viewing time, the *honourable* Health Minister, Tony Abbott, ruled out any such bans, giving the ludicrous explanation, “It is up to the industry to be self-regulating”! Sure, Tony, just like you allowed the innocent Pan Pharmaceuticals to self-regulate – huh? (See later chapters “The Acid/Alkaline Solution” and “Pan-Fried” for more on Pan.)

Democratically elected governments and their ministries no longer represent the common people. They have become wholly and solely agents for the corporations. If there ever was democracy, this is *not* it. This is drunk and disorderly, swaggering, freewheeling *corporatocracy*, and it’s not only destroying personal health and lives, but the entire planet as well.

All mueslis, cereals, fast-rise breads, puffed rice/corn cakes, pizza bases, pastas, pastries and biscuits contain under-prepared grains, and most contain dextro-malt, lecithin or glucose in one or more of their many disguises – hence numerous toxic, mineral-denying, anti-nutrient allergens plus indigestible proteins and carbs, etc. are being ingested. Yet most of these extremely popular foods can also be made from the same, but carefully fermented grains. It just takes time.

From the early 1960’s onwards, as a result of championing brown rice and wholemeal everything, we have given many deleterious substances totally unwarranted and misleading kudos. And we are suffering, en masse.

Billions of Asian (and other) peoples have eaten, for millennia, not whole, not brown, but white rice, exclusively!

Read it as a loud shout.

How do proponents of brown rice get around this amazing statistic? Do they seriously think that these huge ancient traditional societies basically got it wrong?

Give us a break!

The first cereal-gathering people would have tried eating and cooking grains many different ways, over aeons, as their stomachs' and bodies' reactions refined their attitudes to each grain. The white rice diet of Asia is the result of such ageless observation and tradition, from both dietary and medical standpoints.

If brown rice were healthier, they'd be eating it!

The nearest thing to brown rice in India is what is called par-boiled rice, where the whole grain is immersed in boiling water for a short time. This infuses the rice heart with some outer nutrients and some colour too. It is then re-dried, the bran and germ removed, ready for normal cooking - a process whereby swags of anti-nutrients have been neutralised. A fine traditional food.

Tradition – an ancient Etruscan kitchen – warm doughs in warm places, the overnight aromas of the slooooo leavening, and the early morning baking – enticing passers-by
- *a very cosy, sensual, grounded space. People sniff the air, salivation erupts, salvation stirs.*

=====

THE SLOOOOW BREAD RECIPE

For 2/3 large loaves.

Start the process preferably in the evening.

Whilst 6 hours is the minimum dough-ferment time, longer is better, allowing the activated enzymes t-i-m-e to do their priceless work. So I prefer the overnite ferment, creating the dough at sunset, which means you get a loaf of 12>16 hours' fermentation. But at a squeeze, you can make a dough at 7am, and bake it in the evening. Remember, the longer the ferment, the more nutritious and digestible the bread.

Doughs and ferments will vary according to many factors – seasons, temperature, humidity, presence and types of local wild bacteria, different flours, and so on.

A) First make the yeast mix in a small bowl:

Granulated yeast – half a level teaspoon

Plain flour 1 teaspoon

Ginger powder 1 teaspoon

Jaggary or molasses 1 dessertspoon

Add 1 cup of **tepid** water, **not** so hot that it burns the finger.

If it burns the finger, it will kill the yeast also.

Stir it well and leave; the yeast, etc. will slowly dissolve.

(A sourdough (wild yeast) starter may be used in place of baker's yeast. But don't be afraid of baker's yeast, as it also positively transforms in the long ferment.)

B) Prepare the dough mix in a large bowl:

Put 2>3 kgs. of 80% unbleached organic plain wheat flour (not wholemeal, as bran is indigestible) plus 20% other flours (for a mixed carbohydrate spread). For this 20%, I use plain spelt, lite wheat, kamut and either rye or barley flours. Also, I'm vague on measures, because I do it by feel, even when it's 10kgs. of flour. Precision in measures is not necessary for bread. It can vary, so can the end result. After getting the basics, you will develop the feel also. Using a higher % (best is at least 70%) of plain wheat flour means a lighter loaf.

Add Ginger powder - 1 heaped teaspoon (best yeast growth material).

Good salt (Celtic) - 1 teaspoon

Now with a claw pasta spoon, stir this dry mix so that it becomes evenly distributed.

C) Before proceeding to the next phase, first ensure that all ingredients in the yeast mix have dissolved. Stir it.

In a suitable bowl, mix the following - a quarter cup of olive, coconut or other good oil, plus half cup of yoghurt, and 3 cups **tepid** water. Toss the (dissolved) yeast mix on top of all that and stir with a wooden spoon.

Then pour this liquid mix into the flour mix and immediately stir in with a wooden spoon until it gets too thick to move any more. Then it's the hands' work.

As I don't follow recipes, meaning I am unsure of proportions (which as I said doesn't matter, as any combo of ingredients will basically work, simply giving different textures and tastes), this mixture may be either too dry or too wet. Once the spoon has done all it can, get your hands into it, squeezing, kneading, punching dents into the idle of the dough and then folding it over itself, getting air into the dough –for about ten minutes.

You MAY have to either ADD more FLOUR to a TOO wet mix, or ADD more WATER to a TOO dry mix. Check and record your quantities, timings, as you go, and your own recipe will evolve. When the kneading is done, make sure you have NO dry flour remaining anywhere in the mix, on the sides of the bowl, etc.

The end result should be stretchy, ever so slightly sticky to touch, not too dry, not too wet. Then make a lid, not touching the dough, of a damp cloth cover, and leave to rise. Or a normal lid will be ok, but there must be space in the pot for the dough to rise DOUBLE.

When you get up in the morning, the dough should have doubled, and ideally will be standing up strong. If it has dropped or sagged, it means that the combination of heat/humidity plus yeast has been too volatile, so you can cut the amount of yeast next time. Given t-i-m-e, even the smallest amount of yeast will eventually spread throughout the dough, causing it to double. Overnite doughs in winter may need a LITTLE MORE yeast to double, unless you find a slightly warm (not hot) nook where it can stand.

You'll get it after a while. Persist; it's well worth the apprenticeship.

D) Next morning, lightly oil your bread loaf tins (or you can make bread rolls on an oven tray). Coconut oil is best, as it produces gorgeous brown crusty loaves, and the loaves don't stick to the sides. If the dough is still a little sticky to the touch, no problems, simply smear a very fine film (half-teaspoon spread with hand) of coconut or olive oil on your table top and on your hands (this helps prevent sticking), throw the doubled dough on it, punch it down, and start kneading and folding over itself, getting air INTO it, *treat it rough* for 5 minutes. Do NOT add more flour at this stage, as it will not be fermented, which would defeat the whole purpose.

Then cut into pieces large enough to fill HALF of each bread tin (it's *gonna* rise double again). Separately knead these pieces a little more, creating an unbroken top. Place in tins, and with a very sharp knife, cut across the top of each dough 4 slices at 1 cm. deep. This allows the rising to be better accommodated by an opening upper surface.

E) The PROVING.

Place these tins in a warm place, a cosy corner, near a wood stove (NOT HOT). However, if the climate is warm, normal atmospheric temperatures are adequate for this second rise. If it's a cold winter morning, I prefer to place the tins directly into the oven at 40 degrees C., completing the proving this way, then simply increasing the temp. to 170C. as the loaves again reach their peak rise. Or prove the loaves on top of a stove with the griller below on lowest heat. Once the loaves have doubled again (anytime from 1 hour onwards), put them into a pre-heated 170°C oven – and bake for 35/40 minutes.

Ovens vary a lot. Fan-forced ovens give a better distribution of heat. You will discover your own timing eventually. 35 minutes in my German Blanco oven makes a dampish, springier loaf; 40 minutes a drier, crustier loaf.

Catching the loaf as it reaches peak rise is an art that cannot be explained.

If this second rise goes OVERTIME, it may sag in the cooking, or if it goes into the oven UNDERTIME, it will still expand while cooking and so crack along the sides. This will not affect the edibility so much, more the aesthetics. If your oven is cooking unevenly, open the door after 20 minutes and turn the bread tins around for the last 15>20 minutes. Tapping the crust of the bread will indicate if the loaf is cooked. There will be a hollow sound, and the surface will spring back. With experience you will be able to tell, by touch, tap and tone, when the loaf is just done, medium done or well-cooked.

F) Remove loaves from tins immediately once cooked, or they will keep cooking and dry out. Place on cooling racks. VOILA!!

Once the loaves are totally cool, you may package and put in freezer. Later, when you de-freeze it will be as fresh as when you cooked it. The loaf that you start to eat direct from the oven should stay in a bread bin for the first day. That evening, put it in a sealed plastic bag and keep in the fridge.

Long-fermented bread has a much longer shelf life than quick bread. All raw food wants to ferment. If we don't pre-ferment, pre-digest it, it's *gonna* ferment in our stomachs anyway. It's the same with breads. Quick breads will soon develop fungi, long-ferment breads hardly at all, even after weeks.

G) You may make many variations upon this theme. Eg. Add olives in a savory loaf. Add organic dried apricots and fermented walnuts with rapadura sugar and cinnamon for a sweet loaf.

Love Life's Loaf.

HOW TO MAKE YOUR OWN SOURDOUGH STARTER

Instead of using baker's yeast as a bread starter, many people prefer to use **sourdough**, which is basically a flour and water mix that collects wild yeasts from the atmosphere.

It is still yeast!

Step one: In a ceramic bowl, mix well 1 cup plain, unbleached wheat flour with 2 cups spring water (no chlorine). Cover with a cotton cheesecloth, and peg it to the rim.

Leave this near the kitchen window, not in direct heat or light, but in a warm nook.

Give the mix a stir a few times during the day.

Step two: After 2/3 days, stirring regularly, bubbles will appear on the surface, evidencing the presence and action of wild yeasts. Now feed it, like a new baby, by adding 1 heaped dessertspoon of flour, plus same amount of water and mix well, until there is no dry flour left, and transfer the mix to a new, dry, clean ceramic bowl. Feed it more when the bubbles again appear, but when 7 days has passed, it's ready to use. You have your sourdough starter. And each is unique according to the variety and density of the yeasts gathered there. There are hundreds of different yeasts in the

atmosphere.

Sometimes, some brown liquid (hooch) may form on the surface. This is ok. If the mix is already fairly wet, you can drain off the hooch. If not, you can simply mix it back in.

Some sourdoughs being used in the US and Europe today began their lives as far back as the 1850's!

Step three: After 7 days, distribute the mix into 500ml. (or less) glass jars, perhaps 3-4 jars will be needed. Don't use metal or plastic containers. Always leave some space at the top of the jar for expansion, and the lid should have a small breathing hole, like nail size. Store these jars in the fridge.

For use in *sloooow* bread-making, to make about 3 medium loaves, mix 250mls. of starter well into the dough, and leave it sit overnight (as per the previous recipe pages). It will rise slower than baker's yeast.

When you have just 1 jar of starter left, empty it into the ceramic bowl again, add 2 cups of flour, 2 cups of water, and leave out, covered, for 24 hours, giving regular stirs. This activates a new batch. If you want more, do the same again next day. Then put back in clean jars once again, and into the fridge.

(Go to www.io.com/~sjohn/sour.htm or home.teleport.com/~packham/sourdo.htm for greater detail, especially on the step called "sponging", which is not essential, but interesting for the purists.)

KOW-TOW, BROWN COW

While it's true with regards to plant foods that "*whole don't* (necessarily) *mean wholesome*", for milk and honey the opposite applies.

Raw, whole, is best. *Real* milk, *real* honey. And we **do** have the stomach for it.

Milk is a divine traditional food in its natural unprocessed form, from animals that graze organic pastures, and which are not loaded with anti-biotics, hormones and other chemicals.

Till age 10, I was raised on this real, creamy milk. There was never a milk-related illness amongst the 8 kids in our family until when, quite suddenly, and at the same time quick-recipe bread emerged, pasteurised milk was foisted upon us. That was the 1950's, when community health in general began its complex demise.

I am fortunate to be a *baby boomer*, because I can remember when food was very uncomplicated, and so there exists for me significant opportunity for contrast and observation. Modern kids have only ever known supermarkets and fast foods.

To them, "health foods" are in the "Special K" and fruit/vege aisles at Woolworths, and I feel deeply for their media-contrived ignorance. I understand why they are getting fat and ill at younger and younger ages.

They think even low-fat milk is a health food, *poor bastards*.

The only item I can buy at a supermarket is, appropriately, toilet paper.

Since the 1950's, *real* milk, butter, cream and yoghurt have actually been banned from public sale. There's a law against it! Absurd, yet true. Instead, we have the preposterous situation where we must choose between **two demons – pasteurised or**

homogenised milks. And meanwhile, all manner of cancer and obesity-causing margarines have full access to the public domain, and are advertised as “health foods”, fully permitted of course by our public health *watchdogs*, which are actually nothing more than *Big Grocery lapdogs*.

Nevertheless, smart, hip dairymen of today get around the law by selling *real* milk, *real* cream and *real* butter as *cosmetics*, such as “bath milk”, “body cream” and “body butter”. Sad, but brilliant.

(In OZ, look for “Cleopatra” brands, or you can often find excellent unpasteurised local goat’s milks. Or, go to www.nourishedmagazine.com.au to find out about their HERDSHARE program.)

***Real* (raw) milk** contains its own inbuilt protection that guards against pathogens - via its inherent enzymes/bacteria – wonderful micro-organisms that are completely obliterated via the pasteurisation and homogenisation processes.

The only outbreaks of salmonella from milk in the last 50 years have come from pasteurised milk. Why? Because there hasn’t *been any friggin’* raw milk since then!

Real milk’s saturated fats in the diet improve the body’s utilisation of essential fatty acids and protect them from rancidity. Raw animal fats – in raw butter, milk and cream – contain a substance called the Wulzen Factor, the “anti-stiffness” factor, which protects both humans and animals from degenerative arthritis, cataracts, calcification of the pineal gland and hardening of the arteries.

Pasteurisation destroys this Wulzen Factor.

Homogenisation annihilates it.

Several African tribes, most notably the Masai, have diets containing abnormally high raw milk intake, as well as meat and fermented blood foods. The Masai consume creamy buffalo milk to the equivalent of 1 kilo of pure butter per day!! They are superb physical specimens, remarkably tall, proud, strong-boned, have white teeth to die for, zero heart or cholesterol problems, nor asthma.

If the Masai were forced to pasteurise their milk for the past 50 years, as we have been, they’d be extinct!

Pasteurised milk (heated to kill all life) contains split proteins (making the whole complex of amino acids less available), destroyed enzymes (such as lactase, which are the very elements required to assist the assimilation of milk’s unique nutrients!), reduced nutrient content, hardened calcium, all of which renders the user vulnerable to various pathogens and diseases.

Every commercial yoghurt and cheese in Oz is manufactured from this *gunk*.

(Late news: The Victorian gov. has just passed a law enabling manufacture of raw milk cheeses, so long as they are well aged. Quite an amazing development, given the current political climate.)

“Organic” milk, once pasteurised, is simply a lesser evil, but still injurious to health.

Lactase (the natural counter to lactose) and **lipase** (the fats worker) are just two of the artful “*ases*,” the many enzymes present in raw milk, which are destroyed by heat.

Supporters of pasteurisation make the ridiculous claim that “heating for only 15 seconds at 72°C. can’t do that much damage”. *Naïve crap.*

Consider that the pasteurisation formula is precisely calculated to kill all bacteria in the milk. They would like to kill only the *baddies*, which are adequately dealt with **anyway** in raw milk, but unfortunately the *goodies* must die too.

Result = lifelessness - dynamics deleted.

So we have a law requiring all people to drink only this *hogwash*, and making it a crime to access the original, the unadulterated milk!

Hellooo!

The family of **enzymes** in milk cannot survive 15 seconds at 72°C.

Enzyme lipase, without which the digestion and utilisation of the considerable, and highly beneficial butterfat in milk is severely hampered - butterfat that is **still present** after either pasteurisation or homogenisation (yet by now grossly distorted by the heat and having its precious fat-converting enzyme destroyed anyway!).

What a burden.

Homogenised milk compounds the dairy atrocity even further. It is manufactured via a process where fat particles in the cream are strained through tiny pores under pressure. The once highly nutritious fat quickly becomes rancid and oxidised. The process makes the fat particles so small that they stay suspended in the milk and can enter directly into the bloodstream, creating all sorts of complications for the heart and circulation.

Real milk assists the heart, it *don't* create the hard fat and circulatory problems attributed to milk.

Distorted milks **do** that job nicely, they **must**, *‘cause that’s all we’ve friggin’ drunk for the last 50 years!*

Nevertheless, the latter are the “legal”, authorised, recommended, “healthy” milk forms, while the *real* milk, the *right stuff*, is outlawed!

Struuth! It’s *little wonder* we have a world epidemic of lactose intolerance, asthma in kids, and osteoporosis from undigested calcium, when 99.9% of western populations have imbibed these mutilated milks for over 50 years.

***Little wonder*, too, that we question the motives, cynicisms, education, boardroom and business alliances, jobs for the boys, and bank balances of the bureaucratic buffoons and bandits who try to dictate our diets.**

One significant event that led to pasteurisation becoming law occurred in the USA in the early 20th. century.

A main source of alcohol at that time was Cuba’s rum. When its import was suddenly terminated, enterprising New Yorkers began fermenting their own grains in huge warehouses. The new alcohol flowed, but so too did large quantities of waste matter from these stills. So some dairymen (probably the Irish) got the bright idea to create, also within Gotham’s walls, large dairy herds that fed upon the toxic grain offal. The

resulting milk was sold to the public, who soon began to fall ill in large numbers. The health officials did **not** of course blame the noxious, rotting cow feed and its ruinous effect upon the milk, let alone the appalling, grassless living conditions the cows had to bear, **but rather** the *old knee-jerk enemy*, **bacteria**. A local ordinance was introduced that all such milk had to be pasteurised, and from this weird quirk of fate, that statute has spread all over the western world.

And why has it spread?

Certainly not primarily because of the threat of bacteria, no, because what they accidentally discovered at that time is that **pasteurisation (and much later, homogenisation) confer longer shelf life upon all dairy products, and less transporting losses through agitation, hence the chief reason for the bastardisation of milk was, and still is, cynically, economic.**

No matter how spotlessly clean a modern dairy may be today, we are condemned, by law and by calculated corruption of public information, to a life without the joys and benefits of this fine, white, whole creamy food and its cheesy-rich by-products. However, an upside of these anomalies is a clear rise in the numbers of people raising their own cows and goats, as well as forming co-operative ownerships of milking animals. Some smaller farms are specialising in real milk products, selling locally via all sorts of different ploys to circumvent the statutes. There are signs that the cycle has already begun, however faintly, to turn from conglomerate control to the local dairyman/baker once again.

Millions of economically displaced rural people all over the world are flooding into cities, creating enormous pressures upon food quality and controls, and yet it's the very **decentralised system they are being economically forced to abandon** - with small localised businesses and farmlets, yes, just like the tribal patterns of yore - which are the essential ingredients of sane, sensible, healthy living.

Greater centralization = greater dependencies, upon mass-produced, long-life, *crap* foods, interfering bureaucracies and human-herd control by lash-wielding totalitarian governments.

Several years ago, while domiciled in India, I was in doubt about milk myself. Because of the increase in mucous it sometimes caused in me, but also because of my lifelong and passionate love for *cowjuice*, I asked my excellent *ayurvedic* (traditional medicine) doctor if whole milk was a good food or not (remember that the *ayurvedic* tradition is 10,000 years old). His reply was: "Raw milk is one of the best foods for humans, especially children, and there is a very simple way to counter any mucous reaction from heated milk – by adding ginger or turmeric powder. You ask how Indians can drink so much marsala chai and not get mucous? It's the mix of spices, especially the ginger." I could get only pasteurised milk at that time, so I tried his advice with immediate positive results. Mix a little organic ginger powder at those times when you enjoy heated milk. Or turmeric for a more savoury influence. However, now that I *partake* only of raw milk, cream, yoghurts and cheeses, there is **zero mucous problem** to counter.

There are other traps to consider when appraising milk.

The monstrosity that is Monsanto developed, over 20 years ago, a hormone therapy to administer to cows for increasing milk production.

The drug is called recombinant Bovine Growth Hormone (rBGH).

In the early 80's, when Monsanto rolled out the first experimental rBGH dairy products, it sold them illegally to students, staff, faculty and patients at the University of Wisconsin.

At the time, Dr. David Kronfeld showed that much of the company's publicised *research* was fraudulent. He was ridiculed by the drug companies, demoted, and his career almost destroyed, but time has proven Kronfeld correct.

The hormone treatment has now been definitely linked to elevated levels, in milk consumers, of insulin-like Growth Factor One, a precursor of cancer.

20 years and indeterminable human damage later, large US dairies are suddenly declaring intentions to make their milk rGBH-free.

Meanwhile, Monsanto's public relations machine tries to salvage product, prestige and profits by running a **smear campaign against hormone-free milk!**

Honey. That same ayurvedic doctor who advised me on milk also stressed that it was ancient practise not to heat honey above 70°C. (Another point proven by Amy MacGrath via her kids' allergic reactions). Why? For the same reasons not to heat milk – to avoid the killing of honey's rich and precious enzymes and nutrients; to prevent it from becoming just another lifeless, debilitating sugar.

Heating only serves to make honey, and foods eaten with it, more difficult to digest. As with milk, honey is also heated for commercial reasons – to give a longer shelf life, even colouring and consistency, non-candyng, etc. But fortunately it is rarely taken above 70°C.

Nevertheless, bees are a dying race because of diminishing flora, and many hives now require anti-biotics to survive certain times of the year. Like people, even the bees' immune systems are becoming *screwed* – via drugs, chemicals, deforestation, and increasingly intensive apiary practices.

In early 2007, reports of massive bee colony disappearances and demises, especially in North America, are suddenly and frequently appearing. It is thought to be due, on top of years of coping with pesticides in pollens, to the new and highly negative impact of GM crops. Then in another report, the blame is extended to include the proliferating and highly disturbing frequencies of mobile phones.

Albert Einstein once said: *"If the bees ever die off, man has four years to live."*

Well, we are losing them now.

Cheese. For 3,000 years Europeans have been crafting superb cheeses from raw milk - cultural and traditional works of art, the *cream* of which are Italian Reggiano Parmagiano (*real* parmesan) and Pecorino Romano, French Roquefort, Swiss Gruyere and Emmental, and English farmhouse cheddar. And there are many more raw cow milk cheeses, as well as the leaner cheeses, like feta, the best of which are made from whole goat and sheep milks. One of the finest unpasteurised cheeses available in Oz is

called Sarachino, from Sicily. It is made from whole sheep's milk, yet is yellow, firm, and has a delicious, cheddary taste.

From the natural enzymes that abound in raw milk, plus t-i-m-e, and location (cool underground cellars), these rare and ancient cheeses develop not only their unique characteristics, but also very clear nutritional gifts – rich in calcium, phosphorus, magnesium and proteins, plus vitamins riboflavin (B2), B12, B6, A and D.

A mother lode.

The enzymatic interaction between indigenous raw milk microflora and starter bacteria is extremely important in the ripening process, in the ultimate flavour and texture of the cheese.

And of course, the pastures and climates of the different regions determine the various flavours and richness of cream in raw milks.

Pasteurisation of milk means that *none* of the essential enzymes and microflora remain alive, so how's a pasteurised cheese ever *gonna cut it*?

Oz cheesemakers (excepting now the Oz state of Victoria) can, by law, make cheeses **only** from pasteurised or homogenised milks. Goes a long way towards explaining why bland, locally made parmesan, and most other cheeses have **never gotten close to cutting it**. Not only taste-wise, but nutritionally as well.

In fact, they are harmful, and become progressively more damaging the more they are processed.

Fortunately, we can still import most of the best of the world's *real* cheeses into Oz, but already there are signs that certain cheeses are being denied entry, or are being threatened with irradiation treatment. Typically, it is extremely difficult to access such information from the relevant govt. agencies.

The USA (and Victoria, Oz) currently allow domestic production of raw milk cheeses provided they have matured for at least 60 days. An extremely widespread and vibrant industry has evolved in the US, which now produces cheeses comparable to the best in Europe. The USA also permits the import of foreign cheeses.

But neither, perhaps, for much longer.

There are moves to have all raw milk-based imports banned from entering USA, and to force raw milk products out of the home market. Oz is a signatory to the very same WTO-sponsored treaties that require this absurdity. So too Big Europe.

Pasteurisation lobbies stem partly from germ-paranoid groups, afraid of listeria and salmonella bacteria, but which are manipulated by, and find voice and power in multinational, vested interest groups – companies such as Kraft and Nestle.

These two rapacious *junk food* giants, despite being competitors, recently joined forces to lobby hard for raw milk's demise. I can only imagine their motive to be the hope that all cheeses may become as wimpish and sickly as their own *cheeses*, so that they can more easily control the market.

Now they have a firm friend in Codex, meaning that the already considerable interference in our freedom of dairy choice will worsen, with even more hurdles to cross.

The Codex Alimentarius Commission (CAC), which is parented and backed by the World Trade Organization (WTO), and of course Big Biz, are responsible for creating a foods standards program, regulating foodstuffs and food supplements traded around the world.

The CAC is on a malevolent mission – oh yes, of course it presents the face of a beneficent saint, but the core is rotten - murderer of wholesome food, assassin of natural supplementation, slayer of humans by globalist laws, and all the time hand in glove with Big Pharma and Big Grocery.

Codex is a part of the super-bureaucracies about which visionary author George Orwell grimly prophesied in his novel, “1984”, and against which even Monty Python’s Terry Gilliam humorously warned us in his brilliant 1985 movie, “Brazil”. A current CAC proposal, now adopted by WTO, includes a rule, suggested by the US, which requires member countries to make only pasteurised milk cheeses for world trade. Members would then have to close their borders to the importation of raw milk cheeses, as a path to eventually closing down indigenous raw cheese production completely, in all countries.

Supporting this law in the USA, the National Cheese Institute joined the fray, recommending mandatory pasteurisation of all milks for cheese. Even the countries that produce the truly great raw milk cheeses are signatories to the same new WTO treaties, so there will soon come a time when France has to confront the “pasteurise or perish” dictate in relation to production of its own iconic Roquefort cheese, England its farmhouse cheddar. Can you imagine the Italians accepting changes like this to their beloved Parmagiano?

Unfortunately, it appears that even a choice will not be an option, because of the very real threat (read *blackmail*) of international WTO-based trade sanctions against offending, “non-harmonising” (Codex’s own term) nations!

Patrick Rance, a French scientist, and a champion of raw milk cheese, has profoundly explored the incidence of listeria and salmonella in milks. His careful research refuted the argument that raw milk was responsible for cases of listeriosis.

His evidence clearly showed that pasteurised milk cheese is most at risk, that “pasteurisation, far from being the remedy, leaves an open field for listeria monocytogenes to invade and conquer.”

Pasteurised milk cheeses are basically junk foods, lifeless, and infinitely more dangerous, pathogen-wise, than raw milk cheeses.

Nutritionally also, it’s like real *chalk* and real *cheese*.

It is recommended that any cheeses in our diets be raw milk varieties, which means any of the imported masterpieces listed above.

Whilst the best Parmesans and Roqueforts are relatively expensive, they are so nutrient-dense that you don’t need to consume large amounts. Moderation and subtlety are required. And besides, the comparative prospects of illness and associated expenses of consuming *unreal* junk cheeses are high.

Long may the indigenous, original-recipe production of the great *real* cheeses continue, and their entry **not** be curtailed, both into Australia and elsewhere in the world.

And long may the *Codex Police* reel under prolonged and spirited opposition wrought by folk who appreciate the fine and delicate differences, tastes and joys in life, not to mention fine health.

(To read more on Codex, see my second book "The Plot Sickens", and to keep abreast of Codex matters, go to www.iahf.com and www.alliance-natural-health.org.)

Yoghurt

Another superb lacto-fermented product, produced by the introduction of a culture (lactobacilli, such as *acidophilous*) to milk.

To create your own *real* yoghurt, the *real* milk is first heated to a temperature that the human finger can tolerate. What pasteurisation does is to heat the milk beyond this point long enough to kill all microorganisms, to destroy the actual life in the milk.

Rule of thumb: If it won't burn your thumb, it won't kill beneficial bacteria.

Then add the kefir or acidophilous culture, or some already existing yoghurt, wrap the container up in thick cloth, and leave in a slightly warm (not hot) place – such as near great granny's forever-warm wood stove, or a nice sunny nook, or in front of a low-temp blow heater.

Time of readiness will vary according to conditions – at least a few hours. Check regularly, and when the separation into curds and whey is complete, when it has become a soft junket, refrigerate.

Left too long at room temperature, the yoghurt will become lumpy, like cottage cheese (yet still a fine food). The ideal result will be quite watery when compared to artificially thickened commercial yoghurts. Later, if you like the yoghurt thicker, strain off some of the liquid, the whey, thru a fine cotton cheesecloth, and use the whey in vege, nut and fruit ferments, in bread doughs, or just drink it. A wonderful food on its own.

Naturally, there are no **unpasteurised yoghurts** in the marketplace, not even under an alias (such as "Sour Unpasteurised Shaving Cream"). The only **pasteurised** brand I've found that does **not** use gross, indigestible thickeners such as powdered skim milk or milk solids, is B.D., from a biodynamic dairy. This is the brand I use when my own whole milk yoghurt production has stalled. Making raw yoghurt is very enjoyable, also cheaper and healthier.

An interesting fact is that **kefir** (a delicious and unique type of yoghurt) culture will not perform anywhere near as well in pasteurised milk as it will in raw milk.

"Give us good food or it's a go-slow."

It's no different with vegetable ferments. Unless the substrate is of high quality, rich in life and nutrients, with no trace of pesticides, the ferment may not activate at all, as the lactobacilli that do all the converting work thrive only on excellent nutrients.

Failing this excellence, dormancy is the preferred state.

I can relate.

Ghee

A totally fat-free diet will accelerate aging of the skin, nerves and brain cells, but the fats we employ must be the right kind.

Without *the good oils*, fat-soluble vitamins A, D, E and K will not be absorbed and stomach linings not protected. Similarly, cholesterol is essential in the body to build membrane (the cell's *brain*) tissue, and to maintain bile and hormone balance.

Cholesterol is harmful when it is damaged by free radicals, leading to clogged arteries.

Considering all this, one of the most valuable and tastiest cooking oils is *ghee*, or clarified butter. I warble its praises to all.

Ghee bestows the best qualities of essential fatty acids without the problems of oxidised cholesterol, transfatty acids or hydrogenated fats. It is resistant to free radical damage, and is salt and lactose-free.

Not common in western kitchens, ghee achieves *revered* status in India, as many things do, but there are occasionally good grounds for veneration, and ghee qualifies.

Ghee is the **pure oil** of butter, in which the lactose and other milk solids have been scrupulously removed after the gently heated butter has become clear and golden.

The process also evaporates any water content, making ghee light, pure and resistant to spoilage. Ghee has an amazingly long shelf-life, and it *don't* need refrigeration!! The purer it is made, the less chance of rancidity.

And you create a far far healthier substance than the original **pasteurised** butter was, whereas **unpasteurised** butter **is** a superb food.

Indians keep ghee in family vaults, like westerners do with wines, for it has enormous sentimental and even antique value, as well as improving with age. At one Indian home I was *granted the privilege* of seeing and tasting a 50 year-old ghee.

A wholly holy moment.

Ghee has an extremely high heat tolerance (as coconut oil does), and does not smoke in cooking. Also, less quantity of ghee is required than other cooking oils.

Imported ghees can be found in any Indian/South Asian grocery, but of course they are vulnerable according to the quality and/or pesticide/chemical content of the original milk source. And be wary of labels that do **not** claim "pure butter oil", etc, as there are artificial ghees *out there* that are made by hydrogenating vegetable oils - *harmful crap* indeed.

There's a superb organic homemade brand ("Gheeneshe") available in the Byron Bay area. Or, make your own thus:

- 1) Gently heat organic, unsalted butter at medium heat in copper-based steel or ceramic saucepan until it bubbles or boils. Double boiler is best, or a heat diffuser between pot and flame.
- 2) Reduce heat to low, and continue cooking, uncovered, to evaporate all h₂o, until the clear, golden colour is achieved.
- 3) Carefully remove the milk solids that float on the surface.
- 4) Cool it, and store in a dry container.

If the ghee spits and crackles when you cook with it, it still contains water. No problem; just let it cook a little longer next time. Don't use wet spoons when taking ghee from its pot, as moisture is the enemy of its long-life preservation.

Then use it to fry eggs and meat, etc., or add to soups, stews, bean dishes, sauces for robust body and taste.

Ghee is another example of the positive ways in which milk can be used.

Lactose-intolerant people say milk is the problem, but I would strongly suggest that it's the gross treatment of milk and milk products that is the true culprit.

Lactose-sensitive folk of today **must** be allergic to pasteurised/homogenised milks and associated products, 'cause that's all there's been for 50 years!

They have never had the opportunity to sample *real* milk and *real* yoghurt, let alone to determine if it's objectionable or not, because *real* dairy has been banned for 50 years!!

That very same 50-year period has seen a tremendous rise in numbers of bronchial, asthmatic, sinusitic and other hyper-allergenic, dairy-related ailments.

What people know as milk today is not milk; what is irresponsibly presented to our kids as the "health food of a nation" is *but a harmful shadow* of its former, whole self.

Entire generations have never tasted *real* milk. Entire generations have been suffering the debilitating effects of grossly inferior and corrupted cow-juice.

Many people are aware of this, and yet unaware of the beauty of raw milk, so they rush to judgement and jam all milk into the one derogatory "danger-lactose" pigeonhole, like they mistakenly do with wheat when gluten disturbs.

And not only do they deny themselves the experience and manifold benefits of some absolutely key and delicious foods, they also turn to *fake saviours to fill the hole*, as it were, ending up with diabolical alternatives such as the ubiquitous soya (and other grain) "milks", unknowingly delivering themselves just *another nail in the coffin*.

SOY POLLOI

For the entire conservative Oz media to blare out the headlines "**Soy Products Cause Cancer**", as it did in Jan./07, you can *bet your balls* that behind the scenes, the reality has reached critical mass.

Just as Big Pharma waits until drug deaths have reached no longer concealable numbers before they announce a recall, Big Grocery and Big Soy would have been holding this news back with every last ounce of their significant lobbying muscle. Hence what is released is just the tip of the iceberg.

The soy-sickness epidemic was always gonna break, sometime.

The newscasts are saying that soy **products** are most dangerous for people already with cancer - absurd information really, as they are pestilent upon us all.

Here's why:

Before considering the history and development of soy as a food, we must understand that the soy problem has been exponentially exacerbated, *like off the fucking graph*, by the crazy, uncontrolled adoption of genetic modification (GM) of soy cropping. And, of the dark, gestating health disasters that the abnormal GM deviation has in store for us.

Today's news item no doubt incriminates GM, because most soy consumed today is grown this way. But such an accusing headline we may never see.

Even with the best organic soy, there are major potential problems.

But as with wheat and milk, soy is not the real monster.

That privilege lies with the product processors, the cooks, and with us, the dumbeddown consumers.

Until the Chou dynasty ruled China (around 1,000 BC), the soya bean was **not** regarded as a food plant. It was used exclusively as a green manure only, a nitrogenfixing legume for the soil.

The Chinese were fully aware of soy's extremely dangerous and highly complex toxicity, but eventually, via the development of **very thorough fermentation techniques and culturing**, soy was brought to the dinner table - in some truly great foods – tempeh, miso, nattoh and tamari - finally enabling human access to soy's rich source of superior proteins, minerals and oils.

However, even these fine foods will prove perilous, if in any way the sloooow traditional processes have been accelerated, as is the norm in commercial procedures these days.

So how to circumvent this?

Easy.

Make our own food.

About soy, here's *the rub*:

As well as having high levels of **extra-resilient** phytates, phyto-oestrogens, plus a greater collection of various anti-nutrients than any other recognized plant food, the soya bean contains **potent enzyme inhibitors** which block the action of trypsin and other enzymes, the **very** elements needed to avail us of soy's proteins, and **without which** it's left to our bodies' inadequate digestive and immune processes to *take up the slack*, inevitably leading to toxic overload, debilitating wear and tear and serious disease.

NB! These enzyme inhibitors are *not* de-activated during ordinary cooking.

When ingested, enzyme inhibitors can cause serious gastric distress, excess wind (the baked bean disease), reduced protein intake, and chronic deficiencies in amino acid uptake. The phytates in soy deny general mineral absorption, and they are just one of many toxic anti-nutrients to cope with!

Hence, vegetarians (also children, old people) who depend on tofu, bean curd, soya yoghurt, soya flour products, soya lecithin, and soya (and other grains) milk as substitutes for meat and dairy products **risk** severe mineral and protein deficiencies, abdominal disorders and pain, growth disorders, and more, because of the severe

effects of still-active anti-nutrients and under-processed, indigestible proteins and other *intended* nutrients.

A recent peanut butter scare in Australia, where some kids actually died from the toxic reaction, revealed that certain supermarket brands of the popular paste contained 17% soya bean!

I make a fermented peanut butter that people clamour for.

A British study found that consuming the phyto-oestrogens contained in most modern processed soy products leads to a higher density of breast tissue, hence greater vulnerability to cancer.

But women who consumed the long-fermented soy product, miso, were less vulnerable to breast cancer.

The traditional miso process renders the phyto-oestrogens harmless, but at the same time convert them to accessible, usable, quality oestrogens, the female hormone. What **proper** fermentation does is to neutralise all toxicity, and yet preserve the positive elements, converting them into not only more digestible, but also more rare and elevated forms.

Neither tofu (yes, even tofu! unless it is made as the Thais do, going thru 4 different purifying processes), **nor** soya milk/cheese/yoghurt (unless the beans are soaked for 3>4 days, till just before the sprout appears, changing water daily, and then slowcooked for longer than 12 hours), **nor** unfermented soya flour products (unless the dough is allowed to ferment for at least 48 hours before cooking), **nor** soya body building and health supplement powders – **absolutely none of these foods**, from what has been observed in either supermarket or health store ranges, **receive anywhere remotely near adequate preparation to be fully digestible and tox-free.**

Don't go near these foods.

I haven't - for *yonks*.

Soy needs a *hell of a lot* more work, after which the rewards are brilliant.

A demon or a delight.

Soy cooking instructions:

(Apply to all dried beans and pulses, grains).

If you must eat soya (in fact, **any** dried) beans, **the very first question to make clear is this: "are they free of genetic modification?"**

With governments not requiring GM labelling, it won't be easy to resolve. If unsure, don't use them.

Soya beans require extra long-soaking (3>4days) to sprout stage, and *slloooow* cooking (at least 12 hours), plus some finer techniques, before they can be finally clear and ready *to go*.

The **long-soaking aspect** requires attention, in that the water be of excellent quality - filtered, free of chlorine, preferably slightly alkaline. The (cold) water level should be more than double that of the beans, and must be changed daily, or more often if the weather is very hot. If the soak water starts to bubble, it's time to replace it.

This soaking is the fermentation process. It is enhanced enormously, and magically, by adding at the start a small quantity of a bacterial probiotic liquid, or fresh **liquid whey**, preferably made from **raw** milk yoghurt, meaning it's still *alive and kicking* – say, a quarter-cup to a large saucepan of water. This is necessary only during the first, and longest soak period.

When you change the water, no need to add more probiotics or whey, because it has by this time penetrated the bean and is doing its **splendid cultural work**, but yes, you may add more cultured product at each water change.

If the beans do **not** show any signs of **sprouting**, it means either you must persist longer with the soaking, or the beans are dead, having been neutered by natural causes or by chemical, irradiation or GM procedures. Throw them out, and tell your supplier about it. Just because they sprout, however, is no sign that they are GM-free.

Even dried foods can and must contain a life essence with which we cooks can cooperate.

Dead beans make dead food makes dead people.

When the beans are just budding to sprout, it's cooking time.

Drain off the final soak water, and start with fresh h₂o, no whey.

For this type of long *slooooo* cooking, I use a marvellous fired **ceramic casserole pot** with lid. The French make the best – “Emile Henry” is one *fab* brand available in Oz. But you can use thick-based stainless steel also. **Do not use aluminium or teflon.**

Next you need a heat **disburser**, a circular metal flame suppressor, which is available at kitchen shops. Once you use this, you will always use it. Without this, it is almost impossible to cook long and *slooooo* without burning, or you must be constantly present and stirring the pot - for 12 hours? Best to start the cooking early morning, set the **flame or electric temp. at minimum** possible, put the disburser between the heat and the pot and a well-sealing lid on top.

Then you can go out for hours, secure that all is well. The brew is happening.

(Note: You can make superb mixed vegetable/meat/herb/sauced stews with the same setup. Just throw it all in together and walk away.)

An ancient principle in cooking any pulse, legume, or oats, rice, etc, is to not only cook slowly, but also to periodically **scrape off the whitish scum** that always rises to the surface. This refinement gives maximum purity, health potential and taste to the cooked beans.

When cooking is complete, **strain off and discard the water.**

The perfectly prepared and cooked bean should literally **melt in the mouth.**

Barley, Oat (and other grain) “milks”:

If I could not tolerate, or access raw milk, the following recipe would be my substitute. In a ceramic bowl, put 500gm. of organic barley (either rolled or whole). Add good water, double the amount of grain. Leave it to soak overnight, or preferably for longer. If the mix starts to bubble because of hot/humid weather, strain off the water, and add fresh h₂o as often as required.

This is the fermentation process, when toxins are being released and neutralised; when enzymes are breaking down the proteins and starches for ease of digestion.

When soaking is done, again strain off and add fresh water, this time 3 parts water to 1

part barley. This percentage will vary according to how concentrated you prefer the end “milk”.

Using a heat-diffusing pad over the lowest flame setting, cook this concoction for at least 6 hours – lid on, to preserve moisture content. When done, let cool a little, and fine-strain off the liquid. This is your barley milk. Store in fridge in glass.

The barley solid remnants may also be eaten. Keep in a bowl in the fridge as a solid porridge.

As you use the liquid, add good quality maple syrup or lemon juice to taste.

This barley milk is one of the finest kidney cleanser/tonics – an ancient cureall.

Barley is low in cholesterol, but well-endowed with excellent carbohydrates and proteins, all of the main minerals, plus vits. A and B complex.

You may also make this “milk” from oats, rice, quinoa, or any mixture of same.

Genetically Engineered Foods

Most of the world’s soy crop is now genetically modified (GM). So too is much of the wheat and corn.

The Amazon jungles are being clear-felled just to grow GM soy and corn for pigfeed!

Playing with genetics in animals and food, and now humans, reflects the next level of profit-motivated *crimes against existence*. But what can one expect from the same *crew* (beginning with original grand-don of Big Pharma, IG Farben, and down, ad nauseum, thru Bayer, Monsanto, Pfizer, etc.), which has delivered to the Earth and its people a ghost train of toxins, from the Auschwitz gases and poisons, thru DDT, Agent Orange, Thalidomide, Plutonium, biological and spent uranium weaponry, Roundup and Vioxx???

And hundreds more ghastly substances.

Substances which all passed their *own* “rigorous control tests,” substances which have killed and maimed millions of people, and seriously polluted the Earth!

Rigorous control tests, my arse!!

And now they are *onto* stem-cell cures, and the fortunes that can be derived from those. More of the same *loony* focus upon the **effects**, moving light years away from **cause and prevention**.

Oz author and health activist Eve Hillary, in her startling and courageous book “Health Betrayal”, writes of a young Dutch scientist, Hinze Hogendoorn, who ran some very simple tests with GM foods. He placed mice in a large cage and put a pile of GM soy/corn mix at one end, a pile of organic *ditto* at the other. The mice displayed “an overwhelming preference” for the organic fare. So then he placed mice in various cages, some with only GM foods, the others with only organic meal. The GM crew held back at first, but hunger eventually won thru and they ate. Hinze observed that they ate more and weighed less than those on natural food, who ate less and weighed more by the end of the experiment, and were generally content.

By contrast, the GM rodents were sluggish and distressed, many of them, in Hogendoorn’s words, “running round and round the basket, scrabbling desperately in the sawdust, even frantically jumping up the sides, something I’d never seen

before, and for me this was the most disconcerting evidence that GM food is not quite normal.” Also, one of the GM-fed mice died.

One may legitimately ask, “What happens to humans eating the same food?”

Monsanto says glibly “no problems!”

Eve Hillary goes on to say:

*“The only organizations that have **not** conducted these simple tests are the biotech companies that create GM foods and the government regulating authorities responsible for registering GM foods. If they have in fact conducted these simple tests, they have not made the results available to the general public. Governments throughout the world, including Australia, do not require independent testing before or after they approve GM foods for human consumption.”*

Nor, significantly, do GM foods require indicative labelling.

Lawyers working for the biotech industries introduced the concept of “**substantial equivalence**”, which has been accepted by the UN’s FAO, and of course Europe and the USA, and has now been adopted by our Oz foods regulator, FSANZ. This ruling can be basically translated as “**if a GM soya bean looks like its natural counterpart, it is assumed to be safe for consumption.**” Brilliant, huh?

So long as a GM food displays no weird knobs and fluoro parts, it’s cool.

This is modern, corrupted, sold-out science in action, and reveals the true, fraudulent nature of their “rigorous control testing”!

There has been **no** consultation with *we the people*, we the consumers, in allowing either GM or irradiated foods into the marketplace. **No** long-range testing has been performed by our own government *protecting* body, Food Standards Australia and New Zealand (FSANZ). There are **no** known labelling requirements in Oz for GM and irradiated foods, and these grossly distorted products are **increasing their presence** on Big Grocery’s shelves week by week. *Ditto* all over the world.

The only **possibility** (I can’t say certainty) we have of avoiding GM is to buy that which is labelled “GM-free”, and to support your village health stores and the dwindling numbers of organic farmers by buying only organic foods. And the only reasonable guarantee we can have against fruit and veges being genetically modified is to support your local farmer’s markets, but even then ask the relevant questions.

GM, whose main players are Monsanto and Bayer, will constitute a new plague of the death, maiming and genetic distortion of millions of people in the coming years.

It’s a fatal mistake to insist upon greater certification controls of organic fruits and vegetables.

Oh yes, governments want this; so too do many ignorant consumers.

Once we invite more regulation, we invite more bureaucracy, and the first thing they do is to create new bylaws which require small growers to meet not only impossible conditions but more importantly, excessive fees for same, the collection of which necessitates the presence of totally unsupportive bureaucratic cops. These actions then drive our most precious suppliers, the little guys, out of *biznez*, and perhaps, out of the district. It is happening already.

This is **precisely** what is happening to the natural supplement/vitamin trade, leaving only the giants that can absorb the absurd fees and outrageous penalties to monopolize the markets and manufacture inferior goods.

So what, if some rogue local grower is scamming on his organic claim?

Learn to identify *bullshit* energy, and to ask the right questions if you have suspicions, and develop your **own** sense of what is authentic or not. We don't need *big brother* to do that for us.

Keep bureaucracies out of our farmers' markets, or they (the markets, not the bureaucrats) will soon disappear, and Big Grocery will open yet another *junkfood* store in our midst. And then, as the Walmart (US) chainstore is doing at this moment, they expand their "organic" selection to include foods with completely compromised and even false "natural" claims.

CLAYTON'S ALLERGIES

There are allergies and there are *allergies*.

Allergic here means any sort of negative reaction to a particular food, whether that response be digestion, nerve, organ or skin-related. These *allergies* are the warning signals from internal allies, our digestive and immune systems revolting against toxic input. Lucky that the body is so discerning.

And it's comforting to know that we can most probably eat that same *problem* food when it's *done right* – fermented, that is.

Unlike typical allergies – to pollen, dust, fumes, etc., which are relatively difficult to diagnose, treat and control – the remedies for most food allergies are very simple.

Compare two loaves of bread, made with exactly the same ingredients - one is forced, made fast; the other *slooooooow*, unforced; one is highly allergenic – toxic, the other not in the slightest – a delight.

If it **is** bread (or gluten) you are *allergic* to, try a loaf that has been pre-fermented (at the dough stage) for at least 6 hours, the *more the merrier*. If the problem is beans, try again, but next time follow the recipe in the previous chapter, If your particular *blues* is dairy, make the effort to find raw organic milk, and make yoghurt as well, as long as any heating does not exceed 70°C.

If the *no-no* is one of the nut family, soak them in good water and salt for several hours, then eat them as they are, or dehydrate them back to crunch state, in a dehydrator or oven at less than 70°C. Make tahini from fermented (6 hours soak, re-dried at 70°C) sesame seeds, create pasta from long-fermented doughs, pesto from fermented pine nuts, and delicious toast spreads from fermented dried fruit, nut or seed pastes, delicious damp cakes and biscuits from fermented mixes.

Mueslis (if you **must**) can be prepared from long-fermented whole grains that are then

cooked, re-dried, rolled and toasted. Quite a process, but totally *yummo*.

If it's chocolate that's the problem, the *allergy* may be to the heated milk or sugar content. In commercial sweets, however, the culpable element is inevitably an additive such as malt/glucose extract, corn syrup, dextro-malt, soya lecithin, or all of the previous, employed as they are to create smoother textures, bulk, and cheap sweetening. These wheat, barley, soy or corn-derived *extras* are **not health foods**, as they are permitted to claim, but rather are toxic, highly allergenic due to anti-nutrient overload. And they are being commercially *ab-used* in epidemic proportions.

If the body is saying “no” to **maltose, glucose, lecithin or any syrups made from grains (corn syrup!!)**, it's a healthy body. **Listen.**

And read labels! Observe the incredible number of food products that contain these serious allergens.

Note: Commercial lecithin is extracted from the sludge leftover after crude soy oil goes through a degumming process. It is a waste product containing solvents, pesticides and all the toxic complex anti-nutrients and trace proteins of soy. It is **not** a health food.

(See full report at www.westonaprice.org/soy/lecithin.html).

Make your milk drinks from pure cacao bean powder – a fermented product with brilliant qualities – including pheromone stimulation, the scientific reason for equating chocolate with happiness. Or chew fermented, dehydrated cacao beans. The finest *nodoze* formula – no side effects except a pleasant ease. If you heat the milk, add ginger powder.

I have seen people with sworn *allergies* to **oats** suddenly start delighting in porridge because they changed to soaking the oats for 12 hours, changing the water a couple of times, then discarding the final soak water, before slow-cooking in fresh water. If you want the *champagne* of porridges, stir the pot often, all the time removing any frothy scum that keeps surfacing, and making sure you clear-clean with a wooden spoon the bottom of the pot each time. This slowly caramelizes the whole *shebang*.

Mmmmm – *crème de la crème* – and a digestive *breeze*.

And make enough oats for 3>4 days at the one time.

This saves on time, energy, keeps well in the fridge and improves with age. Follow this principle when preparing most foods – rice, beans, stews, yoghurt, bread, etc. – always make lots.

Walnut aversions disappear when changing to the fermented version. Ditto with longfermented breads instead of fast-rise doughs. Ditto with raw (illegal) milk products in lactose-allergic folk. If the digestion revolts at soy milk or tofu or raw corn or coffee, whatever, listen, acknowledge, observe, experiment, move on.

Nuts (including non-nut legumes – peanuts and cashews) are possibly the finest vegetable protein foods. They are also rich in omega-3 and other superb oils, as well as having high levels of minerals. Such a fine and available protein source for non-meat eaters, and yet they are eaten so sparingly. Indeed, many people are *allergic* to raw and roasted nuts.

This is not surprising however, even sensitive, fortunate, wise – a normal, intelligent body response, in light of evidence showing high concentrations of antinutrients within all nuts.

Apart from the natural toxins in nuts, rancidity is also a common problem. The precious nut oils, especially the linolenic acid types, are vulnerable to heat, hence have a low shelf life. Many stores do **not** keep their stocks of nuts in a cool place or fridge, so the very beneficial yet sensitive oils that the nuts boast quickly go off. The presence of rancidity is betrayed by a stale, bitter taste and smell.

Many commercial nut pastes also contain msg.

Often eating just a few raw walnuts, almonds, brazils, hazels, peanuts from the freshest possible source is also naturally difficult; the digestion starts to feel heavy.

This is to be expected, a healthy response to the presence of toxic anti-nutrients, or perhaps *also* rancidity or fungi.

Whilst the **roasting** of nuts removes some (not all) anti-nutrients, the use of high heat creates havoc with the oils, negatively altering them and accelerating the rancidity process. In commercial products, this is often **disguised** by loads of junk salt.

The essential and finest possible process for nuts is, once again, fermentation.

Nuts totally and positively transform via fermentation, so much so that you can eat them in far greater quantities, and feel only clear energy and digestive ease. Top taste too.

It is entirely ok, natural, that we have allergies to, digestive problems with, raw or roasted nuts, wheat and soy products, beans, distorted dairy foods, and so on.

It's to be expected.

Also normal is that some of us are more tolerant of anti-nutrients than others.

Significantly, what we are allergic to is **not** the nut (or the wheat, etc.) itself, but **rather** the anti-nutrients and troubling proteins, carbohydrates, etc., contained within them. Nuts merely require the correct processing to be rendered harmless, digestible and nutritionally exquisite.

It's a snap.

About almonds: Their skins contain a most unique combination of 20 different bioflavonoids (such as *catechins* in green tea and *naringenins* in grapefruit). They team up with the almond's significant vit. E levels to deliver, in an amazing synergy, a KO anti-oxidant and anti-cholesterol *clout*. Many people soak their raw almonds before eating. This is very wise, because the skins become more digestible, the natural toxins are released, and the proteins and other nutrients get converted to more assimilable forms. So do not rub the skins off, nor use blanched almonds. The life in the latter have been killed by heat in the blanching process.

But there's more.

Almonds are the only nut to contain oxalic acid, which, as outlined in earlier pages, is an anti-nutrient. Eaten raw, the oxalates will disturb digestion, but also deny our body's access to the generous calcium levels found in almonds. Fermentation, the longsoaking in water, neutralises these oxalates, freeing up the calcium, and the stomach.

Activated almonds are possibly the finest breast milk stimulator of all foods.

There's a method for fermenting every basic food on the planet.

Fermenting does not mean rotting!

It means converting, enhancing, de-toxing, energising and preserving - all in one. From personal experience, and through watching, studying, and receiving exceptional e-mails from others, it would appear that people who have allergies to foods which they love, and upon which they would just love to *monger*, **must** do themselves the favour of trying that same food in a lacto-fermented state. And even if you have **never** liked a certain food, I thoroughly recommend that you take a risk and try that same food in its enhanced, fermented state, and see. I have no doubt at all that many, many people will be pleasantly surprised.

I see it happening all the time.

ACIDITY, ALKALINITY & ANARCHY

Around 2000, before my study of fermentation began, I thought, like many people do today, that wheat was a root cause of my ills, so I cut it from my diet altogether, for 2 years. When you take such a drastic action, you realize (very quickly) just how much wheat, on any day, we normally eat. It's astonishing just how many foods contain wheat, so it was a difficult transition at first, but as I began to feel the sure signs of increased life force, it became easy. Hence I was getting confirmation that wheat was indeed a problem, but why?

I had **not yet** discovered the brilliance of fermentation – and that wheat and its gluten were **not the hitch** I imagined; that rather it was the treatment of them, the cooking processes, which wrought the grief. So I did what most people do, and crucified wheat itself.

The flatbread chapattis I ate during this period, made by my aya (maid) Sushila, contained a millet-like Indian grain called *jawari*, the dough of which, I realized much later, was left overnight to ferment. This was a long family tradition, the taste so delicious, and as I see now, eminently digestible, toxin-free and nutritious.

And no acidity!

However, I now enjoy wheat almost daily, I eat my own mixed-grain, **plain flour** bread, in its long-fermented form, and happily understand that wheat itself is **not** the problem food I once thought it was.

What's more, I always had **serious acidity** problems and pains from ingesting bread, even from the organic, sourdough versions, whether wheat or wheatless, or only spelt, it didn't matter.

Why?

They were all short ferment, all loaded with indigestible, acid-forming, toxic elements! But from my own bread, there is **no acidity, no indigestion**.

Truly a huge relief after years of gastric burning!

I also eat organic meat regularly, ditto with free-range, organic eggs, unpasteurised milk, butter and cream, peeled and slow-cooked spuds and other root vegetables, pumpkin, steamed greens, some fresh salad greens and fruits (but nothing like the

amounts that I did once), fermented walnuts, pecans and almonds, rejuvelac-fermented cashews, fermented peanut butter (2 die 4!), some gherkins and dried tomatoes marinated, fenugreek sprouts fermented in umeboshi vinegar (brilliant for regulating blood-sugar levels), buckwheat noodles, cold-pressed olive oil and coconut oil, concentrated organic coconut cream, occasionally some of my homemade apricot/walnut sweet bread, homemade *gypsy* fruit/brandy compôt and unpasteurised yoghurt, organic sardines, 80% cacao chocolate, plus the startling Dagoba chilli chocolate. My honey pot always contains organic cinnamon powder – an amazing panacea. (See <http://www.angelfire.com/az/sthurston/honeyandcinnamon.html>).

I cook in organic ghee, lard or coconut oil, as they tolerate heat best of all.

The only supplements I take are a Gerry Amena's Sea Mineral supplement to ensure lithium intake, nascent iodine, extra magnesium often, especially via Ancient Minerals (see chapter "Unseen Potions and Pluck" later), brilliant anti-oxidant astaxanthin, plus occasional herbal extracts – Bilberry, Hawthorn Berry, Goat's Rue, Echinacea and Myrrh.

No longer do I have any symptoms of the acidity that I thought was *gonna* be a lifetime *pain in the gut* - except sometimes when I eat out, when I will eat basically anything that's given me, or anything I desire, and often suffer for it. But that's ok. One can still be into something without being a fanatic. In fact, that's the best form of involvement.

One might have expected, with the above diet, that my pH (potential for hydrogen) would be on the acid side.

So, after not considering my pH for many years, I did a saliva litmus test, and it was sitting very nicely on the alkaline side of balance.

Though I expected such a result, I was also delighted.

As I was researching for my next book, attempting to find the truth behind the avian bird flu dramatics, I discovered that to be slightly on the alkaline side of the scale is the best possible scenario to avoid any type of viral contact altogether. Oh yes, and *not* to take any of the vile mercury-laced vaccinations Illness Inc. is still serving up - after decades of knowing the deadliness of mercury!!!

As a general rule, bacteria, viruses can come and go in an alkaline body, like strangers passing in the night. To them, **alkalinity means life**, and so they just hang about with little to do. However, to those same micro-allies, an acidic body condition is like a neon sign blaring out "**Hey guys, this body is dying, so let's get on with it and finish it off!**" That's their *bloody* job – to break down ailing tissue for the planetary compost heap.

A recent survey of thousands of cases of cancer patients revealed that almost 100% of them were pH acidic. Of course.

Cancer is *not* the disease. It is simply the finale, the perfectly natural coup de grace administered to an already diseased body and bloodstream. Cancer does not just pop up like some bad poker hand, as is often portrayed, and so often feared.

Nor is it fated by genetic inheritance. Cancer is not random; it is specific to the appropriately unhealthy, acidic bodily terrain. Hence it is totally preventable – by cultivating a healthy alkaline body and blood – not so simple these days, but yet indubitably do-able.

Modern medicine's failure to grasp (the truth is that they **did** grasp it, but could **never adopt** it) this vital piece in the puzzle can be traced to a critical scientific turning point that occurred in the mid>late 19th. century.

At that time, one of France's greatest pharmaceutical scientists was Prof. Pierre Bechamp.

One of his contemporaries was Louis Pasteur, the father of modern serology (the study of immunizations, vaccinations).

Bechamp, and not Pasteur, was **the** true genius. He expanded the work of fellow Frenchman and breakthrough scientist Claude Bernard, who created the concept of **pleomorphism** (pleo = many, morph = form), as opposed to Pasteur's **monomorphism** (single-formed, fixed state microbes, or germs). Bechamp identified the existence of tiny organisms that he called *microzyma*, which are present in all bodies, whether living or dead. These microzyma respond to environmental signals, to the condition of the body, and **can shape-shift their forms** when required.

In other words, microzyma actually transform *into* the bacteria and viruses that attack diseased tissue, as they simply *do their job* of assisting the decomposition of that ailing body.

If the body's inhabitant (us) gets his/her act together to correct the original health problem, the bacteria/virus simply morph back into microzyma state.

Killing these creatures is absolutely pointless, and stupid. We need them. They are not causing the disease.

That's *done very well* by the lifeless habits of the inhabitant.

We **can co-exist** with microzyma, with the viral and bacterial realms, **as long as our inner "terrains", which these organisms inhabit, are healthy.**

Bechamp even understood, 150 years ago, that the crude vaccines being tested at that time spelt doom for the body.

Today, there are hundreds of vaccines *at large*.

Bechamp could even discern the desirability of blood pH alkaline in creating the perfect conditions for peaceful co-existence with our micro-organismic cousins.

Today, pH factor is scoffed at as a joke by Big Medicine.

Bechamp was one of the *fathers* of disease **prevention** – a very gentle man with no personal agenda save his brilliant science.

Pasteur, on the other hand, was a deeply troubled egotist seeking fame and fortune.

He publicly abused, plagiarized and perverted the works of a silent Bechamp, in the end propounding an opposite thesis, with the help of Robert Koch - that bacteria and viruses were in fact the **cause** of disease, that they were **the enemy**, and **as such must be controlled or destroyed by applied medications, radiation, chemotherapy and various forms of surgery, or "prevented", by injection of vaccines.**

Anything for a bad war!

Pasteur's track (more a *rut*), which made vast sums of money for adherents **even in his time**, would lead to an enormously more complex medicine, giving rise to similarly vast financial input for scientific research and the development of drugs and vaccinations, plus highly specialist *work* (read *income*) for the medical and pharmaceutical professions.

And lots of sick people!

So Pasteur's fallacious fantasy was championed by the establishment, and Bechamp's beautiful boon discarded.

Enter the modern drug industry, and its massive medical periphery.

To put it quite bluntly, where was the profit to be made in following Bechamp's genius?? If we were all to have healthy, alkaline terrains, with a fearless, nay *friendly*, attitude to bacteria, where would the *Pharmawhores* find patients and drug sales?

Bizarrely however, in an amazing turnaround on his deathbed, Louis Pasteur repented and recanted, with an exclamation to the effect of:

"My life work is an error. It's not the germ, it's the terrain!!"

Amazing how many *pricks* get religion as they *shufti the Grim Reaper*.

Too late Louis, damage done, *bigtime*, because the founding fathers of Big Pharma were already up and running with your convenient blunder, and would use it to increasingly and flagrantly poison the Earth, and all upon it, in the name of healing. Methinks it appropriate that another of the truly great *bowlers* in the human diet, the pasteurisation of milk, is named after this *arsehole* charlatan, whose legacy of the current vaccination epidemic would be best buried with him.

Had we championed Bechamp instead of Pasteur, we would all by now intrinsically understand that cancer, *all disease, does not come knocking on a healthy body*.

(Read a remarkable "The Dream and Lie of Louis Pasteur" (R. Pearson) at <http://whale.to/a/b/pearson.html>, and "The Lost History of Medicine" at http://www.mnwelldir.org/docs/terrain/lost_history_of_medicine.htm).

In China, a doctor was **paid only when the patient remained healthy and didn't need to consult** him, though I imagine that ethic is rapidly changing, as it is in India, where western allopathic medicine and pharmaceutical practices are becoming the norm, becoming *required practice*.

The plague of allopathy and *drugs, drugs, vaccines and more drugs* now scourges the Earth, reflecting educational and economic impositions arising out of the real and present threat of globalist trade embargoes against any "non-harmonizing" countries that attempt to live outside of the square, that would dare to stand by their traditional healing cultures and modalities.

Breast and cervical cancers, contrary to the manner they are publicly depicted, are not lotteries; they are preventable thru diet, nutrition and loving care - diet and nutrition being absolute essentials **not** taught to aspiring doctors.

Whilst the sun may appear to trigger melanomas, **no skin cancer can thrive, let alone launch at all, if the blood in that body is alkaline, healthy and balanced.**

Yes, the sunspot does appear externally, but it is both initiated and sustained by the condition of the inner blood, and protected from malignancy by the state of the inner immunity.

Despite appearances, skin cancer is not an external disease; the true culprit is the inner terrain!

Nor, as has become an extremely popular *cop-out* on *individual responsibility* of late, is disease **inescapable** by virtue of DNA or hereditary causation.

Sure, tendencies are there, but they are entirely reversible in a healthy terrain.

Disease often **appears** to be hereditary, but the truth is that while we respond to life unconsciously, as victims of invisible belief systems, we often eat, drink, think and feel the same *shit* as our parents did; hence we create the same vulnerable terrains.

Others theorize that DNA is the **brain** of the cell, hence we are doomed by DNA programming. But no, the cell's brain, the controlling intelligence in every cell, is in fact the delicate membrane with surrounds the cell, and which houses the DNA.

This membrane has been proven to be an open door, totally sensitive to its environment, and as such, according to the quality of all aspects of the life of the person inhabiting that body (that collection of cells), any change for the better, or worse, is possible, and is indeed modifying so at every moment.

Meaning? Every cell in the body, even our DNA, is altered by the membrane's input. So what constitutes the "environment" which affects the membrane?

The health, of course, of that body, of its emotions, its thoughts and its outer environment also.

The theory of genetic pre-determination, of innate susceptibility to diseases handed down to us by birth, is **true only in the life of someone living totally unconsciously**, of someone who has no interest in growth or change or progression – *thick as a brick*, as it were. Such a person is an almost certain genetic **victim**, and will surely *car*k it in the same manner his mum or dad did.

Alternatively, the one who is open to alteration, advancement, change – in diet, attitudes, new input, and who has the **courage to uncover and demolish one's deepest conditionings**, one's belief systems, will **certainly and significantly change** one's genetic *baton*.

Actually, it's a very similar story with the esoteric science of **astrology**. Within the horoscopes of people who live totally unconsciously, an astrologer can quite easily determine major events in their lives – like when an accident, marriage, death, etc. will occur. Easy peasy. In their *thick-as-brickness*, they live out foreseeable, karmic patterns. They are **predictable**. Astrology has the tools to read the signs for blockheads.

So astrology works, but to a certain level only, because when one is moving creatively and dynamically thru life, challenging and dissolving one's unconscious, habitual

tendencies, one speeds up the karmic wheel, as it were, and eventually steps off it. No longer shackled by the past, one lives life momentarily, and hence has become *unpredictable*.

The very concrete concepts of karma, astrology, and esoteric *stuff* in general eventually become invalid, achieve mythical status, *horseshit* in the life of a truly free spirit.

Furthermore, to the degree that one takes astrology, tarot, pastlives, magic, etc. **seriously**, one keeps oneself tethered there, locked in past and future.

We are unbounded, limited only by those deep and torpid ponds within ourselves that we are afraid to uncover, acknowledge, dive into and move beyond.

(On the subject of cellular insights, there has emerged what I consider to be one of those ultra-rare “books of the century” (albeit we are only 7 years into it), but I urge all people to consume it. It will benefit all life. Written by cell scientist-turned-sort-of-zen Bruce Lipton PhD, it is titled “The Biology of Belief” (Mountain of Love/Elite Press, 2006). No medical study, whether it applies to physical, mental or emotional health, can be anywhere near complete without the application of the sweeping scientific insights and perceptions, delivered in the simplest of technical languages, in this stellar innovative work. *An honest to goodness revenge of the nerds*. I must express here a deep personal gratitude for the welcome changes, **actually** and not merely intellectually, this book has given me. Ole, Lipton! Yo, Bruce!)

And just as we are not indelibly fated by DNA considerations, nor will the health of humanity be improved by embryonic stem-cell science and applications.

GM foods are already a tremendous threat to the planet.

So too will be the new GM humans.

Embryonic stem-cell research further reflects the human hunt for one of its *holy grails* – **the cure of death!** The work requires successful cell mutations, and no scientist on Earth can prove the long-term consequences of mutant cells.

Expect bags of monstrosities.

The media portrays the debate as having only two sides –the pros, (for the quick fix/eternal life scenario) and the cons (as the conservative, religio/moralist objectors to the killing of life).

They don’t acknowledge the existence of any **other argument**, such as my own.

I don’t see stem-cell *stuff* ethically or morally, nor do I want access to so-called miracle cures. Neither are an issue for me.

My point is that not only are pharmaceutical drugs almost entirely unnecessary, but so too are stem-cell marvel cures, for the simple reason that there’s no need to get ill in the first place! And what’s more, just as there is a huge wave of appalling post-drug disasters, there will certainly be an aftermath of extensive genetic catastrophes.

The **cause** of disease would seem the obvious place to begin, but even our *greatest* scientists fail to spot it, shackled as their careers are to the purse-strings of the perverted – those CEO’s who push for new laws to free up their *important, breakthrough* work, so that they can get on with their **true and main objective**, which is **not** healing, by the way, but rather that lucrative, patentable market scoop,

guaranteed returns on the insane investments, and excellent dividends for their shareholders, not to mention of their own super salaries.

None of these industries are concerned with the healing of the human body.

It's all merely a front, a formula for outworking pitiless greed.

Pump those seriously mad amounts of money that are wasted on drug, vaccine and stem-cell research into the **true art** of nutrition (and not the *bullshit* that's force-fed by Big Pharma at Harvard and other *august seats of learning*), into understanding blood pH, as well as natural, holistic medicines, and you would find that cancer itself would soon become history. Instead, cancer remains one of the biggest industries on the planet.

However, such a change in focus would require an abundance of the sort of sensitivity, plus generosity of spirit, wallet and intelligence of which the human race is apparently in short supply.

The more the human body is rendered dependent upon *externally produced gizmos* just to remain alive, let alone be healthy and joyous, **the more** damage is done to the quality of the human gene pool.

We are *goin' down*, becoming a race of wimps, becoming even biologically unworthy of inhabiting a planet we are destroying.

It all fits – degradation of humanity in perfect parallel with ruination of the planet - it's not surprising. The boil will burst.

Embryonic stem-cell *science* is simply an **off-road** of the phoney, profit-ruled Pasteur path, where its dumbed-down travellers continue to focus foolishly upon the profitable effect, and never the very simple, priceless cause.

I can hear Pasteur's troubled ghost howling unheard into Big Pharma and Big Medicine's ears:

"It's the terrain, stupid !!!"

Most disease is preventable, but stupidity? I'm not sure.

(Catch an excellent cartoon parable that illustrates the absurd extent to which allopathic medicine focuses upon effect rather than cause; also showing the level of pre-requisite, abetting, blind-eyed dumbness that same medicine's public has reached. At: <http://www.mercola.com/townofallopath/townofallopath.htm>.)

In 2007 Australia there has been massive focus upon cervical, breast and sun cancers, with now even a *preventive* vaccine for the former. Via dealing with a so-called cause – HPV (Human Papilloma Virus) - this **expensive** vaccine, Gardasil, is to be given to (many frightened) young girls (it apparently only works on those under a certain age), with the promise (hope?) that when those women reach middle age, they will not contract cancer.

What an abominable tension to load onto the budding life of young women!

Does that mean that the vaccine's developer has been conducting trials on it for 20 years or more to prove their claim? Of course not! And whilst it **may even** prevent cancer in some, does it also mean that those same *trials* have also **proven** that the recipients will not develop serious side-effects at some future date?

Extremely dubious.

And side-effects?

A *bloody* certainty, given the appalling track record of vaccines!

Consider those same girls; give them a deep and thorough understanding and application of right diet along with access to superb food, *sans* the atmosphere of cancer terror, and they will never develop **any type of cancer, nor fear of it, nor suffer from side-effects**, save those of joy and ease in life.

(I urge all mothers and daughters who may be confused about HPV and the vaccine, in fact all people, to read Lew Rockwell's brilliant, comprehensive article at: www.lewrockwell.com/mcmaken.mcmaken122.html.)

We (with a *lotta* "industry" help) are creating an atmosphere of extreme and patently unnecessary paranoia around disease, especially cancer - intended to render us dependent upon medical saviours, to sell procedures and product. This fear gets into each and every cell of our bodies, and will eventually contribute heavily to the very onset of the illness feared.

Or, we will succumb to the product prescribed us.

Xmas 2006, and it was announced that yet another of Big Pharma's elite level of drugs, the billion dollar, widely-used proton-pump inhibiting treatments for stomach ulcers, products such as "Nexium", have been proven to cause serious bone calcification. It appears that the so-called "**rigorous control tests**" performed by Big Pharma and government agencies *overlooked* the potential for the drug to deny assimilation of calcium, hence the **setback**. I say "setback", because that's **all** it will prove to be for the drug cartels concerned. And besides, now they have thousands of new clients needing **expensive** treatment for brittle bones.

What is usual practice is that the *legalised drug pushers* simply wait a while for the *kafuffle* to go away, they pay a few class action claims, then simply continue their sanctioned, protected *murder and maiming spree* by swiftly **trotting out their next *fucking* wonder cure.**

Contrast this to a landmark event in 2003, when Oz natural supplement/vitamin producer Pan Pharmaceuticals experienced some **slight** problems with a car-sickness pill in their 1600-item range - not death threatening, not even causing serious illness, just a few cases of nausea – but the Oz regulators, the *rabið dogs* of the TGA, destroyed that company so fast it didn't even have a chance to organize a defence. Pan's entire range of harmless formulae was demolished almost overnite, a range which had passed all of TGA's criteria in every previous annual check!

One would have imagined, **as is always the practice with far more diabolical botched disasters** involving Big Pharma drugs, that the offending pill would simply have been generally recalled for assessment - an action that indeed, Pan had already initiated, in accordance with the set protocols.

But no, the TGA obliterated the company, the fourth largest natural supplement/raw materials manufacturer on the planet, and **the dirty deed was effected on an extreme and rarely activated Class 1 recall**, meaning that the TGA had adjudged the entire Pan's stock to be likely to "cause death or permanent injury"! Bear in mind of

course, that range included *highly dangerous* items like vitamin C pills, magnesium powder and *killer kelp* tablets.

Meanwhile, even the recall of *bad, bad* heart drug “Vioxx”, which murdered and wounded thousands of Big Pharma’s trusting patients world-wide, was carried out quietly, and via the more sober Class 2 regulation, and even then, many years after the first deaths started to appear.

The pharmawhores *kiss arse* once more.

(Read more on the Pan debacle in chapter “Pan-Fried” in this book’s sequel “The Plot Sickens”, where you will see that all of the charges against Pan have recently been dismissed.)

I am impelled to stress the culpability of many of the so-called allopathic *healing* professions, and the corporations who drive, employ, educate, drug-arm and sustain them. Not to mention the enormous assistance granted their tyranny by virtually all world governments.

Why impelled? Because it is an area where *we the people*, we the ill and ill-informed, have placed so much trust for so long that we have become blinded to the myriad violations being committed against us.

We revere doctors and chemists; we laud their methods and their drugs and vaccinations; we have made the sanctity of their professions so inviolable that we will not hear anything against them. And we are blinded by fraudulent science, abetting media lies and fascist legislation to think that there is no alternative.

All lethal blunders - par excellence.

Moreover, if one speaks out against their manifold murky failures, one runs all manner of legal and personal risks.

They are a kind of mafia.

My youth was an era when the local GP could spend an hour or more with the patient, whatever time was needed to hear, comprehend and diagnose the case.

They listened.

They would also deliver the children of their clientele, visit their patients in hospital, and generally act as real comfort stations in family life.

Prescriptions were uncommon. Folksy remedies were still there.

Contrast that scenario to the 5 minute-fix drug factory assembly line turnarounds of today.

Of course the traditional way has become uneconomical - but in itself no excuse for the widespread carnage in healthcare. But my point is that not only is modern medical practise not effective, beneficial or healing, but also it is wretchedly dangerous.

I’m not talking here about those essential branches of medicine that handle emergency treatment – accident victims, childbirth, *essential* surgery, etc.

No, this yarn involves the diagnosis and chemical treatment of disease, and the ugly nexus between the medicos and the drug industry.

At medical school, there is zero nutrition instruction. Incomprehensible, absurd, and if it wasn’t so tragic in its effect upon humanity, laughable.

But yes, I confess, I do laugh. Who would teach them nutrition anyway?

The food and liquid fuel that one consumes is the most important factor in assessing illness, any illness. If you try to run a Rolls Royce with cat's piss in the petrol tank, it's *gonna* perform like an aging Trabant. Give that same car premium fuel, the finest oils, and always keep the radiator topped with water, and it will purr like a monstrous kitten.

When one eats and drinks abysmally, one ails appallingly, but how many doctors ask the required questions on diet? And what nutritional advice will they give anyway?

It is the *absolute pits* of ignorance and omission to shun nutritional significance in disease and then proceed to administer chemical drugs and certain surgical procedures.

Approximately 95% of us were born Rolls Royces, but our mechanics (and our cooks) are raving mad.

There's a major *spanner in the works*.

Even the time spent on basic anatomy/physiology (the study of the body) is being cut in many medical schools, because the (majorly pharmaceutical cartel-funded and designed) medical courses need more and more time, it would appear, to preach the mantra "drugs, drugs and more drugs".

We are seriously dumbed down in relation to the overt crimes of the world of "medicine". But the medical practitioners themselves are also seriously dumbed down via their falsely focused, deliberately contrived educations, indoctrinations, and cosy notions of public status.

"Death induced inadvertently by the health care system" has a scientific name. Such deaths – by doctor error, hospital error, wrong drug, drug side effects, surgery error, etc - are the biggest killer of human beings, even greater than cancer or heart disease, but I doubt that even 1% of us are aware of this fact, or know its proper name – **iatrogenic death**. Obviously, its incriminating statistics are not bandied about by the perpetrators. But it **is** known.

In the US, there were 783,936 iatrogenic deaths alone in 1997, of which 420,000 were via drug and/or medical errors. That's just the **official** figure, which does not allow for unreported incidents. The true estimate is 999,936 deaths. That's higher than each of the cancer and heart disease death numbers! How about 15 million unnecessary antibiotic prescriptions? By 2003, a Dr. Besser puts the latter figure at scores of millions!

Add to that the actual death and harm caused by mandatory vaccinations, and you have a genocidal scenario. And it's happening on a similar scale in Oz too.

You will find these stats under a carpet somewhere, in in-house medical journals, and never in mainstream media.

And of course no-one is ever charged with manslaughter, let alone brought to task in any way about such gross anomalies.

(However, a group of brave and responsible doctors have made the full iatrogenic story and official statistics available to us. It's a shock. Go to: <http://www.ourcivilisation.com/medicine/usamed.htm>)

Dr. Joseph Mercola, in an article “When Doctors Strike, Fewer People Die”, reveals that during the 70’s, doctors went on strike in Israel, Columbia and Los Angeles, during which time mortality rates fell by 50%, 35% and 18% respectively, and when the doctors returned, mortality jumped back to its previous levels.

And yet, let one lone naturopath be reported for making an error with a client, and he will be quickly, and with full media fanfare, *burned at the stake*.

When we are *dumbed down* in any way, it means of course that we are *unaware* of that dumbed-downness. *Durrrrh*.

It was through reading overt, forthright articles that I realized how tame I had become; how ignorant of such a huge and personal *con* being dealt me; and then how **difficult it was to actually let in the truth** I was discovering about the *bullshit* of “medicine” and its repugnant political undertones – **that it was merely an illness industry which required a continuing and more complex supply of *sufferers with wallets*, and that actual healing was just *not on!!!***

I remember the day clearly when I did finally and irrevocably concede to that inner plea to believe what I was seeing. There had been, for days, a tremendous wrestling match happening in my heart and head, because I could understand that to trust the enormity of the situation before me demanded the smashing of decades of deeply entrenched beliefs, and that I was *sure as hell gonna* have to write about it, meaning further alienation and perhaps even *deep shit*.

It was on the beach one gorgeous sunny day that the dilemma was resolved. What occurred was a truly startling experience. One minute I was there mind-brawling, the next I was blissfully free. In the let-go, a huge truck appeared, and was rolling towards me threateningly, when something in me surrendered to the inevitable impact. But instead of hard knocks and broken bones, there was only softness. As I lay back in the sand, the hard steel truck transformed to become warm, velvety, gentle and yielding, and its passing over me became *a blast*.

A massive grin split my cheeks.

Deed done.

Yet another dumb zone done with.

Yet more access to, and trust in, my own law.

Conformity and ostrich obedience had taken a massive hit.

That was the truck’s role.

I was more here.

A huge *thanx* to those gutsy, plain-speaking writers who tell it like they see it – for the wake-up calls; for access to crucial information I was able to *decipher from the maze*.

Someone said to me “How will the governments and bureaucracies ever hear whatever truth you may or may not have for them if you constantly attack them?”

Simple. I’m **not** writing to them.

If I thought that the system they perpetuate was **not beyond help**, I would structure this differently, but no, this is primarily **for me**, and folk like me.

When you are exposing life-threatening behaviour patterns, both conscious and unconscious, in those who claim to represent, yet who have become the enemies of,

health and happiness, of course those people, by retreating behind attitudes that their livelihoods, position, power or belief systems are being threatened, will see it as an attack.

That goes with the territory of straight talk.

The *write stuff*.

Detour done.

Raw food buffs, the ranks of whom I enthusiastically bolstered aeons ago, get **only part** of the picture right – that **alkalinity** is the preferred state for a healthy body.

Correct. Where they *screw up* is with a **too** alkaline food intake. Their basic observations are true - that today's marketplace, fast-made wheat/grain items such as breads, pasta, meats, milks, etc., plus many cooked foods create an unhealthy **acid** environment in the body.

But then the *buffs* wrongly surmise that a raw food regime **must** be the **only** way to alkalinity. Wrong – right **only** within the context of the modern world's culture of fast kitchens and cuisines, and through **the absence** of understandings about fermentation.

Many attempt to shore up their protein intake with grossly under-cooked, underfermented

beans and pulses, as well as deadly commercial soya bean products.

What raw foodies sadly miss is that there is a much more balanced path to a well-adjusted alkalinity, and that they can actually enjoy their long and mostly obsessive list of *no-no's* and still remain alkaline, as I do, simply by understanding and applying the principles of fermentation and slooowness espoused in this yarn.

Fermentation of all foods = a poised alkalinity.

An additional and colossal benefit of *noshing* on a fermented regime is one of a rounded groundedness, a link with earth that many raw foodies have severed. Their brutal diets, especially with regard to a lack of assimilable, high quality proteins and carbohydrates, plus their regular and excessive intake of anti-nutrients, cause them to mentally float, to drift vulnerably, *off the planet* as it were, creating separation and vagueness, inhabiting the *space cadet* realms. Practicalities become difficult.

They become victim to all sorts of infections, tropical ulcers, and aligned protein-deficiency ailments.

Quality, assimilable protein is a **constant daily requirement** from day 1 to day 30,001 – one reason for meat being such an excellent food.

Remember that the workers, the drones, in each and every cell in your body are the proteins, so they also need to be of the highest quality, but also digestible.

Raw foodies tend to suffer from severe mineral deficiencies because of the plethora of mineral-binding chemical anti-nutrients ingested via raw and unfermented foods. Females lose their menstrual cycles. Baby-making is also difficult, because body warmth is an essential ingredient for conception, there being an perpetual internal coldness in over-alkaline bodies. In over-acidity, the body becomes too hot.

You will find that most raw foodies will litmus-test as **over-alkaline**, and **not** in the balanced central zone. This lays them open to **just as many** serious, if quite different ailments, **as** does the acid state they avoid and abhor.

Just another extreme, *baba*.

I should know, for one.

Hand is up.

The very first reactions to the adoption of a raw food regime may be encouraging, as the body experiences a natural de-tox, a cleanout, which can be beneficial in the short term, but the longer the practise is extended, the more chronic will be the side-effects. There are many such serial raw foodies, people who are now in their 50's and 60's, shockingly surprised by the onset of the whole gamut of typical old-age diseases against which they thought they had insured immunity.

Moreover, as with fasting and wasting diseases such as *anorexia nervosa*, there is a mental *high* associated with deprivation of key nutrients, or in being over-alkaline, and that contrived state becomes addictive in certain types. This is the *float opiate* for raw food aficionados and anorexics.

So, he may not be the genuine uncooked food connoisseur that he professes to be, but rather just another junkie addicted to the slowly deleterious, gently hallucinogenic effects of his Spartan diet.

I learnt the debilitating sickness of fanaticism the hard way.

To be so obsessive about **anything at all**, including diets, that we miss signals, that we refuse to notice and acknowledge the instinctual love of, and yearning for, say, a good old meat pie or almond croissant, or some excellent Belgian chocolate, or a mmmmmmm-marzipan, is to set ourselves up for the complex psychological diseases of self-denial. Eat whatever you like. But be wise in observing body responses.

Via my own now brilliant but once nettlesome Moon/Mercury conjunction in Virgo, I am simply providing basic, traditional, natural food *gut feelings* - **not laws**.

All power to inner anarchy, in shattering the sacred and trampling *tabooze*, and loving being whatever we are, with no judgement nor guilt!

However, there **are** enormous numbers of sincere, dedicated food-lovers out there suffering, despite so-called *perfect diets*, simply because of the quick, unfermented state of their food.

There are millions of dedicated organic, biodynamic eaters out there, yet still with an acid pH - slowly composting (dying, in other words) - simply because their grains, nuts, pulses, and their *ubiquitous bloody soya milks*, are still toxic and full of indigestible elements.

The cure is in the kitchen.

In the attention, in the *sloooowness*, and in the *lerrrrrv*.

So yes, even if you are eating organic, bio-dynamic, sourdoughed grains, nuts and pulses; even if they've been planted on a rising moon in the sign of Cancer, grown at 4,000 metres on the sunrise side of the hill using anthroposophical compost, and then picked while you're facing Mecca, if it has *not* been digestion-enhanced and de-toxed via some aspect of fermentation that I am outlining in this text, it's still just plain old harmful *crap!*

And it's all been happening this way since the 1950's.

The principles of fermented foods espoused in this text constitute a significant part of the disease-preventing, alkalisating procedure. An excellent way of facilitating this transformation is via the consumption of **alkalised water**.

If you are drinking normal town water, unfiltered, you are ingesting chlorine and perhaps fluoride, both of which contribute to an acidic pH in the body. On the other hand, alkaline water, produced by a special machine from chlorine/fluoride-filtered (pre-filtered) town water, is a boon to the body. This water greatly enhances the delivery of precious oxygen to all parts of the body, and adds to an overall alkalisating of the blood. It will help to heal and relieve many many conditions.

It should **not** be viewed like a hangover cure, although, strangely enough, it **will benefit** that too.

What I mean is that there's no point trying to counter acidity with alkaline water if one persists in following a blatantly acidic diet and lifestyle, because it takes approximately 32 glasses of high alkaline pH water to neutralise just one glass of cola!!

However, the qualities of the testimonies that I have read lauding alkaline water are far too numerous and comprehensive to ignore.

(Go to www.ionlife.info/acid-alkaline-balance.asp, a Byron Bay company which specialises in this work, and which dispenses excellent information. They also supply and service the Jupiter alkalisating units. They are also the agents for the finest coconut (oil and cream, etc) products, the Tropical Traditions range.)

AAAAAAH, THIS ANTISEPTIC LIFE

Refrigeration was invented; it became our main food preserver, and many fundamental culinary treasures have been discarded over time.

Later, pasteurisation (not just of milk, but of many products) was introduced, as western societies, ably coerced by dumb and/or devious diet dictocrats, became **germ-paranoid** (not dissimilar, in essence to the rife government tactic of making us "terror/ist" paranoid). It closes the masses down and makes them helpless and dependent.

Big Grocery is desperately desirous of **maximum shelf-life**, and so, hand in hand with their inferior long-life grocery items, fast home kitchens of ignorant convenience rapidly displaced the sane *sloooooo* kitchens of traditional wisdom. **The beginning of the end for our precious digestive/immune systems.**

About this unfortunate change in our cuisine, brilliant radical food author, Sally Fallon. (author of “Nourishing Traditions”) comments: *“By abandoning the ancient practise of lacto-fermentation, and insisting on a diet in which everything has been pasteurised, we have compromised the health of our intestinal flora and made ourselves vulnerable to legions of pathogenic microorganisms.”*

“Nourishing Traditions” is the avant-garde of health publications today.

Author Fallon pulls no punches in her attacks on vested interests in the food industry, upon the “diet dictocrats” who decide what is kosher for us, as she exposes the many nutritional lies foisted upon us by these same medico/politico/bureaucratic malefactors. The crucial understanding she does **not** exhibit, well at the time of publication anyway, is what I have written about wheat, grains and gluten in a previous chapter “Bread Dread”. That was Amy MacGrath’s contribution.

“N.T.” is a book rich in both anecdotal and scientific understanding; Fallon is a champion of fermentation, giving extensive, lucid explanations.

There are over 200 excellent traditional ferment recipes, the likes of which most of us have not seen before.

It is currently one of the *hottest* food reference tomes on the planet.

Prost, Sally!

I have been repeatedly asked to include recipes in this volume, but I would simply be stealing from Fallon’s incredible text.

Every person who has heeded my recommendation to add “*Nourishing Traditions*” to their kitchen library has gone “WOW!” Some enthusiasts even call it “The Bible”.

I include here one of Fallon’s recipes:

Cortido: (Latin Sauerkraut)

Makes 4 litres. Ingredients organic where possible.

1 large cabbage (cored, shredded)

1 cup carrots (grated)

2 med. onions (finely sliced)

1 tablespoon dried oregano

Half-teaspoon red pepper flakes

1 tablespoon sea salt

4 tablespoons fresh whey (not powdered whey, if you can’t get fresh, hang some good yoghurt (like b.d.) in a cheese cloth to collect enough whey).

In a large bowl, mix cabbage with carrot, onions, oregano, chilli flakes, sea salt and whey. Pound with wooden hammer for about 10 minutes to release juices. Place into 2 largish, wide-mouthed preserving jars (sealable), and press down firmly with pounder until the juices come to the top of the mix. Leave at least 3cms. air-space at top of jar, then close jar, keep in pantry at room temperature for about 3 days before transferring to cold storage. This 3 cms. spacing is a basic rule for all vegetable/fruit ferments.

Then, start eating whenever you like.

(From “*Nourishing Traditions*” (S. Fallon).

A truly remarkable publication.

(“Nourishing Traditions” is currently in print, can be purchased at most bookstores or on-line. Sally Fallon has another brilliant new book out, titled “Eat Fat, Lose Fat: Lose Weight And Feel Great With The Delicious, Science-based Coconut Diet”. This book is important in how it de-bunks the *bullshit* heaped upon us about dietary fats and cholesterol, while at the same time championing another establishment-bashed no-no, coconut oil – with excellent recipes. Also check out the informative site <http://www.bantransfats.com> for the very latest fat news).

Irradiated foods

(Nuking our nosh)

Irradiation is yet another heinous international program oozing out of the closed-door corridors of the Codex Alimentarius Commission’s building in Rome. Amongst the throng of criminally self-interested and desperate activities perpetrated by the CAC and its supporters, Codex’s push for general, worldwide food nuking must rank at the very apex for sheer suicidal absurdity. It’s at least right up there with GM foods.

Typically, and with minor chord violin accompaniment, CAC rolls out the old refrain “what we do is for the *good and protection of the people.*”

This is one phrase worthy of the highest suspicion and severest scrutiny when uttered by any *authority*.

Were we ever asked if we want our food nuked?

No.

Our food watchdog, FSANZ (Food Safety Oz/NZ) offers the *reasoning* (as part of their perpetual germ warfare), that if every trace of possibly suspect life in fresh food, no matter what form, is nuked out of existence, along with **all** other life in that food as well of course, the end result, that cremated nosh, will be safer, more hygienic and more nourishing.

Joke?

No! It’s on their website.

At the same time they attempt to *assuage the masses* (quite successfully, I might add) into believing that **nothing remotely negative** happens when applying radiation the equivalent of 330 million chest x-rays to a container of mangoes or sausages.

What?

No problems for us, the mango-eaters, the sausage-eaters, or for the environment!?!

Baloney!

Given the secrecy and suppression of debate around it, you may well ask “what *in hell* is irradiation?” The Food Irradiation Watch group, on their website www.foodirradiationinfo.org explains it like this:

“Food irradiation is the process by which fresh or dried foods are exposed to nuclear radiation; gamma rays or electron beams in order to sterilise and thus prolong shelflife. Highly radioactive materials such as Cobalt60 (or Cesium137, which is waste

product of the nuclear industry) are used to expose foods (or other products) to extremely high levels of ionising radiation.”

Yes, correct. Yet another **waste product** from *beloved industry* (like the sodium fluoride in our drinking waters comes from the aluminium waste dumps) is being used to poison us deeper and more personally, while at the same time making \$\$\$ for Big Nuke, Big Grocery, and ultimately for Big Medicine and Big Pharma.

By 2005, the Oz *powers that be* had a well-advanced irradiation program up and running, mostly **unknown to the public** they *care* so much about. A ghastly paranoid device to **“kill - all - bacteria - now!”**

But the germ warfare is only a smokescreen.

The real reasons lie below the facade.

The overriding reason for all the negative actions taken against the purity of our food sources is simple. Longer shelf life, no spoilage = bigger profits, even if that action harms the consumer.

How many people know that Oz’s first irradiation unit, called Steritech, cosily located amongst suburban homes at Narangba near Brisbane, is operational? Very few I’d say. The government don’t go around bragging about it like they do with other new projects. No way, these are areas of required bureaucratic **stealth**.

This unit uses up to 3.5 million curies of radioactivity on food that passes through on a conveyor belt until it has received its required dosage.

Steritech recently *zapped* a whole shipload of Oz mangoes bound for NZ. Their NZ clients were totally unaware that irradiation had taken place (even the Oz growers were too!), and it only came to light when they opened the cargo in NZ, to find every mango had turned black! Of course the cargo was rejected, and questions asked as to why there was no prior warning of irradiation, and why there was no appropriate labelling.

Well, it seems that there is no required labelling for food irradiation.

Nor do the authorities have any intention of effecting any.

So, there are loopholes galore.

And even if there were packaging conditions, who will enforce them? Certainly not our *beloved* FSANZ or TGA, forever lackeys to Big Grocery and Big Pharma.

This is clear, given that most of the imported herbs and spices, and herb teas coming into Oz are in fact *nuked*, either in country of origin or here, and nowhere on the packaging can such warnings be found.

In a move typical of bureaucratic bastardry, and of the mindset we are up against, April 2007, the US Food and Drug Administration proposed allowing the use of the term “pasteurised” to describe irradiated foods on labels!

(There is a website for public objections at www.regulations.gov.)

The true, vested-interest reason for irradiation, apart from it being further input for Big Pharma's **sickness industry**, is that the *big zap* sterilises everything so totally it bestows up to **3 times longer shelf-life** upon the *food*.

It's **not shelf-life**, it's shelf-death.

But this is all extremely lucrative for Big Grocery, aid organizations and governments. And they want to build even bigger *zap* units that can *nuke* whole shiploads of cargo in one blast!

Mein got!

Not only does irradiation kill all insects and bacteria, it creates a wasteland – no life - no enzymes, no vitamins, all nutrients dead or dangerously distorted. Irradiation disrupts the chemical composition of everything in its path, including the consumer. If there's a fat, an oil (as there is in most foods) in the *nuked* item, a chemical reaction occurs producing forms which are toxic and mutagenic, cancer-forming, and which even damage our DNA.

This was proven in a study financed by the International Consultative Group on Food Irradiation (ICGFI).

But the ICGFI then ignored the same, their own findings, and proceeded to give the green light to irradiation usage!!

And guess what?

FSANZ have it on their future slate to irradiate, yes, all food oils and all imported nuts! No doubt that includes imported virgin, organic olive oils. See where the Oz *health* authorities are heading with all this – to the destruction of the health food scene, and health in general – to the empowerment of supermarkets, to satisfy their cronies in Big Biz, especially Big Pharma.

Even Europe has managed to call a halt to irradiation proceedings for further revue, but meanwhile the FSANZ and USFDA loonies reel drunkenly onwards.

CHOICE magazine and website (www.choice.com), platform for the Australian Consumers' Association, has taken a firm and clear lead in out-and-out condemnation of the horror of irradiation of foodstuffs. After FSANZ (which is also known as ANZFA) recommended that State, Federal and Territory ministers approve food irradiation of herbs, spices, oils and some nuts (this is already in 2001 mind you), CHOICE investigator Rebecca Smith wrote:

*“The ACA condemns the recommendation, which if successful, will allow domestic irradiation of herbs and spices at **three times the current international standard**. Consumers have been taken for a ride. Food irradiation has been put forward as an alternative to ethylene oxide, itself a potential cancer-causing agent, to ensure diseasefree herbs and spices. ANZFA was supposed to get rid of all ethylene oxide residues by the end of this month. But in yet another backdown after industry pressure, ANZFA has recommended that residues from the risky gas remain in food for another two years while in the same breath approving irradiation to do the same job. ANZFA has shown disregard for the current international standards, jumping ahead of serious international negotiations to determine the safety of irradiating foods at such high doses.”*

It's highly likely, in most Oz homes, 2007, that the supermarket cloves or black peppers, all your cooking herbs and spices, and the herb teas you are consuming have been irradiated. Yet there are no warnings on labels, no clue whatsoever, and no information available from Oz regulatory agencies.

And cloves, peppers, nuts, herbs and spices all contain the volatile oils that are highly susceptible to irradiation damage.

And because we've had **no say** in whether our foods can be *nuked* or not, how about a warning label?

“SEVERE CAUTION: IRRADIATED SPICES CONTAIN HARMFUL MUTAGENIC OILS. ANY HEALTH RISK AND EXPENSE INCURRED BY EATING THE CONTENTS IS BORNE BY YOUR CARING GOVERNMENT.”

Dream on.

A wide range of *heavy-duty* health problems have been recorded in animals fed irradiated foods, including premature death, stillbirths, mutations, fatal internal bleeding, organ damage, immune system dysfunction, cancer, genetic damage, stunted growth and nutritional deficiencies.

More biz for the medicos.

Our public health is managed by the same grey, faceless *goondas* who run the UNWHO, Codex and affiliated offices, and all the way down the line to the USFDA, ANZFA and the Oz TGA (Therapeutic Goods Agency).

Just follow the money and power trips, the *faecal* influences, and never the proffered morality, such as “we do it because we care about you”.

Irradiation has been happening in the USA for a few years, and is meeting enormous public opposition. Despite this, the *yanks* have recently removed the barrier that set the maximum level at which irradiation could be operated, so it's now *open slather*. Imagine what happens to a whole beef carcass, or a mango, when subjected to zillions of *rad's*, or, as they are more appropriately called these days, *grays*.

Grey days indeed.

Don't look for sense in all this, as these people and their goals (and now their products, ha ha) are perilously warped.

Nevertheless, millions of US citizens are refusing to purchase irradiated foods, and the growing stockpiles of these sterile surpluses are being criminally dumped on third world countries, in the guise of “humanitarian aid!”

The world needs irradiation like it needs democracy, er, um --- corporatocracy.

The only **possible** benefactors of this continuous warping and denuding of nutrients in our food are Big Grocery (longer shelf life), Big Medicine and Big Pharma (via increased and more complex illnesses), and our fellow *humans* who build, run and profit by these food-annihilation factories - Big Nuke.

Via the general populace's underlying **fear of death** (which by definition includes fear of germs, paedophiles, poofsters and terrorists); via the vested interests who adeptly feed, and feed upon those fears by way of their unhindered green light to publish terrorising media releases; and via the introduction of bizarre paranoid health laws, we create the ultimate **sterile society** – sort of like living in a large *infectious diseases* hospital ward, with the inmates becoming increasingly more **sterile**, in every sense of the word.

The human race cannot possibly survive in bacteriological *ex*-clusion zones.

(Check Oz websites www.foodirradiationinfo.org and www.choice.com.au for updates on irradiation. I wrote to Food Standards ANZ asking for a list of local and imported foods which have been irradiated, and received, as expected, no reply, not even an acknowledgement of enquiry.)

BACTERIA HYSTERIA

“Germ” is not a dirty word!

Helloooo!

We need bacteria!

In and around us, all types, good and bad, sort of like humanity needs all types of people. Micro-organisms are the basis of all life. They are our life partners. We actually consist of them.

The *good* ones obviously support us, but so do the so-called *bad* guys.

This is true of people too. The rogues unwittingly help us, by mirroring our criticisms of and reactions to them, silently informing not only the obvious, like who is working against us, but also, and pertinently, “*hey bro, it takes one to know one.*”

Then what to say about *bad* germs?

Like good and bad people, like red and white blood cells, like black and white, *bad* germs are **just doing their job** – breaking down already damaged tissue, testing and stimulating our alertness and our defences, and often during that creative microbiological reaction, even generating some fine body nutrients, some *home muscle* and perhaps, if we are aware, some *home truths*.

Like a good *enemy* should!

If we don't let the child touch the fire, or walk on the edge; if we mollycoddle kids they become *wusses*. If our own bacteria don't get the same sort of interaction, via their *peers and pitfalls* as it were, as we do, then their education has failed, they don't quite know what they're protecting, what their job is, and they *wimp out*. Or, even more dangerously, in such confused states they become *aggressive in their slothfulness* and attack healthy cells.

But hey, if we were to regard, and treat fellow humans in the same way that we harass bacteria, many of us too would become terrorists, serial killers or *slack turds* – nuh?

This unhealthy relationship with our microflora is further exacerbated by the actions of hordes of people now ignorantly indulging in anti-worming, anti-parasitic procedures, colonic cleansings, annihilating *zillions* of bacterial allies in the process, while treating only the effect.

Perhaps as a one-time cleanout is fine, but habitually, no.

So much carnage from *friendly fire*.

Friendly maybe, but foolish - and damaging, certainly.

Give our immune systems infections to handle, please!

The odd flu or virus, no problems.

Allow us to develop anti-bodies, *baba*.

There are numerous examples of children who had suffered untreated whooping cough in childhood, only to later boast the best lungs in the family.

This is typical of the body's intelligence.

In a recent interview, a well-known musician was asked why kids get so sick these days. His immediate answer was "well, they're not allowed to eat their own *poo* any more."

Spot on!

Only a non-medical person could explain it so profoundly.

An Australian by birth, I spent 15 continuous years in India.

During the first 2 years, I got all sorts of tummy bugs, plus dengue and typhoid fevers.

I even started a daily writing, "*The Diarrhoea Diaries*". A new environment for me, so naturally my system was going to meet new challenges.

Yet the body triumphed, after which I had 13 illness-free, medical drug-free years, in one of the "filthiest" (from our *sterile* hospital-ward-point of view, that is) countries on earth.

I saw this happen to many other long-term foreigners in Asia.

In encountering all sorts of new and testing bacteria, the natural intelligence of the body rose to the occasion, developing its own anti-bodies to counter any threat. Simply put, my immune system expanded its database, and strengthened.

My Bombay belly had evolved.

And it doesn't easily forget.

The world immune system is chronically **ill**. It is so heavily bombarded and yet pampered at the same time – severely **ill**-educated.

It needs more than help.

It needs a life.

When dealing with bacterial and viral worlds, it's **not an all-out war** to be constantly waged; that's **not** our relationship with that micro-universe.

God, we have 2 to 3 kgs. of living microorganisms in our digestive system alone.

We need them, they us. It's a love affair, an exchange, a conversation. We thrive when there's a healthy bacterial balance. Them too of course.

For example, only one of the dreaded *e coli* family of bacteria is a real rogue, the black sheep. There **are** friendly varieties of *e coli* that create elements essential for brain and muscle development. But even the rogue has a *raison d'être*, has his job to do in the overall harmony of things.

German-born biochemist, Dr. E. Pfeiffer, travelled to the US in the early 1950's to establish the country's first garbage-to-fertiliser conversion plant in Oakland, California. To convert the different categories of trash required more than 50 different carefully bred strains of bacteria.

Pfeiffer had a true love affair with his microorganisms.

He cutely remarked: "The bacteria are temperamental and harder to manage than a flea circus. You can see the fleas, but can you imagine telling one microbe from another?"

His Oakland plant became enormously successful, and produced some of the finest fertiliser ever seen. And in the sheer volume he amassed from just one city dump, he proved that there is absolutely no need for artificial, chemical fertilisers.

(Pfeiffer's great story "The City with Golden Garbage is at "http://www.rotheraine.com/golden_grabage.html).

Dr. Selvetti, an Italian allergy specialist, commented that "the rapid rise in numbers of people suffering from allergy and auto-immune diseases over the last 50 years, especially in the 20 to 40 age group, parallels the almost irreparable loss of microorganisms from our increasingly sterile societies."

We are all interconnected - germs, *warts 'n all*. Exclusion is not only stupid, it's impossible.

And if it ever does come down to an all-out war, as it appears to be, the germs will win.

They'll **never pull out**, GW, like your dad **should have**, with your mum.

In understanding this unique relationship 'tween humans and microorganisms, Dr. Selvetti chose to investigate allergies from a different perspective.

He successfully treated an MS (multiple sclerosis) patient by injecting her with a TB (tuberculosis) vaccine, which contains a microbe similar to the MS variety, and which stimulated the woman's immune system in such a way as to significantly counter the MS.

Like any good fighter, **germs need sparring partners**. Training.

Selvetti's MS patient was an excellent test case. She had taken anti-biotics for 15 years, every day, from age 6 to 21. She was seriously sterile, and her immune system was virtually dead.

Yet still it responded well to the challenge, which then produced *the goods*.

There are more doctors now publicly expressing this relationship between our increasingly mollicoddled, sterile living conditions and afflictions of an allergic or auto-immune nature. And many, like Dr. Selvetti, are successfully treating eczema, asthma, Chrome's and other diseases by administering appropriate bacteria to reeducate flummoxed immune systems.

This is a rare light in medical science – where it can truly shine.

I watched a television news report April/05, showing a *respected* British study - on the health of children who had attended pre-school and kindergarten. To their surprise, it revealed the kindy kids' were significantly less likely to develop leukaemia and other cancers than kids who did not attend. Why?

The conclusion of the specialist in charge was that because of natural exposure to other kids' germs, catching colds and infections, etc., the kindy kids' immune systems received exactly the education they needed to become both vigilant and efficient.

Eat shit kids! It's good fo' ya.

There are people who try to tell us that we are healthier today than we were 100 years ago. It's *bullshit*.

In the "Journal of Oncology Practice" vol.3/#2, March, 2007, it was reported: "*The number of Americans diagnosed with cancer will grow to 18.2 million by 2020, about 1 in 19 Americans. There may not be enough doctors to care for so many sick people..... the country can also expect to see increases in heart disease, diabetes and Alzheimer's disease.*" Oz will see the same patterns.

Flawed assumptions about improvement in quality of health are mainly based upon life-expectancy statistics. True, there were more deaths in childbirth in the past, and yes, people generally died slightly younger than they do today, but perhaps that was both a **more natural and humane scenario** when considering the perils of overpopulation and the high cost and distress of illness today.

There are increasingly more complex illnesses in all age groups today.

Infant kids are contracting diabetes and heart attacks! Babies who once died are now kept alive with sophisticated (expensive) drugs and hospital practices, and similar (also expensive) chemicals and procedures keep the elderly alive longer. It does **not** mean, because of this falsely calculated increase in life expectancy terms, that we are either healthier or experiencing greater **life quality** today than we were in the past.

We're not, *not by a long shot.*

Mathematics genius, Gregory Chaitin, author of "Meta Maths: The Quest for Omega" (Atlantic Books, London, 2005), gives this no-nonsense, non-sentimental view: "*And in my grand-mother's generation, in the old country (Argentina), women would have a dozen children, most of whom would die before puberty. So you were trying a dozen mixes of DNA sub-routines from both parents. (In the middle ages, babies weren't even named 'til they were 1 year old, since so many of them would die in the first year.) Now, instead of trying to keep women pregnant all the time, we depend on massive amounts of expensive medical care to keep alive one or two children, no matter how unhealthy they are.*

While such medical care is wonderful for the individual, the quality of the human gene pool inevitably deteriorates to match the quality of medical care that is available.

The more medical care there is, the sicker people become!

The massive amounts of medical care become part of the ecology, and people come to depend upon it to survive, 'til child-bearing, and for their children to survive, in turn."

Chaitin's comprehension of gene-pool degradation holds deep, dark significance.

I have, fortunately, a deep trust and appreciation in what **rings true** for me. That doesn't make it **the truth** for all, but it **is all**, for me.

It doesn't matter to me if something I read has, or has not, *pucca* citations, referrals to scientific papers, attestations to *acceptable* authors, authorities, etc.

The proof of the palaver is in the gut feeling.

How can one trust today's science when in every field of endeavour, the educations of the oft-quoted, so-called *experts* have become calculated, perverted and biased? Life decisions given from inside a world pervading conformity to an economic system designed to financially reward wimpish submission.

Approve Vioxx?

Sure, give me that gold pen.

I'll sign now.

Such people now do their thinking with their wallets.

Mainstream science is a whore.

Fuck the so-called experts!

True free thought and expression are rapidly becoming a lost art.

Take the following anonymous blog for example, which I joyously read and then highfived with the imaginary author.

Even this kind of gutsy open expression may soon be illegal, and punishable. It probably earned him *goon-watch* category anyway.

At first, "anonymous" spoke wisely about the politics of plastic, and then he went into this:

"Let's talk about the Women's Liberation Movement.

Mmm, what could that have been about? Equal rights, better pay for woman, better job opportunity, burning bras? Not really.

Completely funded by the Rockefeller's!

Why? Well firstly, the world bankers were only collecting taxes from half the population. Women were home raising families and caring for them in a loving and nourishing way that today is a thing of the past. Now they are out working, paying taxes, and dropping their offspring off at day-care, then pre-K, then kindergarten, and then school.

So Women, they have separated you from your children three to five to six years earlier than used to happen.

Why? So that indoctrination can start sooner.

Who is the child's new family? Figures of authority (not their parents).

Women's Lib was a diabolically genius plan to destroy the nuclear family and brainwash our children.

Now what happens when your children fuck with the system? Ritalin. Nice.

So, in essence I am not into doom and gloom. I am one of those kids whom, if I were in school today, they would recommend Ritalin for. I am the kind of person the system lives in fear of. I see thru the veil of "their" bullshit and work daily to wake people up, heal the Earth, and bring forth a new reality."

Bravo!

He or she is writing that in the US, but it's the same story all over.

New Oz labour laws and social security pressures, as well as peer coercion hanging over from the militant arm of women's lib, mean that a woman can no longer afford to stay at home with her kids, even if she wanted to. Economic forces have pushed her away from the natural, traditional habitat.

Oh yes, women's lib has delivered some critical changes, of that there is no denial, but when a pendulum swings so violently, so quickly, after millennia of conditioning, it has to, by natural law, return to **almost** the same, **opposite** point once again.

The said plight of children (and mothers) will demand its dues; major rebalancing is vital in this area, and others. It will come.

The more we abuse nature and the more we get out of balance with her, the more radical will be her censure, because in the ultimate sense, she will have her way, she will create balance; she will hold sway.

The more we abuse animals, insects, microorganisms, the environment, the gene pool, and each other with the vaccinations, immunisations, radiations, Roundups, unwise use of anti-biotics, and chemical medications to ward off disease, viruses and infections, the more strident those micro-*enemies* (Nature's *allies*) will become.

The more walls we build around us, the more powerful those viruses will become, and *will scale those pathetic battlements*, and given the current course of science and medicine, it's only *gonna* get worse.

There are already some unknown, mysterious and more frightening diseases, spawned and ready to pounce. That is a certainty, because it is a natural progression.

Big Chem, Big Oil, Big Pharma, Big Soap, Big Grocery, Big Medicine, Big Agriculture, Big Nuke, Big Biotech, Weeny Government and so on, along with our dumbed-down support, in an insatiable greed for control of wealth and resources, are together working towards the creation of a *final solution* for the planet.

It is via corruptible and spineless science, our own stupid, unscientific comprehensions of, and responses to disease, plus our own servile acceptance of manipulation by *mafioso* governments and drug cartels that we are creating even more disease, even more **lethal** diseases.

When I understood this, driving a cab in 1968, I began writing a book tentatively titled "*Disease is Beautiful*". I never got it finished, till now.

At the time, the concept upset many of my fares trapped inside the taxi, and yet it's still true today.

Forever true, however long that is.

Increasingly complex and untreatable disease is simply nature at work, reclaiming her space, her birthright, clearing her Earth of now unbearably high levels of diseased tissue, toxic elements and a rampant, unsustainable population. It's all perfectly natural.

Hence disease, despite appearances dear people, is quite *normal* in an environment where the tried, true and traditional sciences of nutrition, healing and pH awareness have been abandoned, but hey, this is *to be expected* in a civilisation in which the *most colossal of the cartel colossi get their bucks from illness and war.*

I will qualify this last paragraph by noting, from recent discoveries of my own and of others, that some diseases, pandemics, etc., are **not natural evolutions**. Some diseases are incubated in clandestine laboratories, the armament factories for germ warfare, and an unknown percentage of diseases we are experiencing are caused either by accidental leakage/escape of warfare bacteria and viruses, or by the contagious spread of the same germs after governments employ them, illegally, against their enemies, or, as is becoming weirdly clear these days - via conscious, pre-meditated acts of experimental or specific genocide against not only one's enemies, but against one's **own people**.

(See chapter "Scumbags in the Skies - Chemtrails" in this book's sequel "The Plot Sickens".)

BUT DO WE HAVE THE TIME?

Picking up the techniques of lacto-fermentation and related activities is a simple, thoroughly enjoyable and satisfying task. The doubtful quality, and quantity, in applying it to this modern world, is **time**, and **timing** – the essence.

The adoption of these age-old principles necessitates a major change in attitude and pace in the kitchen area, but it **is** still possible to continue a high-powered life and achieve excellent results. This would, however, require **great domestic organization and co-ordination**, because there will always be, as there was in great granny's day, lots of pots of various soaking foods, long-fermenting bread doughs and yoghurts demanding significant attention, **and the rest**.

I am meeting more and more people wanting, and succeeding at, this great change. Planetary economic fast-tracking being as it is, it's no surprise that fast foods and speedy irrelevant kitchens have evolved, parallel to the hectic lifestyles.

Fast kitchens are the norm, even in more enlightened households. It's a rare home, a

rare bird that hosts a genuine traditional kitchen.

It **may** be, as with current environmental and political pollution, that the point of no return has been passed, that the essential **slowness**, even on a minor scale, will prove impossible to drop into.

Economics will play the key role in any such eventuation.

Can *slooooo* be afforded?

It can, because the spin-offs are innumerable and priceless.

I know this.

I **should** know. In India, several years ago, in a fit of slapstick self-aggrandizement, and **confirmed** by the *wonderful wackos* around me, I proclaimed myself the *Pope of Couchpotatohood*, and issued a brochure advertising “*Stopshops*,” as opposed to “*Workshops*”, to focus on observing, reigning in the *busybody within*. Gratefully, nobody came, permitting me to pursue my extremely rare **horizontal** kundalini.

My official title was *Pope Bruce the Last*, and I’m a specialist in *slooooo*, a connoisseur of deceleration, an enthusiast for ease.

Life is a weekend.

***Slooooo* is crucial for the “X” factor in food to emerge - that mysterious ingredient that suffuses a meal via the cook’s love, skill, time and attention, and which causes a soft glow and hurrah in the diners.**

I’ve enjoyed taking bows for such magic-infused repasts.

Re the debilitating dilemma we face with intensifying life speed and correspondingly fast foods, it is fortunate that natural restraining factors combined with rare intelligences are always at work on **the raging beast**, and what better place for this headlong-rushing, oblivion-bent age to throw out some anchors than in the **kitchen?!**

A slower pace in the maternal space inevitably brings a slower, more nourishing, reflective and wholesome existence to all.

It *don’t* matter if we’re using the best, organic, biodynamic, home-grown ingredients, if the cook does not understand the essences of this yarn, if the kitchen work is speedy, the health of the ensuing meal is *not gonna* be anywhere near optimum.

In fact, it will be detrimental.

Most meals served up in today’s fast home kitchens will in fact be **more digestible and nourishing as leftovers**; eat it tomorrow that is, because there’s been so many extra hours of precious enzyme action on the food.

Don’t throw food out.

***Bubble and squeak* is actually more nutritious and less toxic than the original meal.**

Brilliant, hilarious!

The word “**fresh**” has been, and is continuously being, commercially and domestically over-hyped.

One sure way to compensate for the natural slowness of a kitchen regime based upon fermentation principles is this:

When you make a porridge, or a bean dish, or cooked spuds (potatoes), or bread, etc, always make **triple your normal servings**. Put the leftovers in a sealed bowl in the fridge, or in the freezer (in the case of bread). Not only are preparation times for future meals slashed, the food keeps on improving with age.

And your bills reduce.

Yet another surprise to emerge *from all this* is that my mum's food, back in the 50's and 60's, turns out to have been **not**, in fact, such a total disaster. We had, at least in the earlier years, excellent long-ferment bread and *real* milk as basics. Toast and a glass of milk were gods then, still are for me. The meat may have been always a bit charred, but it **was** chemical and hormone-free, and there **was** still valuable protein there, daily. The vegetables might have been seriously overcooked, hence vitamin-scarce, but at least the peeling, soaking and cooking **eliminated the anti-nutrient factor**.

And so, mother's culinary CV improves with time, and new scientific understandings. It is patently clear that as a 50's/60's kid, I had it much better than most kids of today. Unless the parents are very wise, today's children are in for dismal, even hellish health prospects, and I don't mean as they get older.

It's already here.

For over 3 years, I have been experimenting with fermentation of various nuts and seeds, fermented fruits as pastes, fermented veges and herbs in jars, making real yoghurt, and long-ferment breads and pastas.

And not using harsh vinegars. Whey as the medium.

Excellent results.

It's not **only** to make foods tox-free that we ferment them, as if that isn't reason **enough**, but it's **also** for the serious nutrient reward, conversion and invigoration that occurs, and the fun.

Proper preparation (enzymatic alteration) of all food needs time, a *sloooooo* kitchen of traditional charms and sensibilities.

Despite, even *because of* prevailing rat-race realities and suffocating, disenfranchising laws, lacto-fermentation (and its essential partner, the *sloooooo* kitchen) *will* experience a renaissance in the next decade.

In fact it has already begun, noted in the responses and interest of the people I meet and feed.

Fermentation is far too beneficent, too bountiful to be abandoned, and the same goes for *sloooooo*.

The bathwater gladly,

but these babies,

noooooooooooooooooo.....

TWO

WATER & SUNSHINE

Neglected, Low-cost Essentials

No biological health study is complete without discussing these two topics.

There are no greater friends to the human body than water (and oxygen), and not far behind in terms of priority, sunshine.

Yet we are prevented from knowing, fed deceptions and lies, about their importance
Why?

**Because the correct application of sun, oxygen and water will cure so many of our
ills, and cut deeply into the profits of those whose success depends upon the
success of disease.**

On top of all of that, most of the water we consume is chemically treated, with
chlorine, sodium fluoride and other agents.

Small wonder that we drink ridiculously low quantities of water.

The sunshine is polluted by ozone damage, yes true, but nowhere near the degree of
danger that accepted science is putting out, sponsored as they are by a multi-billion
dollar, sunscreen-bankrolled *feltby biznez bonanza*.

Create an unreal fear of sun = soaring product sales.

WATER

Water is the element we once inhabited as sea creatures; it is the medium from which we have evolved; we gestate in a water-filled sac, and our bodies are composed of 75% water.

There is one startling book on water, currently in print and readily available, which has inspired me so totally that I must give it priority here. I recommend that anyone truly seeking natural cures, and prevention, should have this book in their library. Much of what I write on water is based upon what is, in my experience, one of the most valuable health studies on the planet, not only for the clear understandings of how water works in the body and how adequate and proper hydration almost *magically* dissipates (cures) numerous (apparently chronic) diseases and pains, but also, and in keeping with the theme of “*Simply Seeking Sustenance*”, that proper use of *good* water is **one** of the crucial, simple, inexpensive ways to live healthily and happily without the need of drugs or the supplementation of vitamins and minerals, etc.

The absence, or low levels, of water in our bodies creates a multitude of symptoms, which vary according to the unique makeup and weaknesses of each individual, and the prolonged continuation of that dehydration leads to serious diseases. Water is undeniably the greatest illness-preventing and curing agent on the planet.

The water book I honour here is called “**Your Body’s Many Cries For Water,**” with the significant sub-title “**You Are Not Sick, You Are Thirsty! Don’t Treat Thirst With Medications!**” - lovingly compiled and written by US Doctor F. Batmanghelidj, of Iranian origin.

It is available, along with various, more specific “Water Cure” publications, through his website <http://www.watercure.com>, or is commonly found in health food and alternative bookstores. Buy it, read it several times, absorb it, and drink **scads more** water than has been your habit, especially first thing in the morning.

Dr. Batmanghelidj, in the first paragraph of the book’s preface, begins bravely with: *“One of the more obvious reasons why medicine has become so complicated and costly is the fact that research and production of pharmaceutical products – and eventually their patient evaluation – has become monumentally expensive. To boost the sale of regularly and heavily advertised products, not only do highly paid medical representatives present their sales pitch, but doctors are also enticed into promoting the drugs by the “perks” offered. Patients continue to use them because they are not cured. They are not **supposed** to be cured! They are only treated! This is the ideal way that commercialism in medicine can thrive. This is not the only shameful loose end in medicine.”*

And in the third paragraph: *“It has been discovered that the human body possesses a variety of sophisticated indicators of dehydration and thirst – many more than the one “dry mouth” indicator. Equally obvious, the greatest tragedy in medical history is the*

fact that medical professionals have not understood the human body's variety of calls for water. They have traditionally resorted to using chemicals and "procedures" to deal with chronic dehydration – a monumental mistake, but a blatant fact! - Medications are palliatives. They are not designed to cure the degenerative diseases of the human body ----- the hero is water."

"Your Body's Many Cries For Water" is described as "*a preventive and self-education manual for those who prefer to adhere to the logic of the natural and simple in medicine*" – and so it is, it truly is, remarkable – **and**, as the author proved via the many futile approaches and presentations of his scientific findings and understandings to American government health authorities and his own doctors' association, the AMA, this is clearly **not** something the *health moguls* would ever be interested in (unless, of course, it was to keep watch over Dr. Batmanghelidj and his *subversive* activities). In 1992, he was invited, then granted an entry permit, to his native Iran - to present his *water genius* to the Tehran University, as well as on public television there. This met with great acclaim and follow-up success in exposing and exploring his findings.

How many pharmaceutical companies and doctors are going to be promoting the great relief from, even the cure of, huge money-spinning ailments like asthma, diabetes, arthritis, angina, MS, dyspepsia, headaches and migraines, even cancer and so on, simply by prescribing water (balanced by adequate and whole-form salt intake)?!?

Neither do naturopaths, who may even read Batmanghelidj's books, seriously take the info onboard, because they too want to retain some complex mystique about their work, some exclusivity that has a price. What about the expensive consultations and supplement sales they'd miss out on?
Just water? Piffle! They will all say.

Dr. Batmanghelidj goes into brilliant and easy-to-comprehend technicalities of why and how much water the body needs daily, and how the body sends signals to the brain when hydration is low. One of the most important (obvious) signals is **pain**, but this is when things are actually getting critical. **Before** pain arises there have been other indications that water is needed, like a **dry mouth**. But **even before** the dry mouth, there have been more subtle warnings of dehydration. In fact, **even with a moist mouth**, the early stages of dehydration may still be decidedly present.

We have lost the feel for water; hence we miss the early warning signals. Our relationship with water needs quite dramatic re-acquainting and nurturing, and the only way of doing that is to drink *heaps* of h₂o, and to observe.

About asthma, the author states: "*The lack of sufficient water in the body causes constriction of the bronchioles in the lungs. Water and salt are asthma's ideal medications.*"

His findings are so simple, yet so revolutionary: *“The new scientific truth and level of thinking about the human body that will empower people to become practitioners of preventive medicine for themselves is as follows: It is the solvent – the water content – that regulates all functions of the body, including the activity of all the solutes (the solids) that are dissolved in it. The disturbances in water metabolism of the body (the solvent metabolism) produce a variety of signals indicating a “system” disturbance in the particular functions associated with water supply and its rationed regulation.”*
“Scientific research shows that water has many other properties besides being a solvent and means of transport. Not having paid attention to the other properties of water in the regulation of different functions of the body has produced the pitiful conditions that are infrastructure to our so-called, science-based modern medicine.”

“Your Body’s Many Cries For Water” is loaded with the author’s excellent scientific grasp of how water works in the body, complete with simple explanatory diagrams and sketches. There are numerous outstanding testimonials, letters from grateful people attesting to the accuracy of the author’s work, and to how, in no small manner, the water cure worked brilliantly for them, several of whom are also doctors.

Any type of pain – all varieties of headaches, from minor to migraine, arthritic and joint pain, acidic or other digestive discomfort, dizziness, hangover, morning sickness, asthma pressure, angina, ***in fact any pain at all*** is an alarm bell that **dehydration has passed the *early warning* stage and reached dangerous levels.** At such times, the absolutely **optimum** action we can take for our body’s well being is to drink at least 2/3 large glasses of good, filtered, mineral-rich water, along with a heavy *pinch* of a good quality sea salt (the Celtic variety is one of the best). In cases of severe stomach acidosis, drink 3/4 glasses. This not only removes pain, but also retrieves the fluid balance in the system. The absolutely **worst** thing we can do at these critical times, which is unfortunately the major and common response to such warnings, is to take some form of aspirin, antacid or painkiller, or to take tea, coffee or alcohol. Also, fruit juices are too concentrated to be drunk neat, and are best consumed well diluted. The aspirin or antacid remove, temporarily, the true body signals of needing simple water replenishment, whilst tea, coffee and alcohol, all being diuretic in nature, dehydrate the body even further, despite some temporary respite from the headache.

We’ve got it all *arse-about*, assisted by an ignorant medical profession and a parasitic pharmaceutical industry, neither of which are educated in these basic truths, nor have any interest in being so.

During my early years in India, I made several visits to doctors, both allopathic and ayurvedic, and no matter what the reason for the consultation, no matter what the ailment, one of their first questions was **always** “How much water are you drinking?” And inevitably, according to them, and as I soon found out by practise to be true, I was never drinking enough. Not only did they urge more water intake, they even

insisted that each day I take the milky water from a fresh coconut, for its natural antibiotic and digestive qualities.

All excellent advice.

Indians, even their medical professionals, understand the need for water very deeply. India is a hot, dry country, much like Australia, and they have, unlike Oz, thousands of years of experience, science, tradition and respect around water and the complex effects of dehydration.

Water is a uniting factor in India. It strips bare the class differences. The lowest caste person can always ask the highest caste for a drink of water, and vice-versa, and it will always be given, without objection or airs. The stainless steel jug of water is the first item on every home or restaurant table. Water consumption is heartily encouraged. Not so in Australia and the USA. And we are in **serious** need of it.

The colonial **European** beginnings of both Oz and USA have meant that we unconsciously follow hydration patterns that are more suited to cold, damp climates, where the water requirements are less pronounced. Hence, this country does not have the culture of water appreciation, except by the farmers, and then only for the soil. It's almost an alien thing here.

Instead, we have the fatal custom of bypassing water for numerous beverages, such as coffee, tea, soft drinks, diet colas, concentrated fruit juices, beer and other alcohol. We even **unconsciously count** these mostly dehydrating, diuretic beverages, towards our daily *water* intake. But pure and simple water, we take dangerously infrequently. **In this climate, we should be consuming 2>3 litres daily, and that's just water. Don't include all your other drinks in the daily count.**

Even **most herb teas** are diuretic in nature, emptying the kidneys of fluids. And the more teas, coffee, soft drinks and alcohol we take, the more water is required, even more than the standard 2>3 litres.

Marijuana and chemical substances such as medical drugs, ice, cocaine, ecstasy, LSD, etc. are heavy dehydrators of the body. Severe dehydration kills, as has occurred via the use of the drug, ecstasy.

Because of several deaths on the dance floors, European ecstasy clubs now demand their patrons drink copious amounts of water.

But it's not only ecstasy-induced dehydration that kills, so also does normal, everyday, albeit anonymous, unfamiliar dehydration. Normal life dries us out too, creating many chronic conditions in its arid wake – conditions that are firstly misdiagnosed, secondly treated with ineffectual drugs, and thirdly severely complicated by the drugs' side-effects.

Meanwhile, the initial cause of the ailment, dehydration, remains!

How dumb is that!?

Water intake in this country is so low as to earn dehydration *state of emergency rating!* Look at the enormous numbers of people with dried-out, crinkly pruneskins, which they blame on the sun.

Water, and not oil, is the lubricant for the body.

It is an adequate, consistent, internal water supply that keeps the skin soft and young, that lubricates all the joints. There are people who plaster their bodies daily with wonderful, expensive oils in a *vain* attempt to stop their skin from aging and wrinkling, while at the same time neglecting to drink water, the **very element** needed for the external beauty they crave.

Foolishly treating the outside while the inside suffers.

Treating effect rather than cause.

Many people eat food when in fact they are getting a thirst signal.

Even the natural **hunger** signals have been distorted. We think it's a hunger pang when the stomach grates and groans as it empties. But this is the *pampered gut junkie* expecting its usual food refill at such times. It has a *bad habit* fuelled by the actions of its dumb owner.

A vacant grinding stomach simply signifies that the stomach has **finally been cleared of food**, the digestion of which is continuing in the intestines.

It's more a moan of *friggin'* relief!

It is not hunger!

It is, rather, an alarm bell for water – needed for replenishing bacterial and lining tone. At such times, give this empty, maybe even *acidic* belly the largest glass or two of the best water.

Break the belly's bad habit. Give it a new obsession – h₂O.

If we put more food in there at this time, it's a burden; the gut has been crying for a reprieve.

Real hunger lies beyond the junkie pangs, sometimes way beyond. Keep putting regular water in there, until you begin to experience a sweet weakness, not in the tummy, but all over the body. There may be an inner chilly edge also.

These are the symptoms of true hunger. Go there.

When you drink regular and adequate amounts of water, you naturally eat less.

One of the most remarkable people I met in India was a 70 year-old woman named Kusum. Earlier in her life, she had been a practitioner of the *severe* Iyengar yoga, after which she became apprenticed to an ayurvedic masseur master. Kusum eventually left her mentor and struck out on her own, taking the craft she had learned to an even higher and quite brilliant and unique application. For the past 30 years, she has massaged literally thousands of foreign visitors to India. I enjoyed perhaps 200 of her transforming sessions.

Ayurvedic masseurs apply deep release work and brilliant stretching manoeuvres.

They even walk on you, all marvellous stuff for a *couch potato*, because it's the equivalent of somebody **doing yoga on you**.

More recently, after years of pleading from many of her rapt clients, Kusum has also taken to giving trainings and certificates in her unique ayurvedic massage method, to hundreds of people from all over the world.

Kusum is one of the strongest and fittest women I've ever encountered, and she avidly asserts that, apart from her vigorous physical work, the real key to her constant and robust health is her everyday ritual of drinking, first thing every morning, 2 whole

litres of water!

I practised this for several weeks and the results were truly amazing. Amongst many diverse positive effects, every little ache or pain disappeared.

But more important was the opportunity I got to closely observe the diverse consequences of regular and adequate body hydration, as compared to when I was *slack* – bestowing a *know-how* that has never dimmed in me.

It's a healthy and common practise in India for foreigners to tote a bottle of mineral water everywhere, and I have also continued to do that for the 4 years that I have been back in hot, dry Oz - a country where a good water habit is just as essential as in India, is certainly **not** commonplace, and where the population has been heavily conditioned to drink **everything but** water.

My water bottle is of blue glass. Plastic is difficult to avoid, I know, but when you are ready to get the junky lowdown on plastic water bottles, read the following pages:

<<http://healthy-recipesajnkvtfefw.blogspot.com/2007/01/are-plastic-food-and-beverage>>

(See also section on alkalised water in earlier chapter "Acidity, Alaklinity and Anarchy".)

Finally, I could not complete this chapter on water without reference to the most lovable drunk I have ever known – a good mate with whom I shared a house in the 80's. Two single dads we were, each with 2 young daughters – wild.

Often after going out to a party, it would be my *job* to pour him into his car around midnight, and then drive him home.

He was a huge bear of a guy, but very easy, rage-free, free-range, compliant.

I remember many times supporting him, roaring and laughing, up the back steps.

Without support, he would just fall and stay there. And yet, no matter how *pissed*, how rambling, how obliterated he was, he **always remembered** to grab the 2 litre jug of water that he **always prepared** before going out, *glug* down the lot, before passing out, fully clothed, shoes and all, across his bed!

No dehydration for this boy.

Next morning, regular as clockwork, he would arise, bright as a button, never a hangover, and go off to work in his highly placed position with the public service.

You're a legend, Symonds, old boy!

Truly, and quite literally, a *staggering* example of the immensely rejuvenating, balancing powers of our great but neglected ally, water – H₂O – Happy 2 Oblige.

SUNSHINE

The sun's rays have been deeply maligned in the last 20 years or so.

Skin cancers, melanomas were rarities even 60 years ago.

Now they are a plague, and the sun, via rips in the ozone layer, *cops the blame!*

In the Australian magazine "Health and Healing", Chris Wheeler writes,

“The dangers of sunlight may have been somewhat oversold and the root causes of skin cancer may lie in an area many of us have suspected – the Western junk food diet.”

I would remove the words “may” and “somewhat” from Chris’s text.

Cancers, no matter whether they develop inside or outside the body, cannot grow and destroy tissue and life unless the condition of that body’s blood, pH factor and immune system have already degenerated so far as to permit it. Period.

Furthermore, it is not a difficult matter to bolster the immune system, educate the entire internal *terrain* to the point where any sort of cancer (or Asian Bird Flu) is **not granted a footing**.

Don’t ask your doctor about preventive medicine or pH factors. Forget it. Oh yes, he is a *nice bloke* and may *mean well*, but we know where the road paved with *good intentions* leads, and he is just **not taught** these basics at university!

Nor is the medico intended to know this. He is taught only to continue *treating* (*entertaining* is a better word) the *effects* of illness, with useless and dangerous drugs and creams; temporary bandaids so that we become permanent patients - for the multi-various medical professions, and in the case of skin cancer dread, the cosmetic cartels that produce all manner of expensive sunscreens and after-sun products.

All *zillion* dollar industries.

All dependent upon illness, and **fear** of illness, to feed their outrageous profit habit.

As for the generous spin-off for the hat industry, well they were just lucky, and anyway, hats are cool.

When the diet is junk, so too are all body systems. It’s that simple.

When the essential nutrients are not being made available, not being absorbed into a body that is also coping with intensifying pollution, chemicals, drugs, lower quality agriculture and produce, stress, rising body acidity and so on, disease finds fertile ground. We wouldn’t need to be covering up our externals with sunblocks, glasses, hats and long sleeves to anywhere near the extent we do today if the **internal** seat of the crisis was being attended to in a progressive way.

Skin cancer is *not*, despite appearances, created on the surface of a body. No, its ascendancy is determined by the quality of the blood that nourishes that skin.

Sure, the sun may act as a trigger, but a healthy bloodstream carrying the right balance of anti-bodies and alkaline pH factor will resist any threat of cancer that the sun, or any other external source, may introduce.

And this can be totally arranged via the diet.

I’m not suggesting that one now go and lay in the sun all day. It’s **not** that simple.

Unless you have a deep understanding of your body’s condition, its strengths and weaknesses, it is unwise to over-expose to the sun anyway.

But remember that sunlight is absolutely crucial to the strength of the immune system.

Dr. Michael Holick, author of “The UV Advantage”, and who was sacked from his

professorship at Boston University's Dermatology Dept. for taking a public stand on the benefits of bare, sunscreen-free exposure to sunlight, states:

“a fully naked, unscreened sun-soak for 20 minutes each day will not cause harm and will give the body the essential element, vit. D”.

Vit. D, via its crucial link with vit. A, and its role in the assimilation of calcium, is fundamental in the prevention of cancer.

It is impossible to comprehend that Dr. Holick's sentiments were deemed seditious, unless of course, one factors in the corporate connection within the medical hierarchy. One of the chief dietary culprits implicated in the dramatic rise of **all** cancers, including melanomas, is the rampant usage of heat-derived (as opposed to cold-pressed) poly-unsaturated vegetable oils and trans-fatty acids - the warped omega-6 factor in fats.

This includes, **if heated**, the regular corn, peanut, safflower, canola, sunflower, even most olive and sesame oils, as well as *morbid margarine* and hydrogenated fats, all of which are **used throughout the entire food industry, and often proclaiming the false call, “low-fat”**. The same grain and olive oils in organic, virgin, cold-pressed mode are fine for consumption - but raw - in an **unheated** state only.

Raw omega-3 oils, such as in krill oil, and virgin, cold-pressed flax, hemp and walnut oils help prevent and heal cancers.

For cooking oils, use those that resist heat and rancidity the best – coconut oil, organic ghee and lard.

The Cancer Research journal states:

“Epidemiological, experimental and mechanistic data implicate omega-6 fats as stimulators, and long-chain omega-3 fats as inhibitors of development and progression of human cancers, including melanomas.”

Vested interests, along with their mates in the media and advertising agencies, devise deliberate and concerted campaigns around many health issues in order to whip up paranoia in the public.

In the case of skin cancer, it is fear about sunlight.

Just as whipped-up fear of terrorism is integral to the *world herd* meekly complying with new anti-terror laws, fear of the sun also sells a *whole lotta product!*

Check out the TV commercial recently run by the Oz Cancer Foundation using close-ups of people's eyes and faces to look like zombies suggestive of only the bleakest possible futures, from contracting melanomas. This is a dreadful, hard-line paranoia campaign, promoted by those who, for one, have no idea how to handle the ailment and secondly, who are merely puppets for those who **sell product!**

Another common TV government-sponsored commercial, which runs constantly as summer arrives, exhorts people to “cover up” - to wear hats, sunglasses, shirtsleeves, high factor sunscreens, and so on, then goes on to describe melanomas as **“killer body art”**.

This is an abhorrent ploy. Apart from the intention to create fear, it also pushes the lie that skin cancer is an external *thang*, which it *ain't*.

And it's sure as hell *gonna* goad thousands of people into the skin cancer clinics for their "early warning testing".

These are prime examples of the *dumbing down* process, the most dangerous epidemic of all, which I strive to highlight throughout this book.

In Jan./07, one Oz skin cancer clinic was *busted*, seemingly for performing hundreds of "unnecessary procedures" upon vulnerable clients - the innocent, ignorant people who fearfully respond to the omnipresent media mantra "*Catch cancer early, or else!*"

But the clinic in question (*dog* knows how many more are doing the same) will be allowed to continue operating, because the challenge **is not at all about bogus procedures, it's about money, it's about the false claims on Medicare!**

In an article by Dr. Joseph Mercola, "The Medicalization of Everyday Life", he writes:

"The biggest threat to the health of most Americans (and Ozzies too) is the health-care system itself. More and more people are being drawn into treatment as a result of an astonishing increase in diagnoses. This actually places these "patients" in greater danger than if they were left alone. everyday problems such as insomnia, sadness, or twitchy legs are now being diagnosed as sleep disorder, depression or restless leg syndrome. Especially troublesome is the medicalization of childhood, where trouble reading becomes dyslexia and unhappiness is deemed depression.....this epidemic of diagnoses has in turn led to an epidemic of treatments."

And, I might add, a massive increase in the sale of drugs.

Cancer, its continuation and entertainment, is one of the biggest industrial complexes on the planet.

The standard cancer ads make **no mention of the inner causes**. They make zero mention of pH factor, diet and nutrition, not one exhortation to avoid fast foods and highly cancerous agents such as trans-fatty acids. And the *public servants* who design/approve these ads are the same people responsible for public health and the regulation of the drug and cosmetic cartels. What chance the people?

The authorities haven't got a *fucking clue in hell!*

Or, if they do, they're not letting on.

And it really *don't* matter which is true, for either scenario is a deadly one.

Is it ironic or *just plain criminal* that a herbal tea seller has her harmless products confiscated for making ancient, proven **claims** about relaxation, etc., whilst Cancer Foundations can overtly promote fear and grotesque images of death to get desired (commercial) outcomes for the swelling coffers of their *patrons*?

Moreover, the *prevention* and care that are claimed for Big Cosmetic's protective products simply *ain't* true. The fact is that most sunscreens contain certain chemicals and aluminium, etc. which actually **cause and facilitate** the very ailments they are advertised to vanquish, plus they prevent the sun's valuable vitamin D from being absorbed.

The “*Mother Jones*” magazine, in its May ’98 issue, after observing the annual appeal of the Skin Cancer Foundation (SCF) to use sunscreens, commented:

“According to a survey of new research by epidemiologist Marianne Berwick of the Memorial Sloan-Kettering Cancer Institute in New York, there is no evidence that sunscreens offer any real protection against malignant melanoma, the most dangerous form of skin cancer,” Berwick said “It’s not safe to rely on sunscreen.” The SCF promptly refuted her findings in a press release, telling consumers “sunscreens should continue to be an integral part of a comprehensive program to prevent melanoma.” That’s what most people will likely hear from their dermatologists as well. What they won’t learn is that dermatologists get much of their information from the SCF, and that the SCF, in turn, is heavily supported by the sunscreen industry.”

(Read Mother Jones’ brilliant article at <http://www.motherjones.com/news/outfront/1998/05/wellbeing.html>).

Sitting on the SCF’s corporate council are scores of the sunscreen industry’s key players, such as Johnson & Johnson, Pfizer and Proctor & Gamble. About this anomaly, US medical writer, Michael Castleman wrote, as far back as 1998:

“No wonder the foundation doesn’t give much credence to the growing number of studies showing that even so-called broad-spectrum sunscreens don’t prevent melanomas.”

No wonder at all, they’ve been *conning* us for years.

I’ve just learnt of the existence of a horrendous product being dispensed by doctors and dermatologists for the topical treatment of skin cancer.

Its trade name is **Aldara**, manufactured by 3M Pharmaceuticals in the USA.

Aldara contains the killer chemical ingredient, *imiquimod* (IQ).

A cancer treatment that causes cancer!

It has created absolute hell in the lives of sudden cascades of people all over the world. Despite being declared a carcinogen, even by the National Cancer Institute and other bodies; despite the conservative Mayo Clinic’s declaration that Aldara/IQ causes bone and brain problems in animals; despite 3M’s well-documented attempts to cover up IQ’s obvious and extreme hazards; despite the fact that people, simply by applying this cream on the skin, are dying and being severely maimed (quickly, sometimes overnight from a form of toxic shock); despite all this and scads of other irrefutable evidence, **3M continues to this day making millions selling it to the public**, of course culpably facilitated by their cronies within agencies like the FDA and the TGA. It’s truly a *sordid biznez*.

(See the full, incredible story “The Skin Cancer “Cure” that can Kill” at <http://www.doctorsaredangerous.com>)

OK, while it’s true that **prevention of any type of cancer** can only be arranged from the **inside**, via the health of *body and soul*, it begs the questions: Are there any worthwhile **external** treatments for those who have already developed melanomas? Is there any point in treating the visible manifestation, the wound that exposes the troubled state of the blood that feeds it?

Answers – yes, and yes.

But with this reproof – that one begin, in whatever way one can, to clear up the inner health - or it's just *gonna* re-occur.

Throughout this book, I strive to exemplify the incredible range of flora, in a salute to Nature's ultimate provision for any, and all emergencies, which is no mere accident, and which is no better illustrated than by one of the many plants she has allotted for treating skin cancer.

That plant is **radium weed** (*euphorbia peplus*). It is also known as petty spurge, cancer weed, and milkweed. Another common herb, chickweed, has similar properties.

Yes, just like it says, radium weed is a plant with the power of natural radiation!

Skin cancer sufferers go thru the hell of chemo and radiation therapy, with their horrendous side-effects, when there's a simple herb that can harmlessly perform so much of that toil, yet with excellent, scarless results and no *soddin'* side-effects!

Used correctly, radium weed causes sun spots, such as basal and squamous cell carcinomas (BCC and SCC), to simply drop off, to disappear. Again, yet another of great granny's everyday cures - long-forgotten, but never entirely lost.

Radium weed has been included in a wonderful cream formula called Cansema.

My father is currently using it on what-were-once-huge squamous cells on his legs.

They **are** disappearing, and fast, with no burn marks, nor ugly scars. It helps of course that he is **also** taking good care of the inner causes at the same time.

In Australia, for entirely unknown reasons (but we *do* know, by now, don't we), it is a crime to advertise Cansema cream, with the threat of 5 years' jail and heavy fines.

However, it may be purchased for use on animals. Incredible, but true. It seems that if you are an animal, you may legally remove melanomas with Cansema cream, while a human must acquiesce to a *legal* clinic and submit to his own private nightmare.

So if you know of **some monkey or cow** who has skin cancer, and who wants some Cansema, send him online to: www.bevanpotter.com, or he can read more at:

www.ann.com.au/herbs/Monographs/euphp.htm, or simply by *googling* "Cansema".

You will find dozens of testimonials.

In the USA, Dr. Bill Cham has perfected Curaderm cream for the same purpose, but his key ingredient is devil's apple (*solanum hermannii*). The reports on its efficacy are as glowing as those for Cansema. See: www.curaderm.net.

The American Indians use bloodroot (*sanguinaria canadensis*) with similar excellent results.

See: <http://2bnthewild.com/plants/H261.htm>.

In 2003, during their sort-of-annual crackdown on alternative medicine, the USFDA shut down a Louisiana company that sold a highly efficient bloodroot paste, and its owner was sent to prison, "highly efficient" being the key words in this case.

In other words, the ointment **worked**; it delivered people from cancers, and so upset the **true masters** of the FDA. Meanwhile, it is reported that other factories, which sell

bogus, ineffective bloodroot products, are permitted to continue operating, peddling their worthless ripoffs!

Compare the Aldara story with that of Cansema and bloodroot.

Aldara has **killed or permanently maimed perhaps thousands** of people, and is still **permitted** for use.

Cansema and bloodroot has harmlessly **saved thousands** of people for centuries and is **criminalized**.

Who are the actual **animals** in this story?

(Read a great story on the power of devil's apple over mesothelioma (asbestos disease), "The Little Mouse who wouldn't say Die" at: www.cosmosmagazine.com/node/471).

A note on **cosmetics** in general:

Some of the most common causes of hormonal imbalance in women and serious defects in new-born babes are to be found in 20% of everyday cosmetics, in the form of plasticising agents called phthalates, as well as various synthetic "fragrances" which cause allergic reactions.

Toothless regulating bodies do little testing in the cosmetic area, and permit outrageous loopholes in labelling laws that allow ruthless companies to list ingredients in totally deceptive ways. You'll probably never see the word "phthalates" on a label, and all that's required for describing dangerous artificial musks and other scents is the word "fragrances". Read labels carefully. If unsure, don't use it.

(See www.mercola.com/2007/mar/1/one-out-of-five-cosmetics-may-be-contaminated-with-cancer-causingimpurity.htm) and www.mercola.com/2003/sep/3/antiperspirants.htm)

Regarding the problem of the **ozone layer**, melanomas began to increase in numbers in the 1950's, **way before** there was an ozone problem, **yet exactly when the diets of the sun-lovers began to trash out**.

All through this story, you will find that it is no accident that the 1950's heralded marked increases in all types of illnesses. This is **not** to say that there **may now not** be an ozone problem, but instances of melanomas **today** continue to rise at 6>10% annually, **despite the fact** we all wear hats, cover up, and are slathering on more sunscreen than ever before!

Huh? You ask?

Well, it's just another commercial *rort*, silly.

Whilst the *good* omega-3 oils do fine interior work on cancer, if you cannot get hold of Cansema or Curaderm creams, the external healing work can be well accommodated by fermented vinegars, such as organic apple cider vinegar (containing the mother culture), properly fermented wine vinegars and most other fermented natural vinegars, all of which are brilliant topical prevention/treatment for all types of skin damage and cancers.

I personally have used a product called "*Molkosan*" for many years. I first read about it in the early seventies, in Swiss Dr. Vogel's definitive health book, "The Nature Doctor", where Vogel speaks about Molkosan's power to kill skin cancers. Taken internally it is also a marvelous liver cleanser. Molkosan is fermented whey

concentrate, made from splendid Swiss mountain milk. It carries the Biokosma label, and is available in health food stores.

It is vinegar-like also, and feels amazing on the skin. It dries up all sorts of skin lesions and other problems, and yet leaves all surfaces soft. A must for every Ozzie and Californian beach or medicine bag, but elsewhere too.

Fermented vinegars have been used in body and skin care for over 5,000 years. They will not damage skin nor remove natural oils. Another fine attribute of these alkalizing vinegars, when taken internally, is that they help to restore pH balance. Low blood pH factor, or acidity, is a major contributor to all forms of both external and internal cancers.

As a primary healer and conditioner, though not specifically for skin cancer, use fresh **aloe vera** pulp, straight from the plant, onto the face and scalp, into the mouth too. It's a sensual delight,

(See http://www.wildewoodnaturals.com/ingredient_dictionary.php for a defined list of natural skin care elements.)

Remember, skin cancers are not confined to sunny areas.

They occur in Iceland too!

It's about the body's internal terrain.

There can never be an external cancer without some form of internal imbalance!

Don't over-expose.

But don't be afraid of the sun.

It is our friend.

It has been demonised for massive financial gain via the escalation of suffocating fear, mistrust and paranoia that certain cliques within our ruling and industrial classes contrive, and would have us wallow in, exclusively for their own profit.

*“Little darlin’, it’s been a long, cold, lonely winter,
Little darlin’, it feels like years since it’s been here,
Here comes the sun,
Here comes the sun,
And I say,
It’s all right.”*

- The Beatles.

“LIKE THE POWERS OF PISS”

If water is the **silver shower** of disease prevention and painlessness, then the substance it eventually transforms into, via the body’s efficient renal filtration system is surely the **golden shower**. They are inseparable partners in this story.

The technical word for that fluid is *urine*, but I refuse to use such a designation here on the grounds that I find it offensively clinical, conjuring up all sorts of reeking images, the very last thing needed when attempting to convey to my beloved fellow human beings the enormous natural blessings, both misunderstood and neglected, within our *piss*.

Don’t tell me you’re offended now!

Look folks, we use the word every day to express a whole host of situations and emotions; like ridicule – “taking the piss”; anger – “I’m pissed off”; fear – “she pissed her pants”; futility – “pissing into the wind”; expulsion – “piss off, you prick”; quaff more grog – “suck more piss”; serial inebriation – “he’s pissed again”; buck’s night – “a piss-up”; overflowing joy – “he pissed himself laughing”; gutless – “weak as piss”; substandard – “piss-poor”; deception – “he’s pissing in *ya* pocket”; having a leak – “taking a piss”; rainin’ heavy – “it’s pissin’ down”; with voluminous velocity and intent – “like the powers of piss! ”.

(Apologies? No. Gratitude? Yes. To whom? To the late and great Osho, for triggering this paragraph, based as it is upon his notorious, hilarious discourse on the multi-dimensional uses for the word “fuck”, from “Book of the Books” # 14.)

Thus it **is** with earnest intent that I write here about the amazing medicinal properties of piss. If we can affectionately refer to beer, our favourite national beverage, as “piss”, and drinking it as “sucking piss,” then we can surely make the transition to sipping what is basically just another amber fluid.

Let’s call it pissopathy - the new healing spirit of an ancient truth.

With the correct usage of water and piss alone, there’s not one ailment that we cannot significantly prevent, positively alter, or even cure. They are the free and secretive healing agents that Big Pharma and their corporate partners in crime have not (yet) been able to patent or control, even though corporate ogre, Monsanto, **has** publicly expressed its intention to control the world’s water *asap*, and Big Chem have *got at us*

by fluoridating town water supplies.
But our piss? Difficult!

As this society's creepy, creeping globalism moves into the distress of greater and greater *bigbrotherhood* controls; as the Codex plan to slowly and stealthily remove our access to natural supplements, natural medicines and even organic foods makes daily inroads, water and piss will become increasingly central to our (very) private medicine chests.

This is a great thing, yes.

But it does seem daft that these essential, natural, brilliant and harmless fluids come to people's awareness, come into their own, get given real opportunities, **only in times of crises**, as *last resort* adjuncts to prevention and healing of illness, when chemical, often unsafe and damaging allopathic drugs are **first choice** substances. As I said earlier, we've got it all *arse-about-face*.

This is true of so many natural remedies and therapies - that they are tried literally *at the death*, so to speak, often in an attempt to cure not only the disease itself but also the complicated injuries caused by failed and harmful allopathic drugs and procedures.

Piss is not in this *last gasp* category. Along with herbs, it is among our *primary* medicines; and water is our primary fluid food, preventive agent and body lubricant.

Until just 100 years or so ago, when allopathy started to really take hold in the medical realms, no society on earth, nor any medical physician, had any problem with the usage of piss in myriad healing ways. The pharma/medico nexus know full well of *the powers of piss*. They are afraid of the potential of pissopathy to cruel and humiliate their enormous *sickness industry*, and so do everything within (and without) their substantive power and influence to ridicule it.

All Asian societies have been drinking their piss for thousands of years, and have highly advanced technical information about, and support for, their long and friendly relationship with the golden fluid.

The sooner we *westerners* get over our *yuck factor* about piss, stop believing the lies fed us by *legal physicianary* and begin to adapt to piss's healing ways, the better for the health of the human race.

Pissopathy is one more colossal trick we have *up the sleeve*, in the face of rampant medical and dietary manipulation. But don't wait for some cataclysmic event or terminal illness to propel you into utilising your piss.

Do it now! **Prevent** illness.

Amongst its manifold benefits, piss will impart robustness to immune systems.

If and when Codex does remove our access to supplements of choice, and all current indicators point to such a scenario arriving at some time, consider the staggering list of nutrients contained within your very own and very personal piss, personally designed by your own body, just for you:

Alanine, amylase, arginine, ascorbic acid (vit.C), allantoin, amino acids, bicarbonate, biotin, calcium, copper, creatinine, cystine, DHEA, dopamine, epinephrine, factor S, folic acid, gastric secretory depressant, glucose, glutamic acid, glycine, inositol, iodine, iron, LAP, LDH, lysine, magnesium, manganese, methionine, nitrogen, ornithine, pantothenic acid, phosphorus, potassium, proteins, riboflavin, tryptophan, tyrosine, urea, urokinase, vits. B6 and B12, zinc, and many hormones, enzymes, anti-bodies and trace minerals.

There are estimated to be thousands of compounds in all.

Moreover, these nutrients come in the finest possible form, in a fluid that is more sterile than water, and which, far from being some toxic waste matter, is antiseptic, antibacterial, antifungal, antiviral, antineoplastic (anti-cancer), anticonvulsive and antispasmodic. Ole.

The kidneys maintain a pure liquid pool of these nutrients at all times.

This is piss.

From this nourishing medicinal pond, the kidneys dispatch whatever element is required to all parts of the body.

Piss is not discarded effluent, as some would have you believe.

Quite the contrary!

As new water and fluids enter the body, the existing pool is passed out through the bladder, in an act of **displacement**, rather than being **discarded**.

Caution: Don't drink your piss when you are taking any sort of chemical drug, narcotic, antibiotic, or birth control pill.

Conventional medicine (well, *certain informed segments* of it) knows that piss is extremely efficacious in relation to the treatment of numerous diseases, yet chooses **not** to publicly explore it in its **whole form**, either experientially or scientifically, and along with Big Pharma have always been **the** major, and very active source of the denigration and rejection of piss. They use their *status*, media power and public *respect* to **condition** us against using piss - which just happens to be no less than an easily accessible, universal and personalised panacea.

In this era of bludgeoning economic factors, one doesn't need to be a *brain surgeon* to work out why they denigrate it.

Perversely, Big Pharma is already making millions of dollars by isolating elements from piss. As long as they can control the information, they will use it also.

Urokinase is one such element – an enzyme that has been identified as an efficient dissolver of blood clots, and an aid for preventing or assisting heart attack victims. There's a US company called Enzymes of America, who have designed a special filter to attach to the 10,000 portable men's urinals that their subsidiary, Porta-John's, rent out. Annually, they go about *silently* (Big Pharma *don't* wish to broadcast this kind of ingredient) collecting 14 million gallons of piss, which produces just 2 kilos of urokinase, yet enough to unclog 260,000 arteries, and create \$500 million turnover for pharmaceutical companies such as Sandoz, Merrell Dow and others.

Without doubt, chemicals that have been isolated from their *whole* source cause detrimental side effects in the body, and negative spin-offs from urokinase will prove

no exception.

Why does Big Medicine **not** simply inform us to take urokinase in its original form - in its harmless, holistic and natural state - to drink our piss?

I'll let you answer that.

Serious side effects **are**, however, now arising from the use of oestrogen employed in post-menopausal **hormone replacement therapy (HRT)**.

Much of this oestrogen is extracted from female horse piss.

And not only are thousands of women suffering from yet another isolation of a beneficial element from its original whole solution, the mares which *donate* their piss are housed, like battery chickens, in prison-like pens, hundreds in rows, constantly fed with fluids, pumped up with liquids, and suffer the final indignation of having their piss sucked out of them by a type of milking machine.

Aggh!

All this misery inflicted upon animals to make zillions of ugly bucks for Big Pharma, which then wreaks even more misery, and premature death, upon women – when all they needed to do was to inform the people to drink their pee and get those same hormones in the most beneficial *whole* way known to science and humanity. And to do it early in life, so that prevention is established, rather than the need for cure when one is older and more vulnerable.

But zis would be bad for ze biznez of Illness Inc. – no?

I have studied countless reports on pissopathy, both for and against - from the absolute, albeit boringly esoteric reverence in Hindu scriptures to horrified, yuk-ridden sceptics, and the clear emerging fact is that those writers who have genuinely *tried* imbibing their piss for a reasonable duration are inevitably convinced of both its harmlessness and its indisputable alterative gifts, whilst those who come out *against* piss have *never* committed to the true test of trying it.

Fucking wimps!

I **have** done the true test, in India, initially for 12 months, where I first discovered pissopathy, or what the Hindu religion calls Amaroli or Shivambu (the waters of Shiva). And again more recently in Australia - for 6 months, spasmodically. Now I simply use as and when it feels necessary.

Yes, I did gag at first taste, but I also identified the deep negative conditioning that western belief systems hold about this ancient practise. As I noticed the taste of my piss becoming sweeter, as my body also underwent obvious healing changes, as I witnessed zero negative reactions (except the expected and welcome initial healing responses to the introduction of such a radical new program), I soon became a friendly devotee.

It is harmless, and potent, yet banished from the natural pharmacopoeia of the human race.

My India *piss-up* began with drinking a half-glass, from the midstream of the wake-up

morning piss, always followed by a large glass of water, or two. The morning piss is the richest, as sleep and deep relaxation produce the maximum amounts of nutrients, especially enzymes and hormones. After a while, I would simply drink whatever amount felt comfortable, and this changed from day to day, from a large glass to just a sip, allowing my own responses to dictate quantity. Occasionally, for afternoon tea, I would also quaff a fresh *afternoon pee*.

What I noticed, after just one week, was that every little ache and pain was gone!

I had been diagnosed with diabetes a couple of years before, not chronic enough to require insulin, but I did experience the night sweats and occasional beginnings of low blood sugar coma states.

All this disappeared within that year *on the piss*, and has never returned.

Admittedly, I was also chewing fresh leaves of the magical Indian Neem tree, as well as using an exceptional ayurvedic preparation called "Nosulin," which contains guar gum and fenugreek, and other herbs.

However, I instinctively know that piss was crucial in this cure.

And hey folks, we **have** to trust our instincts these days. No laboratory will investigate piss openly and scientifically for us, so we have no alternative but to rely upon the *inner verities*.

My mouth and gums, which were vulnerable to inflammation, responded amazingly well to the action of piss, so much so that I would hold it in the mouth for a long time before swallowing. I used it on the hair and skin, with equally superb results.

Over those 12 *pissed* months, the experience was quite spectacular.

It is recommended that people with either low kidney function or excess stomach acidity take piss only in homeopathic doses (a few drops only, in water), as they may have difficulty processing the urea.

This can also be countered by letting the glass of piss stand for a few hours, which allows the urea to crystallise at the bottom.

My latest Oz experience with piss has been even more dramatic, as I returned to it at age 59.

In India, death came knocking from a severe bout of neuro-toxic poisoning, the result of consuming a large quantity of highly poisonous mushrooms that had sprung up in my vege garden, wrongly identified as *kosher* table fungi.

No, they weren't *magic*, just bad and mean, inducive of monsters. They tasted fabulous in a stew, but that night and the next few months were of unrelenting sleepless terror.

Hence, I incurred a mutilated nervous system, and still experience occasional associated nerve-related (as opposed to depression-based) anxiety attacks, associated insomnia and other *weird stuff*. Lucky I had had \experiences with *weird stuff*.

However, since the beginning of my fermented food phase some 3 years ago, everything slowly but surely repairs – using no drugs, and only an occasional natural supplement. There were some new ailments to work with, but again pissopathy proved to be a powerful healing agent. I never doubted that it would not be so.

But quicker the second time - within just 3 days of starting, all of the considerable, new aches and pains vanished. A staircase in my then home, which had required a rather

laborious and painful ascension, suddenly became a joyful point of exercise, as I literally bounded up and down.

Even more swift was the clearance of a restricted urethra (old surgery hangover) and a somewhat sluggish bladder. After just 2 morning quaffs, my own piss flow was at full strength again; indeed a great relief – “like the powers of piss”.

I had also been diagnosed as having macular degeneration of the eyes. There was considerable discomfort as well as pain and strain. For over three months, I placed piss drops directly into the eyes each morning.

(Take the “M” out of Murine, the oldest eye drops in the market, and whaddya get? Urine, piss, from which Murine is made.)

The eye pain and strain have gone, despite my constant use of the computer, an activity that was becoming almost unbearable before I started the treatment. Again, as had happened in India, the mouth and gums magically healed, and a general sense of wellbeing pervades. Drops directly into the nose, head back, give stunning relief and clearance to the sinuses.

Prost!

Polmos Zubrówka is a famous pale greenish vodka from Poland, its strong distinctive odour reminiscent of almonds, but its excellent taste and healing properties are augmented by an unusual ingredient – a blade of grass from wild forest pastures roamed and pissed upon by a protected species of bison, the piss aspect being recognized as crucial to the vodka’s magic.

Butterflies seek not only nectar from the plants they flit to and fro, but also they crave any animal (or human) piss they can find, as it is crucial to their fleeting survival. Reindeer love human piss too, in fact they lapp it up.

To the ignorant mockers and knockers of piss quaffing I can truly say “*try* piss before you squirm and condemn, or just *piss off* sweetheart!”

(If you wish to read more on Hindu appreciation, scientific understandings, or personal testimonials of the benefits of pissopathy, go to the following websites:

<http://www.hps-online.com/hurine3.htm?PHPSESSID=f790c7f92cc845c29cc3af28907fb6c9>

<http://www.hps-online.com/hurine1.htm>

<http://www.biomedx.com/urine>

<http://www.shirleys-wellness-café.com/urine.htm>).

MERE MORSELS

GRIME OF THE CENTURY?

Aspartame poisoning – Stevia bashing.

Whilst we are discussing liquids, it is vital to mention the **absolute nastiest** of the drinks we chronically consume in our futile, unconscious search for re-hydration and fitness – **diet sodas, diet colas and sports drinks** – Diet Pepsi, Diet Coke and powerup sports cocktails such as Gatorade, etc. The makers of these *diet* or *diabetic*, or so-called *rehydrating* beverages, claim such products to be *healthy* for the fitness and weight-conscious amongst us, for the chief reason that they don't contain sugar.

But the *stuff* used in place of sugar to sweeten these drinks, namely the *excitotoxin*, aspartame or aspartic acid, is a vile poison.

Aspartame poisoning mimics the symptoms of many disorders. There are enormous numbers of people suffering these side-effects, yet have no idea why drugs, supplements or herbs don't relieve the symptoms.

They are too numerous to record here, but go to

www.sweetpoison.com/aspartame-sideeffects.html for a comprehensive list.

That list includes eye blindness, plus many other eye and ear problems, many neurological illnesses, especially seizures, plus assorted psychological, psychiatric, gastrointestinal, metabolic, endocrinal, chest and skin ailments. In the US, sports jocks, the so-called fittest and healthiest people (well, the kind that suck on Gatorade, etc) are suddenly dropping dead; others are displaying all the symptoms of Multiple Sclerosis, Graves disease, Lupus, Alzheimer's, CFS, and so on, ad infinitum.

The brain though, gets special treatment, because whilst many of the other disorders are reversible if caught in time, damage to the brain becomes serious, irreversible.

There have even been cases of holes appearing in brain matter.

None of these aspartame-induced maladies will ever be exposed in the normal media. The companies that make and distribute the lethal ingredient aspartame are conscious and reprehensible killers.

And *wbaddya know*, Monsanto is again a major player in this tragedy!

Sugar is infinitely less dangerous than the hideous sweet alternative used in these drinks. It is now appearing in foods also. Aspartame is a common sugar substitute. It is one of the worst possible substances to take into the human body. And worse still, it's addictive.

My own dear mum, a hale 84, recently underwent surgery. Her doctor prescribed her a daily Gatorade to assist with her post-op energy re-powering. After a very short time, her hair started to fall out; whole clumps would drop if she ran her hand thru it. My dad, also a hale and sharp 84, and fired by the considerable information exchange we share, diagnosed the ailment as Gatorade-related. Sure enough, when we studied the symptoms of aspartame poisoning, sudden hair loss is extremely common.

But when we tried to tell mum, we witnessed first-hand the aspartame addiction, which had kicked in, **hard**.

Taking Gatorade off her was like taking a Barbie Doll from a young girl. She initially bucked, but eventually relented. Even 84 year-old women don't want to be seen bald at the mall.

Her hair almost immediately stopped falling out. If we had not have been so alert, it would have been a case much worse than vanishing hair – more like disappearing mother.

The Brazilian tonic herb, *guarana*, would have done a far more exemplary regeneration job, with no side effects.

Aspartame is yet another *Trojan Horse* gifted to mankind by none other than the GMO monsters themselves, Monsanto Corporation. I have been amazed, during my 3 years of research, at how many times the names Monsanto and Rumsfeld are implicated in yet another *dirty deed*.

So much so that I believe these two words “monsanto” and “rumsfeld” have earned the right to be included in the English dictionary to describe circumstances, behaviour or individuals so vile that the existing range of available expletives cannot possibly do justice.

As an ingredient in Nutrasweet or Equal, aspartame was developed by Searles drug company when none other than our *well-known humanitarian*, Donald Rumsfeld, was its CEO.

It was an accidental discovery by a Searles' chemist who was purportedly working on chemical warfare substances. He tasted aspartame's intense sweetness and *got a flash*, which Rumsfeld jumped at marketing, and who later used his government influence to appoint his own FDA inspector. That FDA man then proceeded to grant a license for this disgusting and deadly sweetener to be used in all foods, even against the *strong objection* of fellow FDA inspectors.

I question this *strong objection* claim. If it were true, how can one fellow inspector ram thru such an approval? I suggest it was more a case of having to put on some sort of a recorded show, to protect themselves from culpability, because they knew, with such an outrageously vile product, that there was *gonna* be public hell-to-pay one day.

(See the aspartame movie "Sweet Misery" from www.mercola.com).

Next, Monsanto went on to purchase Nutrasweet from Searles, and the villainous inspector quickly left the FDA for a highly paid, anonymous post in Searles.

Revoltin' shite, yet true, and might I add, common practise these days.

Moreover, the FDA, in displaying predictable partiality towards Monsanto and aggression towards herbal medicine, selected the harmless stimulant herb *ephedra* to be the *bunny*, to be the culprit to take the rap for the increasing number of court cases involving deaths by aspartame poisoning.

Ephedra is now banned, while aspartame continues to wreak havoc all over the world. And the despicable *ooze* from these companies flows on unabated via their influence in, and control of, the legislatures and courts.

What follows is a true story, testament to the extent to which corporate sleaze will go to protect its *soddin' arse*:

An apparently healthy (barring a well documented diet cola addiction), young American woman suddenly and inexplicably dropped dead. Her grieving, incredulous mother was an influential TV current affairs anchor – intelligent too – for she tracked down the only possible cause for her daughter's demise – **death by diet cola!** – or, more specifically, death by severe aspartame toxicity.

The mother then presented the findings of a very thorough investigation on her television program, exposing the full story, which obviously raised the bile of *persons in the industry*, because not long after, there was an attempt one night to drag her into a car. She escaped, and the experience only served to confirm her accusations, and charge up her cause even more.

So, again she used her show to detail the entire botched kidnap episode, again heavily hatchetting aspartame and its pushers.

She wasn't *gonna* stop.

So someone stopped her.

Her husband came home one evening to find her shot dead on the kitchen floor.

And what's the drink of choice for Rumsfeld's own troops in Iraq? What's the beverage that he's feeding and slowly *killing his own forces* with?

You betcha sweet bippy! What else but the *toxic crud* that he himself criminally developed - diet colas, laced with aspartame!

In the Iraqi heat, the aspartame/formaldehyde/methanol cocktail becomes an even more deadly, addictive brew.

Many researchers have now placed aspartame poisoning at the top of the pile of causes of war illnesses, alongside yet another giant, yet awakening *sleeper* - depleted uranium contamination – the indiscriminate use of which (**nay, its use at all!**) is yet another of Donald Rumsfeld's gathering harvest of *contributions to peace and goodwill*.

It seems that the US troops in Iraq rarely drink water. Crazy!

There's a joke that goes around there, which is actually true, that insurgents need only target and take out the diet cola dispensing machines on US bases, then wait for death by thirst.

They're dying from aspartame and depleted uranium anyway.

Aspartame is a ubiquitous planetary scourge, and is even present in the adult & kiddies' vitamin supplement, Centrum, and numerous kids' and diabetics' sweets and chewing gums. I can hear the Monsanto boardroom wolves howling, "*Get 'em young*".

In Australia, Monsanto registered aspartame for use in all foods under an alias, **Neotame**. Look for it on labels.

Aspartame (Neotame) breaks down into:

- 1) 40% aspartic acid - a neurotoxin that kills brain cells.
- 2) 50% phenylalanine, which reduces serotonin levels, causing depression.
- 3) 10% methanol - wood alcohol, which converts to both formaldehyde (**corpse embalming fluid**) and formic acid in the warm temperatures of the body.

Of the thousands of products with adverse reactions reported to the USFDA, 50% are concerning aspartame.

In this regard, have you heard a world-wide warning from our doctors or health bureaucracies? Of course not! Your government is **not** here to protect you!

They are here to facilitate the corporate sale of product, and a *big sell* aspartame is.

Our government regulating body, the ANZFA, after all the hell and outcry caused by this monstrous food additive, ran no tests on Neotame/Aspartame, and simply granted Monsanto a virtual "license to kill" Ozies based upon Monsanto's own, doctored lab reports!!!

Interesting, the meaning of the word "doctor" in that context.

These days, bureaucracies are interested only in preserving their jobs, position, salaries, spheres of influence, fame, and lifelong security via various perks - merely by helping to bestow obscene profits upon their cartel puppetmasters and *perksters*.

At the end of the 1990's, undoubtedly at the urging of Monsanto, the FDA *went after* the superb natural sweetener, the South American herb, Stevia (*stevia rebaudiana*) with such a venom that they actually banned it, and even books promoting it, in the USA.

In one raid, FDA agents, complete with guns and bullet-proof vests, actually burned the *evil* books on Stevia!!! Can you imagine these same zealots actually outworking their true job description and entering the premises of the real killers - Merck, Pfizer, Searles and co. - with the same swaggering intent to demolish their latest toxin-laden vaccine?

If one weren't a no-hoper, one could only hope.

Stevia has since been partially reprieved in the US, but with a very limited form of access, and is much more expensive, due to the imposition of fines and heavy approval

costs. **However, it is banned outright in Britain!!!** And aspartame is given carte-blanche green light.

It's like we are marooned in the desert. The oasis (the water tap) is always present, but when our precious hydration call beckons, we miss it and go after killer mirages created by advertising propaganda, and all made possible by bureaucratic treachery. True crimes, indeed, yet no less than our dreary dumbness is.

Avoid *diet* foods and sports drinks containing artificial sweeteners - like the plague. Don't drink these lethal poisons. Aspartame is in many foods now as well, and not only the *diet* types.

If you want a truly natural, lo-cal sweetener, use stevia.

Such is Nature's genius that in stevia's original Paraguayan folklore, the plant is even a cure for the sweet disease, diabetes!

Check labels for aspartic acid, aspartame, neotame, nutrasweet, equal, food additive 951, and artificial sweetener, but who knows how many aliases are used?

The ANZFA or the FDA are sure *not gonna* tell us.

(Read extensively about stevia herb at: <http://www.stevia.net>.)

For a comprehensive list of websites dedicated to exposing aspartame poisoning, plus a list of symptoms of poisonings, go to: <http://www.holisticmed.com/aspartame>. The best articles on the subject are at:

"The Aspartame/Nutrasweet Fiasco", by James S. Turner <http://www.stevia.net/aspartame.htm>

"The Lethality of Artificial Sweeteners" <http://www.sportstek.net/saccharin-diet.htm>

"Aspartame Neurotoxic" http://www.newmediaexplorer.org/sepp/2004/04/09/aspartame_neurotoxic_coca_cola

"Feds Attack on Ephedra (herb) a Cover for Aspartame Poisoning?" <http://www.rense.com/general36/aaak.htm>
Also <http://www.vegsource.com/davis/sweeteners.htm>).

SALT

Whenever water is discussed, in relation to diet, it is essential to involve salt also.

The fluid in which we gestate as an embryo in our mother is saline. The chemical and mineral composition of our blood and saliva are strikingly similar to sea water. Our kidneys thrive on the correct water/salt balance.

We absolutely need salt! But good salt.

Which in turn stimulates us to drink water.

Of the 84 elements found in seawater, 24 are essential for life.

Salt, like honey and milk, is another food for which "whole *do* mean wholesome" applies.

Whole unrefined sea salt is the best salt. Look for labels marked:

"100% organic", "hand-harvested", "contains no anti-caking agents", "full 84 minerals content", etc.

Celtic salt, true Himalayan salt are both excellent.

Supermarket-type table salts are denuded of all of their original trace elements, to leave only pure sodium chloride. What has been removed has been sold to other

lucrative mineral markets. The naked NaCl remaining is then beefed up with various noxious additives like inorganic iodine, and toxic aluminium salts to facilitate easyflow. These are the killer salts.

These are the salts that harden arteries - not the whole, unrefined sea salts.

(For more detail and some great articles on salt, go to:

http://www.saltoftheearth.com.au/salt_&_health.htm

<http://www.uncleharrys.com/infobase/product/minerals.php>

<http://www.shirleys-wellness-café.com/salt.htm>

OXYGEN

Oxygen is a great healer.

There is approximately 10% less available oxygen on the planet than there was 100 years ago, but that reaches 20% less in large industrial cities. The balance has been warped. This contributes enormously to the weakening of our immune systems.

Oxygen kills cancer cells, many viruses, fungi, yeast parasites and some tumours.

It boosts the immune system by improving both the quantity and tone quality of various blood cells. It is also a key component in creating an alkaline condition.

Take additional oxygen whenever and however you can.

Breathe deeply, often, every day.

An arrogant, vested interest, ill-educated medical profession has created disinformation and lies about the successful use of hydrogen peroxide (H₂O₂), bi-carbonate of soda (NaHCO₃) and Ozone (O₃) against all manner of illnesses.

However, the best oxygen-delivery mode I have found to date is in sodium chlorite solution (NaClO₂ - popularly known as MMS or liquid oxygen).

See full section on MMS later in this chapter.

(Read of these splendid oxygen healing modalities, and their proper usage, at the following websites:

<http://www.thewellnessinstitute.us/4.html>

http://www.garynull.com/Documents/Arthritis/Hydrogen_Peroxide_Therapy.htm

<http://www.cancertutor.com/Cancer/HydrogenPeroxide.html>

<http://www.h2o2-4u.com>).

MEAT & EGGS

Until the 1950's, animal meat, fish, poultry and eggs were largely organic. Before that time, chemical fertilisation of, and pesticide use on pastures was virtually non-existent. Animals were not given hazardous dips, hormones and anti-biotics, and were mostly treated humanely.

This is **not** the case today.

Nor is this an argument for vegetarianism. Organic meat is a fine food.

But read the brilliant article “You are what you eat – Animal Products”, by Paul Chek, and *gag* on the abominable state that large sections of the meat industry have fallen into. An excerpt:

“The (negative) hype about animal fats, particularly fats from red meat, has resulted from two primary problems. First of all, the grain industry has nicely capitalized on public ignorance by encouraging and funding research with the intent of proving that many meats are unhealthy, placing emphasis on saturated fats as the villain. Secondly, while they are victimizing red meats, they are making billions by selling grains to the commercial meat ranchers to feed cattle that are designed to eat grass. Grains make them (animals) FAT very quickly – just as they do to most of you!”
I would add: “**unfermented**” grains make cows, and us, fat.

Another putrid development in the USA is that all dead animals - cows, pigs, horses, chickens, dogs, coyotes, etc. - whether they died from natural causes, disease, road kill, euthanasia in animal shelters, whatever, they are all processed to become pelletised food, and **fed back to the mostly vegetarian commercial animals** in the dairy, poultry and meat industries. Not a drop of blood, no matter what condition that blood is in, is wasted. All sorts of distorted diseases are arising in the animals fed on this *vile crud*, and humans are then eating that meat.

This is a vitally sensitive area through which animal-only diseases, like Mad Cow and Bird Flu, may be given access to human mutations.

Today’s news reveals yet another *monsanto* barrage, this time with their cloned animal meat. Knowing that this would be a sensitive issue, Monsanto’s lobbyists were able to *arrange* the tabling of the law (enabling the *unlabelled and carte blanche* sale of cloned meat) during the rushed pre-Xmas session of congress, which is notorious for apathy, disinterest and lack of debate. Consequently, the law passed, and Monsanto gifts yet another monster to planet Earth.

What a *fucking rumsfeld!*

And again, SBS aired a Future Focus program titled “Patent for a Pig”, which reveals Monsanto’s ambitions to patent several naturally occurring pig genes that create fat.

If they succeed (and what uncorrupted court could issue such an absurd patent, truly?), German pig farmers, who have been breeding their hogs for generations, would have to pay a commission to the patent holders!!

How *monsantoed* is that??

Meanwhile, Monsanto’s GM corn and soy feed are rendering US pigs infertile.

As one blogger put it, “We know one place for sure where WMD’s are being created and deployed – Monsanto HQ”.

(A stomach for horror stories? See <http://www.organicconsumers.org/monlink.cfm>).

Even after the meat reaches the butcher, he then gets to do his *thang* also, applying nitrates and preservatives to red meat.

Why? One reason is purely cosmetic – nitrates to keep the red meat red! The second – one of the *usual suspects* - longer shelf-life.

Nitrates poison his own clients with what is basically saltpetre! From the reaction it causes in me, it must have neuro-toxic properties.

I have found that even organic butchers follow this regime. Check it.

When meat is allowed to naturally cure, in the open air, for a day or more, it turns brown as it slowly ferments from bacterial action. This is normal and healthy. But of course, in all food areas, we have it *arse-about-face*.

Also, that dreaded, deeply conditioned *yuk* factor comes into play once again.

It's true what my youngest brother often would blurt out, "*brown is beuuuuuuuuutiful*".

An **egg** is only as good as the chook *wot* laid it. And eggs are a fantastic food. Don't believe the *bullshit* circulating about eggs containing too much fat or cholesterol. They **probably do**, the eggs from *sick chooks*, ie., from battery hens, but from healthy free-range fowl, the yolk contains the correct balance of lecithin to emulsify and help convert fats and cholesterols into nutritional *goodies*.

Ensure that you eat organic, free-range meats and eggs. It's essential for our general health and for the strength of our immune systems, but also for keeping small, decentralized farming alive.

I recommend that anyone seeking the correct info on all aspects of meat, fish, poultry and eggs, go to Paul Chek's brilliant, if revolting, article at;

(<http://www.chekinstitute.com/articles.cfm?select=44>, and a great cartoon at <http://www.meatrix.com>).

M.S.G.

(*Ministry-Sanctioned Gluttony*)

Even if one has never been exposed to the pros and cons of the usage of MSG (monosodium glutamate) in human food, one only has to access the enormous amount of MSG-damning technical data, in the form of approximately 40 bona fide clinical tests, available on the US government website www.pubmed.com, some going as far back as 1978, to understand the pinnacle role that MSG plays in the current world plague of obesity, voracity (a way of saying "insatiable appetite" or "gluttony"), diabetes, hypothalamic disorders and related conditions.

One has simply to access the appropriate website pages of our *trusted* food and medicine regulators, our national *health* watchdogs, punch in "MSG", and read their pathetic, *Big Biz*-supportive drivel on the subject, to realize that these *health* ministries and their departments are seriously *screwed up*, seriously in the pockets of Big Grocery

and Big Pharma, as well as being life-damning to the *health* of the nations they are sworn to protect.

Add to that picture additives like aspartame, fluoride, and a thousand other toxic elements, all **permitted** by our *public servants*, and it's clear that we have a monstrous enemy, not just at our door, but deep inside our kitchens and our psyches. And, on the whole, we know nothing.

Dumb as dodos, and headed for the same extinction.

Corrupt bureaucracies, in the face of mountainous evidence to the contrary, permit the widespread usage of MSG in any and all food products in the marketplace. There are **no restrictions**; just lather it on as much as you like.

MSG is now added to baby food and infant formulas!

The Umami Factor in MSG

Umami (Japanese 旨味) is now recognized as one of the five basic tastes sensed by specialized receptor cells present on the human tongue. The same taste is also known as xiānwèi (traditional Chinese 鮮味) in Chinese cooking.

Umami is a Japanese word meaning “deliciousness”, or just plain “yummy”. When Japanese scientists discovered the existence of a “fifth taste”, located between sweet and savoury, **umami** is the title they gave it.

In 1908, the umami taste was first identified by Kikunae Ikeda of the Tokyo Imperial University while researching the strong flavour in seaweed broth. Ikeda isolated the amino acid, glutamic acid, as the chemical responsible for the delicious, hearty factor in food.

However, instead of exploring and developing umami in its natural forms, Ikeda synthesised glutamic acid as monosodium glutamate, or MSG, and with the help of the Ajinomoto company, Ikeda began commercial distribution of MSG products.

The action of the body's umami receptors explains why foods treated with MSG may often *appear* to taste "heartier". Because monosodium glutamate has no smell or specific texture of its own, its usage can be endlessly abused. Not on myself, because the neuro-toxic reactions are a dead giveaway. MSG's good storage properties also lends itself to the lifeless, *long-life* food culture thrust upon us.

Science is shown yet again to sell out humanity for commercial reasons.

MSG swindles our taste receptors. Why? The glutamate amino acid never naturally exists *alone* in nature (as in MSG powder isolate), but rather always within a supportive chain of 18-20 different amino acids!

Why do people eat so many potato and corn chips?

It is due to the bogus taste drug, the MSG used in the chip production. Its regular consumption ultimately leads to higher tolerance, so one needs more and more.

It has become the gluttony drug, and is a major cause of many diseases, especially obesity, and leads to a chronic dissatisfaction with the taste of normal, healthy food.

Happily though, we can enjoy this UMAMI sensation without the use of MSG.

During the food's processing, be it via cooking, fermentation or cheese-making, etc, specific reactions involving the natural glutamic acid magically creates the umami taste, which is commonly found in certain meats, seafoods, cheeses, broth, stock and other protein-heavy foods.

In as much as it describes the **flavour** common to savoury products such as meat, cheese and mushrooms, etc, umami is similar to Brillat-Savarin's concept of **osmazome**, an early attempt to describe the main flavouring component of meat as extracted in the process of making stock.

Naturally-occurring glutamate has a long history in cooking. It appears in foods such as soy sauce and fish sauce, asparagus, seaweed, katsuobush/dried bonito flakes, niboshi/small dried sardines, mackerel, tuna, cod, prawns, squid, oysters, shellfish, beef, pork, chicken, tomatoes, shiitake mushrooms, enokitake mushrooms, truffles, potatoes, sweet potatoes, Chinese cabbage, carrots, green tea, parmesan and blue-vein cheeses, anchovies and activated nuts and seeds. Kombu powder contains about 1% natural glutamate, bestowing umami upon the broths it traditionally enriches.

Synthesized MSG is today permitted, by our *vigilant health guardians*, to be labelled under a dozen different disguises, such as accent, ajinomoto, hydrolyzed vegetable protein (HVP), food additive 620-625, autolyzed yeast extract (yes, for real!), potassium glutamate, and sodium caseinate. It's even permitted to label MSG as just "broth", "natural flavorings", "natural meat tenderiser", "flavour enhancers", or merely "flavorings".

Why *don't* the labels simply say "monosodium glutamate"?

Good question.

That labels never state exactly what MSG is, that food manufacturers must employ aliases and disguises, is in itself testimony to the guilt of the MSG pushers.

Oh yes, they **do** know how vile MSG is.

One FDA worker, when asked how on Earth MSG could have been approved by his regulatory bureau, replied: "I have no idea, but I would never eat it".

Meanwhile, fast food outlets (Big Takeaway), restaurants, and many packaged food producers for Big Grocery stores simply load us up with this *shite!*

Worse still, MSG is highly addictive, causing consumers to go on unconscious, excessive binges, quick fix quests to find maximum MSG dosage in the foods they eat. Their taste buds have become junkies, so their *dealers* keep slapping more and more *drug* onto the food, in an attempt to outdo their competing MSG touts.

MSG is a documented **excitotoxin**, disastrous for kids, for nervous systems, and is possibly one of the key causes of autism, ADHD, heart attack, stroke, neurological

disorders, insomnia, type-2 diabetes, Alzheimer's disease, and more.

However, it is the obesity pandemic for which the increasingly chronic consumption of MSG is starkly to blame.

Rats don't naturally become obese, and the only way it can be achieved in laboratory tests is to inject the young with MSG.

Just watch a kid obsessed with a packet of potato chips, a Kentucky Fried *dead bird* or a Macdonalds' anything.

Why are childhood obesity and childhood diseases of all forms so rife?

Among the many guilty **man-made** perpetrators, the **MSG drug is the don of this crime.**

On the **vegetable** side, it's unfermented beans, wheat and grains that do serious damage.

Obesity blues.

The pages of USFDA and ANZFA websites avoid mentioning the danger issues of MSG **completely**, and parrot lies like "*MSG occurs abundantly in nature, so it must be safe*". This is their **only** pro-argument.

How pathetic, how venal, for a so-called science-based bureau to take this line!

They irrefutably **know** that MSG is merely the sodium form of L-glutamate. They **know** that L-glutamate is just **one of a score** of different amino acids. They **know** that amino acids **always naturally** occur in linked groups, often up to 18 of them together. They **know** that L-glutamate is **never naturally** found **alone**, and **particularly - never, never, never in a highly-processed, crystalline powdered, isolate form!**

Sort of like smack, coke, ice and meth.

So how come *the food fuzz* missed MSG?????

The only action that GW Bush is taking which is vaguely relevant to substances like MSG, aspartame, etc, is that he is now proposing a law which, in the event of a customer sustaining food poisoning (which is all-pervasive in the US nowadays), prevents the public from taking legal action against Big Grocery, Big Takeaway, or any of his other Big ol' buddies in Big Biz!

This is the very sort of law that Big Tobacco would have *killed for*, well, killed **more** for. OZ will follow with similar statutes, like the *bush lemmings* that we are, into the abyss.

Bush is also attempting to enact a law that will create an upper limit to the amounts of money for which plaintiffs can sue his mates at Big Pharma and Big Medicine – like \$5,000 per case is being touted. If passed, class action claims will no longer be viable for either individuals or lawyers.

The King of Torts must die, and Big Pharma grow even more obscene.

Toxins like MSG and aspartame virtually guarantee death, either slow and miserable *off their own bat* – or, in the case of pandemic viruses, by sufficiently damaging body tissue to facilitate a viral or cancerous foothold.

Avoid MSG – *like the plague*.

(Read more on MSG, including the brilliant article “the Slow Poisoning of America”, by John and Michelle Erb, at: <http://www.rense.com/general67/msg.htm>
<http://www.spofamerica.com>).



UNSUNG POTIONS AND PLUCK

My Funky Serenade

When we as a community are forced to endure a chemical, medical and pharmaceutical tyranny, as we do, it naturally follows that there are scores of excellent, efficacious, some absolutely brilliant, medicines, potions, practises, and dare I say it, **cures**, concealed from normal sight and access. And why the coverup?

Well, for one, the “cures” actually *do the job*; they work. And two, they are mostly **minerals and other elements that are relatively common, cheap and unpatentable, hence unsuited to Big Pharma’s practice of “legalized”, patented, secret, useless, harmful formulas for which they can charge absurd prices.**

I have attempted here to disclose the significance of some splendid treatments, all based upon my own, and others’, personal experiences; but also singing the praises of those medical **heroes** who champion these cures; heroic because they repeatedly encounter the *hell and high water* of heavy-handed, corrupt regulatory bureaus like the USFDA and the Australian TGA.

This chapter will introduce Dr. Jonathon Wright and his stellar work with lithium, plus Dr. Mark Sircus and his deep understanding of the importance of magnesium and nascent iodine, as well as the new and cutting-edge delivery modes of these same nutrients.

The first yarn, about MMS and its intrepid promoter, Jim Humble, is a *doozy*.

(MMS - not to be confused with DMSO (or its refined version MSM), which also achieve awesome results in their particular area of healing.)

MMS and Jim Humble

In late 2008, the government health regulators of both Australia and Canada announced that the sale and promotion of MMS will be *stamped out* forthwith!

My reply to that edict was “I **know** MMS is good, but wow, **that** good, huh!?!” Of course, vested interests’ attempts to stymie MMS come in the train of a current worldwide flurry of interest in, and successful deployment of MMS (Miracle Mineral Supplement - or Solution). An unfortunate misnomer. It’s no miracle; it simply works. Miracles dwell in the nebulous province of organized religion.

MMS is, quite plainly, a 28% solution of NaClO₂ - Sodium Chlorite, or as my ancient dad affectionately calls this exceptional new healer of his chronic, weeping cellulitis - his “hospital floor cleaner”. Which it is!

My own discovery of MMS began when I read a remarkable story, derived from the experiences of US geologist/chemist Jim Humble.

Over 20 years ago, Humble was sent to Africa to test potential mining sites. As he was leaving the US, a friend, figuring that it may come in handy at some stage as a water purifier, gave him a bottle of Liquid Oxygen (28% NaClO₂ solution). This would later become known as MMS. Humble became acutely aware of the enormity of the malaria problem wherever he travelled in South America and Africa. It was rampant.

However, some genuine eureka moments would start to occur.

Seeing hordes of ailing people drinking dirty water, he remembered the MMS in his luggage, and proceeded to treat water by adding drops of the stuff, insisting that the people drink, at least, cleaner, de-toxed H₂O.

Quite swiftly and suddenly, malaria symptoms began to vanish in some of those people, and having fortunately a scientific *bent*, Humble became very interested in the phenomena. He ordered increasingly more quantities of MMS from the US and began to administer drops directly to malaria sufferers as he travelled from village to village.

He was embarking upon what would become a large part of his life-work, his generous, healing spirit taking him to many different parts of Africa and South America. And everywhere he went, the same positive consequences upon malaria were apparent, yet with one sobering factor. He was also aware that the malaria disappeared in **some**, but **not all**, of the folk who drank his *purified* MMS water.

Then one day, another fortuitous event grabbed Jim’s attention.

One of the people he was treating added lemon juice to the MMS water, to improve the taste. 24 hours later, that person’s malaria was gone! Humble then experimented with the addition of lemon juice, giving it to many people, with the result that the successful treatment rate jumped into the high 90% area.

Outstanding! The earlier hit & miss factor had been eliminated. Just by adding lemon juice! *Howzat?*

Laboratory tests revealed to Humble that the citric acid (10% solution in water) in the lemon juice reacted with the Sodium Chlorite (NaClO_2) solution to form a gas called Chlorine Dioxide (ClO_2), which when swallowed, enters the bloodstream. One must wait 3 minutes for the reaction to be complete before adding water or juice.

The important, active part of this gas is the O_2 , the 2 oxygen molecules, which in ClO_2 are significantly more available and potent than those in NaClO_2 .

Liquid Oxygen (as NaClO_2) has been under-bubbling around the marketplace for years, never quite manifesting its true potential until Humble's *activation* breakthrough. Since lemons often proved scarce in Africa, Humble began to import citric acid powder to do the job of activation. The powder was converted to a 10% solution with water. Acetic acid (vinegar) and pure lemon juice (using the same number of drops as you would citric acid) will also effect the required reaction.

After ingestion of the activated MMS water or juice, the oxygen in the ClO_2 gas traverses the bloodstream for 2/3 hours, after which time it is spent. During this journey, Oxygen is enthusiastically attracted to, yet formidable enemy of, pathogens - be they bacterial/viral infections or diseases, fungi, yeasts, tumours, cancer, heavy metals or other pollutants.

So just how does oxygen sort out the "good" from the "bad" as it powers its positive, annihilating course thru the bloodstream?

At the heart of all serious infirmities you will inevitably find both general and localised acidic conditions.

Acidity is exacerbated by wrong diet, stress, alcohol, and both recreational and prescription drugs. When this massive oxygen dose meets a pathogen-laced, acidic environment, it does its *thing*, which is to extinguish all manner of acidity-related health problems in its path, swiftly and totally, and that includes all forms of cancer.

The human body's optimum operating condition is to be slightly alkaline; it is its birthright, and oxygen, given the opportunity, inherently demands a non-acidic terrain.

When the ClO_2 's oxidant action is exhausted, after 2/3 hours, all that remains in the body is a minute amount of a simple, harmless chlorine salt.

During the last decade or more, Jim Humble has dedicated his life to the free dispensing of MMS to villagers in both South Africa and South America. He has also written a book on his life with MMS, titled "Breakthrough", which is available in 2 parts online, part 1 for free, and part 2 for a nominal charge.

For that, go to: <http://www.miraclemineeral.org/>

He also explains how to make one's own solution of citric acid and sodium chlorite, which becomes absurdly cheap, and his chapter on Chlorine Dioxide and the blood chemistry is written in such a way that most people can understand.

I thoroughly recommend that one reads Humble's revelatory autobiography.

He has not profited from either the sale of MMS or his book, though he has manifested significant *brownie points* in a life of selfless service.

Any accruals simply go towards the purchase of more MMS supplies for Africans. It's a love job, and he has "cured" many thousands of cases of malaria and AIDS.

MMS has been spreading via an underground route since Humble started with it. It also has a rogue innocence and inexpensiveness that has been preserved over many years. So let's keep it like that.

As I read his book, all my conditioning about "eek, that's a chlorine-based chemical" and "it's not fucking natural" came a-haunting, but ultimately, the wave of enthusiasm was large enough to swamp any slavery to ideals.

Thank god! Get over it.

Whereas it was malaria, then AIDS, which first succumbed to the gentle onslaught of MMS, it is today proving to eradicate many, even most diseases. On Humble's website, the following diseases are listed as vulnerable to MMS: All infections and "itises", hepatitis A/B/C, colds, sore throats, flu, **bird flu!!**, herpes, TB, candida, pneumonia, asthma, emphysema, food poisoning, snake bite, and externally, on burns, sunburn, warts, skin cancers and all infectious skin disorders.

Humble has been able to publicise his amazing work via the web, and he has amassed a huge bag of testimonials from hordes of cured, relieved folk who praise MMS as a definitive and harmless treatment for virtually every physical ill.

Such a universal panacea can, and should replace the entire anti-biotic/vaccination arm of medicine, make chemotherapy redundant, and bankrupt the Cancer Industry.

Fat Chance Saloon, one might add, even with a new US president. Ha ha.

Such a simple, common substance is **un-patentable** by *Phat Phreddy and the Pharmawhores*, hence they cannot profit by packaging and selling it. Nor are they interested in dispensing **real** cures. But they **are** able to influence government TGA regulators, as we know, and that's the very mob now policing the dissemination and dispensing of MMS.

The use of the word *cure* is actually becoming illegal!!

In some African countries, where the Illness Industry got wind of Humble's activities, and where they had enough clout to influence leaders, which is virtually everywhere, he was asked to cease the work and *leave town* immediately. He has attracted the wrath of the USFDA regulators, so much so that he can no longer safely inhabit the US, choosing instead to live in Mexico close to a clinic promoting his work, and which even gives **intravenous** injections of MMS.

MMS is **that** safe!

MMS and Moi

My own initiation into the use of MMS was bizarrely opportune, and totally confirming what Jim Humble was saying. I had read his book, *Breakthrough*, and was impressed enough to *move my arse* and get some. Humble's words constitute the original diamond, as it were, full of the gems of his personal *eureka*. I find this aspect of understanding contributes the sort of enthusiasm, excitement, and in this case, science, which creates a large part of any healing.

I'm an unashamed, uninhibited fan of the **placebo** effect.

I was not ill in any identifiable way, but I was so inspired by Humble's book, despite his *nerd*some English and a preoccupation with complaining about the arseholes in his life, that I just had to experiment. At the same time, my friend and neighbour was equally excited, and she too began a course of MMS. This would prove invaluable later as we, along with others who jumped in also, compared experiences, observations and insights. Rather pertinently, because I was suffering severe salmonella poisoning due to some poorly cooked Xmas ham, my supply of MMS and citric acid arrived by post 2 days after Xmas, 2007. So I had a ready-made, vigorously painful stomach infection for the MMS to do its thing on.

Careful at first, I took 2 drops MMS, which had been mixed with 10 drops of citric acid. One then waits 3 minutes for the reaction to be complete (meaning the ClO₂ gas is active), then adds water or apple juice, then *skol*. I became aware for the next couple of hours that there was a real battle *going down* in the gut. It was a close contest, but by evening, the *bloody* beast was back with a vengeance. I upped the dose, to 4 drops + 20 citric, and the results were remarkable.

Within 2 hours, the salmonella was annihilated, and I felt fantastic, no side effects.

It was clear now that I would do a course of MMS, so I simply upped the dosage by 1 drop per day, until eventually, after 3 weeks or so, I took 3 x 14 drops in one day, and *the neighbour* did 3 x 16. This is around the optimum dose Humble suggests. I then ceased the course. For both myself and *the neighbour*, it had been an awesome de-tox experience.

When the oxygen in MMS slays pathogens, naturally enough there's a lot of *dead wood* floating around the bloodstream inviting the eliminatory organs – kidneys, liver, skin, colon – to dispose of the waste. This causes all kinds of sensations in the body, the most common being nausea.

It is simply part of the process, not to be misconstrued.

What crap went in has to come out, so to speak.

This nausea level is the chief barometer indicating exactly what dosage each individual can handle at any one time.

For myself, there was nausea with just 2 drops MMS, which I rode for a few days before the signs were clearer to increase dose. The nausea is totally manageable, and if it gets too rough, you simply cut back the dosage until you ride that comfortable edge of activity. What immediately occurred for me was frequent liquid-shitting, which I later saw as elimination of excess fluid. But there was never pain with the shitting, like diarrhoea might cause; no, it was very easy and normal. Not only that, when it was the turn of a normal turds to move through, no problems! Solid as. I found this quite amazing.

In fact, whilst physically intense and profound, the entire experience had an aura of *whatever's goin' down feels absolutely fine*, just as Jim Humble reported being normal behaviour amongst the people he assisted. Despite the fact that Humble gave African malaria patients the maximum dosage (15 drops MMS x 75 drops citric) in one hit, purely because he was only in a village for 1-2 days at a time, the majority of people sat around quietly taking it easy, reflecting the same theme – *all is well, whatever these strange reactions are feels positive and healing!* Like it did for me and *the neighbour*.

The other standout reaction for me was a highly elevated appetite, like it was fresh and new. Odd, because my appetite had been apparently ok. Even when I was nauseous and shitting liquid, my appetite was alive, and I ate well, throughout the course. This seemed bizarre, but others reported the same thing, along with new surges of energy. *The neighbour was fairly raging on the stuff.* But then again, she is partial to a rage.

And where I moved slowly upping the dosage, she quickly jumped thru to the higher levels. I also went to work throughout the course – with only scant discomfort at times. But one must expect discomfort, aches and pains, especially in known afflicted areas. That is quite normal with most radical healing regimes.

One develops a very personal relationship with MMS.

The reactions are so varied and unique, there can be no rules on dosage levels. I felt a lot going on in my head, to be expected, as this had been, 5 years earlier, the epicentre of severe symptoms via a brutal bout with neuro-toxic poisoning. When I asked *the neighbour* to describe her experience, her immediate reaction was this; “There was an instant rapport with the substance on a much subtler level which I trusted and followed”.

MMS tends to annul vitamin C in the body. Apart from Humble's recommendation to supplement vitamin C (and to take only when the MMS is inactive in the body), he suggests, incorrectly in my experience, that there is no need for any other supplementation during an MMS course. He says that the oxygen in ClO₂, because of its bias towards rooting out acidity-based pathogens, will annihilate only the "baddies", and will not touch the "goodies". I find this description too simplistic, as I will explain later.

Nevertheless, contrast the style of MMS with the cruelty of anti-biotics, which kills everything in its path, and you begin to get the sense of the power and precision of MMS.

Moreover, the use of anti-biotics often fosters greater resistance in certain strains of bacteria or virus, particularly if one does not complete a course. But with MMS, on the other hand, this factor is not a consideration. If, at any stage, you *wanna* have a break from MMS, it's fine, because whatever detox damage you've done to pathogens **remains done**. Pathogens can never develop resistance to the intimate surgery of oxygen as they do with anti-biotics.

MMS has become my pro-biotic, but much more, for most conditions, no matter what the diagnosis.

However, contrary to Humble's assertion, our group experience of MMS showed that **supplementation is indeed essential.**

I recommend the following be taken before, during and after an MMS course:

- 1) A top vitamin/mineral capsule, especially containing magnesium chloride. (Best consumed at times outside of the 2/3 hours that MMS is working in the body, as synthetic Vitamin C negates the effect. Hence, if you use fruit juice with the drops instead of water, ensure it's pure juice, not orange, and that there's no "Vit.C added" marked on the label.) I recommend **TresosB** capsules – but the original formula, containing lithium. Or for additional magnesium complex intake, use **Ultra Muscle-Eze** powder.
- 2) Spirulina/Barley Greens drink.
- 3) Pro-biotic supplements – Bio-Bubble drink (or Greenfield's Lemon/Ginger), or Kombucha.
- 4) Lotsa good yoghurt, but extra gut flora in the form of a massive acidophilous or a combined culture capsule. Recommend Arise & Shine's **Flora Grow**.
- 5) Lotsa water, alkaline water better.
- 6) Because the effect of MMS is highly oxidative, one must take good anti-oxidants daily, but again outside of the times that the MMS is working. Blueberries, other berries, cacao, etc, or take **astaxanthin** capsules, a high potency natural antioxidant made from pure microalgae. Astaxanthin has been shown to be 550 times stronger than

Vitamin E and 800 times stronger than CoQ10. It is also a powerful anti-inflammatory, is of great assistance in joint pain and also acts as an internal sunscreen. My own usage confirms this. (Google “astaxanthin” to find suppliers.)

7) A separate Vitamin C supplement is essential as MMS neutralizes C in the body. Best to use a vit. C complex powder, which is fortified with bio-flavonoids. Vitamin C is a water-soluble vitamin, hence leaves the system quickly, so you can take a C drink 1 hour before taking MMS, or at least 3 hours afterwards.

MMS should not be employed as long-term maintenance; it is the hitman; its forte is the quick, comprehensive deletion of pathogens.

Later in this chapter, I write about **Nascent Iodine**, and whilst it can do similar, stellar antibacterial work as MMS, nascent iodine is more gentle, suited to maintenance, strengthening and protection work.

Despite my great trust in MMS and love for Humble’s work, I have a further disagreement with him, as per the following.

German doctor of medicine, Dr. Ryke Geerd Hamer, has done some remarkable research. (See his website: <http://www.newmedicine.ca/overview.php>).

He asserts that our bodies create complex defence structures against disease, especially long-standing ailments, by utilizing not only the so-called “good” bacteria and other elements, but also the “baddies” as well. There are no real “baddies”, as such; it’s more the case that we, via dietary and other forms of ignorance, create conditions in which the “baddies”, in simply doing their job, are granted licence to proliferate, dominate and ultimately, harm. Dr. Hamer would claim that the use of MMS, whilst most definitely highly effective in destroying the “baddies”, is, via the same action, also acting to dismantle bodily immune systems which employ those “baddies” in the *brick and mortar*, as it were.

I believe this is a true deduction, but not nearly as critical as Hamer portrays.

I read Hamer’s work midway thru my MMS course, so I was a little miffed, but I persisted until it became obvious when to stop. My own health history included the diagnosis of late-onset diabetes, a condition, which since 1992 I have managed and cured naturally, never having had to take synthetic insulin.

Two days after I completed the MMS course, I became aware of the tangible presence of old diabetes symptoms, and of course Dr. Hamer’s contentions came rushing to mind. His work is spot-on. However, within 24 hours of trotting out all my old trusted, tried and tested diabetes cures, like the consumption of specific foods (fenugreek sprouts, salba, cinnamon fermented in honey, *lotsa* pumpkin, etc), and natural medicines such as Goat’s Rue extract, guar gum, etc - the symptoms quickly disappeared, and have never returned, now 6 months later. It would seem that the structural repair work was fast and comprehensive, because I responded **quickly and**

effectively to the call for fresh mortar. Because my own body-awareness is deeply refined, MMS holds no horrors for me.

But for the innocent or ignorant, there are cautions.

One needs to be aware of all potentials when treating oneself with MMS. Read as much as you can on MMS; get educated in MMS before using. Read all the negatives about MMS also. I did. And then take full responsibility for your choices. What I'm suggesting here is that unless one has an excellent knowledge of both body and health, or unless one has a well-informed advisor, don't take MMS.

Also, if one has *no* diagnosed, or even apparent, illness of any kind, MMS is not necessary. Likewise, if one is following a course of prescription drugs under a physician, don't take MMS at the same time. There needs to be clear terrain, clear understanding, a clear *go at it!*

If you are healthy, there's no reason to take MMS. But if you're not healthy, there's every reason to partake.

MMS and Others

Soon after I began the MMS course, my 87 year-old dad *got the bug* too. He had just ended one of his frequent, infernal hospital stays – to receive 3 weeks of massive intravenous antibiotic intake in order to thwart the infections which regularly dogged both his legs, due to long-standing and chronic, ruddy, weeping, ugly cellulitis. Growing also inside this mess **had been** several squamous cell sarcomas - cancerous lumps, a couple as big as golf balls. Plus swollen ankles and knees from fluid retention.

Now I say **had been**, because he had already successfully eliminated all the sarcomas with **cansema cream**, a herbal unguent containing *radium weed* and other goodies, and which is available “**for animals only**”, as per TGA dictates.

My dad, the monkey, was getting the proof of my recommendations, and so dived into MMS use with gusto. The reactions were fast and famous. Because of MMS's propensity to quickly relieve the body of excess fluid, his ankles immediately cleared and normalised. The weeping cellulitis ceased within 4 days; the legs dried out, and the redness subsided. He was able to go to bed without his special zinc-coated socks for the first time. And the scars from the sarcomas also began to heal up. His energy levels increased, and his overall impression of the experience was profound. For me too.

I phoned Dad each day as he started the MMS, and it was very cute, absolutely reinforcing, after just 2 days, then again on day 3 and 4, to hear him exclaim, with obvious relief; “I'm almost afraid to say that I think it's working.”

Years of suffering dissolved in a virtual instant.

MMS now has pride of place in his medicine chest, and he trots it out every now and then if there's a little regression or flareup.

Of course, his diet has also improved tremendously, and his knowledge of alkalinity and supplementation is highly developed.

Three acquaintances of mine, all within about 4 weeks of each other, had significant turnarounds in their diagnosed diseases by using MMS – 1 bloke with cutaneous T-cell lymphoma (cancer), another bloke with prostate cancer, and a woman with a golf ball-sized brain tumour. Bloke #1 had complete cure in about 10 days. Bloke #2 is having excellent results too. They were both amazed, as were their doctors.

The **woman** had been to Sydney to consult one of Oz's leading brain surgeons. She had heard of MMS in Byron, and when the Dr told her "operate or die", she bravely asked "have you heard of MMS?"

The *good doctor*, taken slightly aback, confessed; "some friends of mine have had remarkable cures with it, and I would venture to say that we may not have to cut if you take MMS" – all off the record of course, but a revealing, quite astounding admission.

Well, she returned home, ensconced herself alone in her house, surrounded by all the best supplements, and gave herself full permission to heal. Emerging 10 days later with tumour almost completely gone, she went back to Sydney, showed Dr, who confirmed its demise and said "no operation required, it's virtually dead and gone".

It has been a revelatory privilege to witness these **cures**. There, I said it!

MMS will cure virtually any disease, except perhaps genetic mutations and newly documented GM food-sourced monstrosities like Morgellon's Disease.

(See <http://www.globalresearch.ca/index.php?context=va&aid=8464>).

MMS and the Mouth

The neighbour has a young son who has detested toothpaste always, and getting him to clean his teeth was often traumatic. Hence his "baby" teeth are full of holes, and toothache/inflammation were common. However, after his mum's MMS experience, she was motivated to run with the possibility of the kid using **activated MMS water** (see how to make below), to do the job.

Oddly enough, he supported the initiative wholeheartedly, and after only a very short period of practice, it is apparent that his entire mouth has been the recipient of serious healing largesse.

The oxygen in MMS simply annihilates offending bacteria, so holes don't worsen, decay is thwarted, gums are clean and happy, pain has no basis. And the delightful bonus? His teeth are becoming whiter. That impressed his young mind. By the time his second teeth drop, he will have established the best possible mouth hygiene programme. Naturally upon seeing this, I too began the practice, confirming the same results. What's more, there is no better denture cleaner than MMS.

MMS and the Skin

Just as MMS kills all manner of internal bacterial, viral and fungal infections, it will do a similar job upon pathogens inhabiting *the derma*. *The neighbour* and her sister, and now I, are getting great results by simply splashing the activated MMS water on skin and scalp. No need to rinse off. The results are quite amazing.

Dags disappear. Infections and fungi die. Dead skin falls. Skin tone improves. It imparts a healthy glow.

MMS will cure skin cancer, on both the inside and outside of the body. Remember, a melanoma is not only external; the blood must also be treated. MMS will neutralize third degree burns, and take the pain out of sunburn in less than a minute.

MMS Procedure

Purchase dropper bottles of 28% Sodium Chlorite solution (MMS) and 10% citric acid solution. They are usually sold together in a pack. I cannot recommend any sites here, because they may get busted. *Google it baby*.

Don't take MMS on an empty stomach. You take MMS **after** meals. An hour or so after eating, prepare your dose. Some people report that it interferes with sleep if taken too late, others not at all. It's becomes a completely individualized regime.

If you're starting on the minimum dosage MMS, first put 5 drops citric acid into a glass, then the 1 drop of MMS, ensuring they mix well.

Note the time on your clock. Wait **3** minutes (**no less**, but $2/3$ minutes **overtime** is ok), for the ClO₂ gas to be active. Then simply $2/3$ -fill the glass with water, or apple juice with no added vitamin C, or a fresh pineapple juice. Yes, it does have a chlorine taste, and juices help disguise it, or better still, get over it.

OK, then simply skol, but it's always beneficial to swill it around the teeth and gums for a moment before swallowing.

For **activated MMS water**, as recommended above for mouth and external splashing, mix 2 drops MMS: 10 drops citric, wait 3 minutes, $2/3$ -fill glass with water. Swill, gargle and splash. No need to rinse it off.

There **is** a way of using the undiluted, activated MMS directly onto the skin, for treatment of warts and cancers, but it will burn and needs to be rinsed off with water after 5 seconds. If undiluted MMS accidentally contacts the skin, *no drama*, just rinse off immediately with water. For more info on usage of MMS neat, as well as intravenous usage, consult his pages and/or the people he works with at the Mexican clinic.

Don't make the mistake of seeing 15 drops 3 times a day as some sort of *holy grail* of MMS achievement.

You may reach that, especially if you have a serious disease, but even then, small doses, when it comes designed to fit your tolerance of, and reaction to MMS, is the perfect way. Don't make the mistake of taking MMS for long periods. Two to three weeks at any one time is best. Its role is the assassin. The body needs respite from the *shooting gallery* scenario. As I emphasize throughout this yarn, you will develop your own special link with MMS, and for each person that will be different.

MMS will save many lives, remove enormous suffering - cheaply, simply, totally.

It is recommended that MMS be given a special place in the healing kits of all people.

Nascent Iodine, Transdermal Magnesium & Dr. Mark Sircus

I love this man, his mind and his courage - Dr. Mark Sircus, a New Yorker who, like Jim Humble, feels safer living in Brazil than to face the tyranny of the American Medical Assn. and the FDA.

I and several other people have had broad and wonderful experiences in the use of two superlative mineral remedies - *Nascent Iodine*, which is a superior form of Iodine, and *Ancient Minerals*, a topical, spray-on magnesium derived from prehistoric seabeds excavated in Europe.

Both are ancient remedies, simple essential minerals in exquisite forms, discarded because 1) they work, and 2) they are un-patentable.

Nascent Iodine is totally different from the typical iodine in its denser state sold as an antiseptic, or as iodine tri-chloride (claiming to be atomized), or as added to potassium iodine to make it safer.

"Many physicians would be surprised to learn that more than a hundred years ago, iodine was called The Universal Medicine, and was used in several clinical conditions. Nobel Laureate Albert Szent Gyorgyi, the physician who discovered Vitamin C in 1928, remarked: 'When I was a medical student, iodine in the form of KI was the universal medicine. Nobody knew what it did, but it did something and did something good.'" Guy E. Abraham, M.D., author of The Universal Nutrient. "Medical textbooks contain several vital pieces of misinformation about the essential element Iodine, a factor which may have caused more human misery and death than both world wars combined." - Dr. Guy Abraham.

The following quote comes from the article "Iodine: Bring Back the Universal Nutrient Medicine", by Mark Sircus Ac., OMD: "The present situation we find ourselves in at the very beginning of the 21st century demands that we quickly reengineer medicine, not only mainstream allopathic but all the branches and alternatives. Consciousness is just forming around the conclusion that more than the majority of humans today are suffering from chronic poisoning. It is not just the fact that the tide of toxic chemicals

is rising and accumulating in our cells and blood streams, wrecking physiological, emotional and mental havoc, but there is also a sheer drop in the quality and quantity of key nutrients being consumed.

Iodine is a perfect example; in today's world the last thing you want to be short on is iodine. Iodine is detected in every organ and tissue in the body.

We might debate about the optimum dosage but we should find quick agreement that iodine is absolutely necessary for a healthy thyroid as well as healthy ovaries, breasts and prostate. Beside the greater risk for breast cancer in iodine-deficient women, there is convincing evidence that iodine deficiency increases also the risk of thyroid cancer. These are just a few of the reasons to become interested in iodine. In an age of increasing toxic exposures we all need more not less iodine because it has very specific protective effects against several common poisons like fluoride, bromide, and to a lesser extent it helps eliminate lead and mercury from the body. Dr. Sebastiano Venturi, in *Evolution of Dietary Antioxidants: Role of Iodine*, makes it clear that iodine is a crucial antioxidant and apoptosis-inductor with anti-tumoral and anti-atherosclerotic activity. When we supplement with iodine we will see increased antioxidant activity and immune system function.”

Transdermal Magnesium

Magnesium Chloride “Oil” (that ain’t oil).

Magnesium is nothing short of a miracle mineral in its healing effect on a wide range of diseases as well as in its ability to rejuvenate the aging body.

Magnesium chloride is one of the best kept secrets, not only in naturopathic medicine but in the world of allopathic medicine where it is used in emergency rooms to save lives. Magnesium chloride has a dramatic effect on cell life and is vastly safer to use than aspirin. Why is magnesium chloride so effective in so many medical situations? “Magnesium is necessary for the normal function of over 300 enzyme systems, for muscle relaxation, immune function, cardiac function, clotting, nerve conduction etc. Indeed I cannot think of a bodily department in which magnesium is not essential. It prevents heart disease, cancer, blood pressure, kidney stones and improves energy, sleep etc.” reports Dr. Sara Mayhill.

“Those who consumed the most magnesium had about a 31-percent reduced risk of developing metabolic syndromes. Metabolic syndrome is a collection of conditions, including high blood pressure, high triglycerides, lower levels of HDL, or good cholesterol, higher waist circumference, and higher than normal blood sugar. People with metabolic syndrome are at significant risk for heart disease and diabetes.”

Magnesium chloride is a versatile medicine we can all put in our medicine cabinets. It boosts almost all aspects of cell physiology and can be used orally, intravenously, and transdermally. Magnesium chloride treatments address systemic nutritional deficiencies, act to improve the function of our cells and immune system, and help protect cells from oxidative damage. It’s a systemic medicine as well as a local one

bringing new life and energy to the cells wherever it is applied topically. Minerals like magnesium help with everyday body processes, reduce risk of certain cancers, strengthen muscles and tissues, and help develop organs and tissues as well as keeping them from deteriorating.

The biggest benefit of topical/transdermal magnesium chloride administration is that the intestines are not adversely impacted by large doses of oral magnesium.

According to the Massachusetts Institute of Technology, studies show that as many as two thirds of all Americans do not consume enough magnesium.

Magnesium chloride is a potent substance that penetrates the cells with stunning result on cell biochemistry.

For the very purest magnesium oil we now have to turn to Europe. *Ancient Minerals* magnesium oil is an exceptionally pure source of magnesium chloride (MgCl₂). Magnesium oil is not actually an oil, just feels like one. It is a concentrated, aqueous solution containing high levels of magnesium and many trace minerals. Deep underground is a 250 million old sea of magnesium chloride brine that has never been touched by modern day pollution and there is enough of it down there to last humanity hundreds of years. It is so pure that I use it as a mouthwash and then swallow what is in my mouth for oral supplementation. It is ideal not only for oral intake but practically insures that skin reactions will be absent even at full strength. This is the magnesium chloride the IMVA recommends, along with an atomic state nascent iodine, for all skin cancers as well as breast cancer.

Magnesium stabilizes ATP , allowing DNA and RNA transcriptions and repairs.

There is a power and a force in magnesium that cannot be equalled anywhere else in the world of medicine. There is no substitute for magnesium in human physiology; nothing comes even close to it in terms of its effect on overall cell physiology. Without sufficient magnesium, the body accumulates toxins and acid residues, degenerates rapidly, and ages prematurely. It goes against a gale wind of medical science to ignore magnesium chloride used transdermally in the treatment of any chronic or acute disorder.

My own use of Ancient Minerals, and experiences of others around me supports this story.

Read Dr. Sircus' remarkable range of writings on many topics, including Nascent Iodine and Transdermal Magnesium, see his books also, and sign on for his brilliant newsletter at: www.imva.info. See other sites also:

<http://www.integratedhealth.com/hpdspec/nascent-iodine.html>

<http://lifeionizerusa.com/nascentiodine.htm>

For Australian suppliers of both, *google* Nascent Iodine or Ancient Minerals.

Lithium and Dr. Jonathon Wright

American doctor Jonathon Wright still practises in the US despite repeated raids and abuse at the hands of the bureaucracies that try to shut him down.

He has written much on natural health, but the one article that caught my eye was about lithium, partly because of the astounding effects it can produce in the human brain, especially the aging brain, and secondly, that lithium is yet another essential trace mineral that has been totally misrepresented in the hell-halls of psychiatric medicine, and which again, as with MMS, magnesium and iodine, *actually work*, and are **unpatentable**, hence commercially useless to Big Pharma.

If you ever want to find a veritable treasure trove of medical panaceas and saviours, check out the USFDA and Australia TGA banned lists of natural medicines.

Following is an excerpt from “The Misunderstood Mineral Part 1”, by Jonathan V. Wright, M.D.

“Think young into your 90s with this anti-aging secret for your brain.

The biggest problem with lithium treatment is people's perception of it. Since its most well known use is for bi-polar disorder, lithium sometimes encounters the same stigma as mental illness itself.

I've been taking a lithium supplement every day for several years. When I tell people about it, they sometimes get funny looks on their faces and start eyeing the corners of the room for straight jackets. These reactions don't surprise me, since, as I said, lithium is usually associated with mental illness. But I've never suffered from a mental disorder (although certain mainstream medical doctors and possibly a federal agency or two might disagree). Treating manic-depressive (bi-polar) illness is lithium's most widely known use--but it isn't an anti-psychotic drug, as many people believe. In fact, lithium isn't a drug at all. It's actually a mineral--part of the same family of minerals that includes sodium and potassium.

You might remember reading several editions of my Health e-Tips a few months ago that discussed various benefits of lithium. In addition to the benefits mentioned in the e-Tips, like controlling gout and relieving rashes caused by seborrheic dermatitis, lithium also has some great brain-boosting effects. In fact, I've reviewed both recent lithium research and the research spanning the past few decades, and I'm convinced that lithium is an anti-aging nutrient for human brains. And there are also some very strong reasons to believe that lithium therapy will slow the progression of serious degenerative mental problems, including Alzheimer's disease, senile dementia, and Parkinson's disease.

So there are obviously quite a few *pros* to using lithium, but you're probably wondering about the *cons*. In the 1930s and '40s, lithium chloride was sold in stores as a salt substitute. But (as frequently happens) some people used way too much and suffered toxic overdoses, so it fell out of common use. Fortunately, lithium toxicity is

entirely preventable, and it's also easily treatable if it ever does occur — but more about that later. Right now, let's get into some of the specifics on just how you (and your brain) can benefit from lithium.

Taking (grey) matters into your own hands

Hercule Poirot, Agatha Christie's famous fictional detective, had an amusing quirk in his incessant concern for his *little grey cells*. I thought of Hercule several years ago when I saw the following headline in an issue of the Lancet: 'Lithium-induced increase in human brain grey matter.'

That may not sound like an earth-shattering piece of news, but it actually was quite a major discovery. To that point, medical experts believed that once our brains matured, it was all downhill from then on. Decades of autopsies, x-rays, and, more recently, brain scans have repeatedly shown that brains shrink measurably with aging. But according to their report in the Lancet, Wayne State University (Detroit) researchers found that lithium has the ability to both protect and renew brain cells.¹ Eight of 10 individuals who took lithium showed an average 3 percent increase in brain grey matter in just four weeks.

Lithium may help to generate entirely new cells too: Another group of researchers recently reported that lithium also enhances nerve cell DNA replication. DNA replication is a first step in the formation of a new cell of any type.

The Wayne State study used high-dose lithium, but I'm certainly not using that amount myself, nor do I recommend it. Prescription quantities of lithium just aren't necessary for "everyday" brain cell protection and re-growth. Studies done years ago have shown that very low amounts of lithium can also measurably influence brain function for the better.”

This writer, I.N. Cognito, is in his sixties. Since using lithium orotate 5mg. capsules, my brain power and clarity has lifted measurably. Just ask my friend, what's her name.

See Dr. Wright's site, get his newsletter at: www.tahoma-clinic.com.

THREE

COOKING IN ALUMINIUM

Kitchen Curse, Slow Killer

When German scientists in the late 19th century perfected the art of creating the first aluminium from raw bauxite ore, it was hailed as a major achievement of far-reaching proportions. Indeed it was, but, as it turns out, not all positive.

Here was a wonderfully durable and lightweight metal, with high-tensile strength, as well as being rustproof and an extremely poor conductor of electricity. It would have myriad applications in the construction and technology worlds – from space science to all facets of the building industry – aluminium was definitely a phenomenon. And, had we acted upon clear primary warnings, the health of the entire planet would be significantly brighter over one hundred years later, for **it would be in the sensitive area of the kitchen where aluminium and its callous promoters would rear their ugly heads.**

(Note: Aluminium will be hereafter abbreviated as al, the aluminium industry as Big Al.)

Those same German scientists had recognized that al's soft nature was vulnerable to the combination of heat, water or fluids, and most importantly, the acids (such as oxalic and citric, etc.) found in so many foods. They understood that not only many of our common, everyday cooking practices would cause the soft surface of an al pot to flake off and oxidise into the food, but also, and here's *the rub*, that these **resulting aluminium oxides would be inimical to human health.** So certain, far-thinking and non-cynical these humane Germans were of their original findings that they would officially notate upon their original reports the following rider:

"ALUMINIUM MUST NEVER BE EMPLOYED FOR THE PREPARATION OF FOOD."

But they didn't reckon with Big Al.

Cartel Concealment

What has happened is of course quite the opposite. In fact, within only a few years, the rapidly developing al cartels, in recognizing a potentially enormous domestic market, simply buried the warnings, quashed all objection and started the immensely lucrative and toxic business of al cookware production.

Throughout the 20th. century, public outcry, law court procedures, many acts of self-sacrifice, public writing and cartooning have failed to outlaw this most blatant of planetary pollutants.

It wasn't easy, but other grotesque human errors such as DDT, agent orange, asbestos, and various medical drugs (eg. Thalidomide, Vioxx) **have** been exposed and banned. **There are thousands more of similar such grotesque blunders loose on humanity, but none so obvious, so widely used, and for so long, as aluminium cookware.**

Try to imagine the extent of Big Al's unbelievable lobbying clout and political access to have been able to secretly, legally and continually poison almost every home on the planet for over 100 years, and possibly the next hundred also - perhaps our *final* century, if conservationist David Suzuki is close to the mark. I suspect he is. But there are even greater depths to Big Al's criminality!

It seems that some bright sparks from Big Al, when confronted with the large and expensive problem of disposing of *Himalayas* of toxic waste (in particular **sodium fluoride**) being generated by their al factories, conceived and sold the absurd idea to our **health protectors in bureaucratic la-la land**, that this *fucking rat poison was gonna* be the **great new dental saviour on the planet!!!** The beginning of fluoridation of our drinking waters!

It helped of course to have paid off (er, *made significant contributions to*) dental committees world wide to guarantee dumb-downed dentistry coercion and propaganda. And *whaddya know*, we now have toxic waste sodium fluoride in our water supplies, in our toothpastes, and even tablets of this chemical aberration just for the little kiddies to swallow, all blindly supported by line-toeing, ignorant, *respected* dentists and our government regulatory bureaus.

Meanwhile those same government agencies are pushing for new Codex regulations that would require that harmless camomile tea (all herbs) be irradiated (nuked), and that no claims about *relaxation* be made on camomile labels, the tea I drink now as I write, and which definitely relaxes me.

Sanctify killer fluoride and criminalize camomile tea. Ho ho.

The Telltale Signs

Go into your kitchen, look into a well-used al pot, kettle or frypan – they are quite literally *the pits*. Observe the pitted surfaces – craterous, toxin-leeching landscapes caused by al oxidization during cooking. And where did that poison go?

Into your food of course, into your drinks, and into your body, which is **not at all**

efficient at expelling al waste, especially if you have decreased kidney function. Cooking with fluoridated water in al pots increases the al levels even further in the food.

Apart from consuming al via cooking in al utensils, plus the widespread use of stomach antacids, the greatest al intake comes from food additives, most of which we know nothing about.

Sodium aluminium phosphate is an emulsifier in processed cheese; potassium alum is used to whiten flour. Really, they actually *whiten* flour. Sodium silicoaluminate and/or aluminium calcium silicate are added to common table salt to prevent caking.

Once the body cannot cope with high levels of al intake, al becomes cumulative – tending to clump in joints, bones, brain and the eliminative organs – assisting in the onset of many serious ailments, including arthritis, brittle bones, asthma, stomach disorders and ulcers, senile dementia and Alzheimer’s disease, kidney failure, pernicious anaemia, and as is more recently being discovered, Parkinson’s disease.

It is common practise to broadly attribute so many diseases to simply “old age”, when the reality is that so much is being caused by unnecessary, often avoidable pollutants like aluminium, fluoride and other environmental contaminants. Old age need not mean illness and suffering and medicine chests full of drugs.

That’s *crap*.

Another telltale sign of al poisoning is the presence of black rings under the eyes. I have seen these rings numerous times on people and asked them if they use al cookware. Inevitably the answer was “yes.”

Note also, that for decades, in cases of stomach ulcer and dyspepsia, the most commonly used *medicine* for easing the pain of severe acidity has been antacid formulations containing **al hydroxide**. This is simply applying the opposing element to counter the presence of dangerous **al oxides**. *One poison for another*.

The antacids **do** help to ease pains, briefly, but will never be a cure – still treating the effect, and adding even more toxic al to an already chronic situation. I speak from the experience of having had a haemorrhaging duodenal ulcer at age 19, and then 25 years of bumbled, agonizing managing of it before I found my own cure. And yes, the kitchen of my youth was fitted out exclusively with al pots.

Stop using al utensils and the black rings of pernicious anemia soon disappear, and a whole lot more.

In fact, major changes in health begin with that simple act. And don’t deliberate on cost when you’re dealing with slow death! A fired ceramic pot is an object of great beauty, and will treat you well, will serve you well, and outlive a hundred ugly al pots.

There is one common drastic phenomenon that has miffed and mystified the medical profession for ages. That is the mass poisonings that sometimes occur at fetes, weddings, conferences, and public functions.

Sometimes the offending *critter* is bacteria, such as botulism, but often, however, the

investigators overlook the true culprit, which is simply a heavy (sometimes lethal) dose of long-festering al oxides.

I spent many years in India, where they still use asbestos and even DDT, and where 80% of cookware is al. Black rings around the eyes are not so obvious on the darker skins of Indians, but believe me, they are there, in plague proportions.

I attended several Indian weddings, where huge al saucepans of various dishes had been standing for up to 15 hours or even longer, being prepared the night before, and then re-heated prior to the reception.

Plain rice is not such a problem, as it contains scant acidic elements that will react with the al. But dishes with foods containing oxalic and other acids, such as palak paneer (spinach ricotta) and various dhals and sauces (containing much tomato, onion, okra or eggplant) create extremely vicious al reactions, with nightmarish results.

Nightshades and aluminium - sounds like a love song, but it *ain't*, it's a dirge.

I have often peered into those marriage-day death-pots, as I circulated looking for what I hoped would be *ok* to eat (usually ending up with just rice, curd and naan bread), and observing how some of the pots' contents had actually turned a greyish black. The spinach dishes had turned almost fully black.

Deadly brews, yet the people, and kids, were noshing it down like manna from heaven.

Newspaper reports of mass violent food reactions at such functions are a common item, all over India. And the *experts* who are called in to probe immediately search for offending bacteria. They never, **never** consider the utensils.

And when no bacteria are found, they revert to blaming what is loosely referred to as *ptomaine* poisoning. In most of these cases, the true cause is al poisoning – very dangerous, sometimes in killer dosages. And if you eat this way in your own home, you are committing a slow, and guaranteed painful, suicide.

Cook those same *deadly* Indian dishes in pyrex, enamelled cast iron, or fired ceramic pots, and the greens stays green, the reds stay red, the waters don't go cloudy, and the lethal blackness doesn't arise. The oxalates also neutralise because they have nothing to react with. Whilst stainless steel is far less dangerous than aluminium, it is not totally inert.

One of the worst side-effects of long-term cooking in aluminium is that it spawns the apathy effect - of rendering people lethargic, sluggish, dull, sick, and easily manipulated. Perhaps that's been part of the overall *plan*; perhaps that is a significant reason for al cookware being foisted upon us, contrary to the original sane and humane directions, for over 100 years. Crowd control.

Fluoride and aluminium are integral components in the spread of the *dumbeddown pandemic*, which in Oz appears to have attained *critical mass*.

(See chapter "Scumbags in the Skies – Chemtrails" in this book's sequel "The Plot Sickens".)

Regarding **non-stick** cookware, as with Dupont's *Teflon*, elements used in its manufacture are particularly nasty substances. Compounds within the *Teflon* coating contain PFC's (perfluoro-octanoic chemicals), which react with heat to cause various cancer-forming agents.

Tumours are a common result.

Even the gases emitted during cooking are absolutely dangerous to the inhalers. Due to severe PFC-caused environmental damage around factories, even the US Environment Protection Agency (EPA) has called for a *Teflon* ban. Dupont faces mounting lawsuits for *Teflon*-related illnesses; Dupont has paid millions of dollars in fines for concealing the evidence about the dangers of PFC's - but all just *small change* to a company that makes billions of dollars each year from the non-stick technology. **Despite all this sleaze, Teflon continues to dominate the marketplace, and remains the most popular cookware in the USA.**

It's also extremely common in Oz.

When you do toss out your aluminium and Teflon pots, make sure they are gone forever, so that no other *poor bugger* can pick them up.

The Sleuth

One of the first people to *twig* onto the enormous health swindle that **is aluminium** was a US dentist named Dr. Betts. One of the nice dentists.

Around 1915, in middle age, robust health, and with a strong scientific bent that would later prove to save his life, Betts' health quite suddenly and dramatically went into a steep decline. He began to suffer from multiple complaints – amongst them painful stomach disorders, severe joint pains, and pernicious anaemia, and all happening so quickly that within 5 months, he had been reduced from optimum health to a wheelchair, and the realization that he was mysteriously dying. He could see no reason for it, ran every possible test in his small laboratory, but was only frustrated for answers. His energy levels dropped severely. Nothing made sense, and he resigned himself to a premature death.

One day a friend asked Betts to accompany him to a health spa in the nearby countryside. He forced himself to go along, a most fortuitous move it would prove to be.

The spa proprietor handed a sad, disinterested Betts and his friend some mineral spring water to drink. He observed the stillness of the water in his friend's **glass**, but as he lifted up his (**not** glass, but) **aluminium** tumbler, he was surprised to see his water bubbling furiously. The same water, but very different reactions. This was the crucial point in Betts' search, his *eureka* instant, as the jumbled pieces fell into place.

What he saw in that lucid moment was a picture of himself, just 6 months earlier, tossing out all of his trusty old iron cooking pots to replace them with a complete set of the *latest-craze* aluminium cookware.

The old friend was amazed at the sudden change in Betts' demeanour, who now couldn't wait to get back home to *check a few things out*. A quick inspection of the pitted interiors of his new pots confirmed his suspicions. He conducted a few tests and very soon could totally comprehend the reasons for his sudden demise.

He had been severely poisoned by al oxidisation from normal cooking. He had also been leaving food in al pots overnight, as he had harmlessly done so often with his

ironware. He *got* the whole picture, and quickly.

Betts discarded all of his new al pots, reverted to iron again, and very soon displayed signs of improving health, so much so that within a few days he could get out of his wheelchair. His stomach disorders and anaemia were abating, and within 2 months of discontinuing all al usage, he was his old robust self again.

Fortunately for posterity, Betts didn't stop there.

He had a caring nature and a scientific mind, and was aghast, angered, that so many of these new lethal aluminium weapons were proliferating the market place.

He went about conducting major accredited testing, proving the association of al toxicity with numerous physical ailments. He strenuously lobbied the federal US government, even approached the High Court with petitions to have al banned from use in cookware.

His works were eventually widely recognized and published, but his labour of love went strangely awry.

Criminal Agendas

What happened next was that laws were passed requiring all public eating houses, hospitals and restaurants to use exclusively stainless steel cookware, ordinances still intact today. Oh yes, the armed forces were spared the blight of al diseases, as their kitchens, too, were changed over to steel. No doubt Big Al executives' home kitchens switched to steel also, if, that is, they **ever** used al in the first place.

But we, the public, were neither informed, nor protected, as one may have expected, by any new statute outlawing al cookware in the domestic zone!

Protect the military – of course.

Protect hospital patients and café customers – fine.

Protect the food industry from the possibility of expensive and revealing public health litigation, but don't tell the public – outrageous, criminal and, by the way, typical.

But hey, *stuff the public*, perhaps 90% of whom remain, to this day, ignorant of the manifold dangers of cooking in aluminium. Did **you** know?

Thanks to people like Betts, there has always been a small section of people aware of the toxicity of al, and this probably increases with the advent of the internet.

Nevertheless, there has been, since Dr. Betts' time, a concerted effort on the part of Big Al and co-operating governments to suppress all knowledge of the perils of al cookware. In the 60's there were 2 small publications revealing the truth on al, but they were suddenly, inexplicably removed from the marketplace and libraries. And probably because of legal and commercial threats to publishers, it is rare to find such a book today.

Mafias like Monsanto push its deadly aspartame (sugar substitute – in Nutrasweet, Equal, Gatorade, diet colas, etc.), and Big Al (Capone-related maybe?) continues to both knowingly and surreptitiously kill and maim people the world over, in many different ways; it also continues to severely pollute the planet with toxic wastes, much

of which they now sell back to the public as lethal fluorine disguised as *fucking dental health!*

90% of the fluoride added to our drinking water is hydrofluoric acid – a compound of fluorine, which is a chemical by-product of the aluminium, steel, cement, phosphate and nuclear weapons industries.

I have closely observed the few remaining mangled, deformed, distorted trees around the Cockburn Sound al factory near Fremantle, WA, enough to know for myself the true, lifeless character of the aluminium waste aberration.

(See Dr. Mercola's (9/07) exposé of the USA's Centre for Disease Control's cover-up of the serious hazards of water fluoridation at <http://articles.mercola.com/sites/articles/archive/2007/08/20/cdc-covering-up-serioushazards-of-water-fluoridation.aspx>).

Don't cook food or even water in aluminium, for yourself, for your kids, or for your guests. Avoid fluoride toothpastes or free-flowing salts, white flour, and especially, don't give fluoride tablets (rat poison) to your children. And check kids' vitamins for aspartame or al content.

I am a fervent follower of *slooooo*, but slow poisoning, a slow grey death is quite another matter.

LANTANA – THE HEALING “PEST”

In response to prolonged lantana-bashing in my area newspapers, I wrote the following letter to editor.

I include it to further exemplify Nature’s endless and constant healing provision.

“Patrizia Reiner’s story on **lantana** (*lantana camara*) reaching plague proportions may hold some truths, and when commercial interests of farmers are involved, drastic action **may** indeed be required. She must do what she must do. But, I thank her for the stimulus, because in reply, here’s a very positive portrait of this beautiful *pest*. She calls lantana “indiscriminate”. I would suggest that ascribing this very human trait to any plant is a little silly, and her “habitat-destroying monster” makes it all sort of Hollywoodish.

And, au contraire, Patrizia, lantana actually follows very predictable patterns of growth. It grows mainly where man has cleared native land, and along creek banks. Rob Dann is so right when he calls lantana “a great caretaker”. It truly is.

I remember as a young boy going with my dad to get what he called “the best soil” for our garden. This was Lantana soil, dug out from beneath huge swathes of the briary bushes - wonderful, rich and loamy, like chocolate cake to me then, and from a topsoil depth of 1 metre or more. Powerful – some of my earliest feelings of awe. I have loved Lantana since those days.

Lantana’s extensive rooting system aerates, oxygenates, fixes nitrogen in the earth through which it deeply moves. This *pest*, this *noxious weed*, is one of nature’s greatest regenerators - a quiet and tenacious benefactor that gives life back to diseased land. She repairs earth laid waste by man, with whom the title “indiscriminate” far better sits, for his insensitive, inefficient, and “habitat-destroying” land-clearing practices. Lantana does not have commercial considerations to confuse her, as farmers do. Lantana simply heals the earth. And there is no better plant for protecting roadside and creek banks against flood erosion or collapse.

About the fauna which inhabit the lantana’s prickly briar, fauna which would be displaced when Ms. Reiner and her “biocontrol” has a free hand at eradication, she

blandly states that because lantana is an introduced plant, the animals can simply return to the forests which were always there anyway.

Hey, once there was *a lot more* forest also, less development, more sanctuary, less threat. The point is that certain animals **do now live in the lantana. Why?**

Why don't they *now* prefer, as their home, this forest Ms. Reiner would have them return to?

I know why – declining forest cover is dangerous for them, and like **me**, **they** love Lantana too!! They love its cool, oxygenated environment, its soft soil for burrowing, the protection of a thorny abode, its life.

But the lantana legend runs deeper than this.

If a plant can heal barren earth as Lantana does, who is not to say that it has similar curative effects upon a barren, wasted human body? Well, it does.

That same man/child who went on lantana soil runs vividly remembers, at about age 7, 1952, reading a newspaper article one morning and, seeking some clarification on an unknown word, asking “hey Dad, what’s a *quack*?” He briefly explained what a bogus doctor was. Then I could understand the story - this *quack* was actually **run out of town**, out of Oz coastal town, Coffs Harbour, it was. I was amazed because I’d only ever seen that sort of behaviour in western movies, circa 1850. But no, thrown outa’ town in 1950’s Oz!

Apparently his *quackery* had gotten up the beak of the *respectable* local medicos and their political cronies. And, as it would prove much later in life, his story sure grabbed my youthful attention.

That healer’s crime was to *claim* to cure cancer, but it was most likely his actual *success* that irked the authorities most, because hundreds of people were coming to him from all over Oz, and giving glowing feedback.

And what did he use to cure this *incurable* illness?

Yes, you got it.

It’s that *bloody pest* again – lantana.

More precisely, its gorgeous little buttons of tiny pink/yellow or red/orange flowers and its ripe black berries (not green berries, nor the ornamental purple or white lantanas).

Despite childhood warnings about the *poisonous* nature of lantana and its *evil* black fruit, I have personally eaten thousands of these flower heads and the black fruits over the last thirty years - in India also - never more than 5 of each on one day, and always cracking open the seeds, like a bird, to get their essence.

I was directly involved in the successful treatment of one friend’s breast cancer with lantana and elderberry flowers - a disease which claims, ironically, so many of the very same people who loathe lantana.

That notorious 50’s *quack* from Coffs would no doubt today fit into the local Byron healing landscape with nary the bat of an eyelid, although he’d still have to watch his back for the *quackbusters*.

Funny that I became a *quack* too.

I must have youthfully championed that Coffs' outlaw.

I love Lantana with a passion.

Long may it pester the cancer-ravaged populace.

Nature is constantly throwing up cures for even the most complex of human ills.

That is simply **law**.

It's whether we *twig* or not which is the essence of the game."

THE SOAPNUT TREE

An ode to natural saponins – and to India

Nevertheless Nature

Despite our near terminal abuse of Nature, she **will** hold sway, she **will** effect the essential checks and balances, even if the final cleanup takes place after we have destroyed all surface life; literally *over our dead bodies* as it were, no matter how many millions of years it takes.

Nature is not sentimental, nor does she have a time problem. These are peculiarly human concerns.

However, Nature, like the perfect mother, is **always** throwing up medicinal plants, herbs and foods to cure our diseases (be they personal or environmental), but we have tended to look for succour in the wrong places. Nature's assistance to planetary imbalances is impersonal, harmonic, automatic, biochemical. It requires a specific sensitivity on our part to recognize the signs, the plants, the avenues; a sensitivity that has been seriously dulled, suppressed by our own short-term lust for conveniences and expediencies, by our *blessed ignorance*, but also by the greed, manipulations and incredibly short-term vision (oh yes, and *blessed ignorance* too) of the pharma/agrochemical cartels, and by the widespread employment of the drugs and chemicals they **insist** we need and use.

To fill our everyday practical needs and delights, Nature has forever maintained a whole host of ingenious, indigenous, non-polluting plants at our disposal – healing, nourishing, diverse.

For every practicality, there's sure to be a plant; for every polluting activity a (far better) natural option.

For example, there's an obscure Indian tree called **clearing nut** (*strychnos potatorum*), the seed of which, by virtue of its highly efficient bio-flocculating activity, will purify the most polluted water. Even the common name given this plant tells so much. Certain elements in the seed, once released in water, bind with polluting particles such as heavy metals, toxins, bacteria, etc. These particles are locked away, rendered harmless and settle on the bottom of the water container, or pond.

In a clear and major slight upon the *intelligence* of Big Chem, who have invented all sorts of highly destructive substances to purify water, very simple tribal people who inhabit Indian forests have used clearing nut for thousands of years to clean up the most polluted drinking water.

What the tribals do is to smash a few (very tough) seeds with rocks, just enough to break the surface, place the seeds in a bucket of dirty water overnight, and *presto*, by morning it is eminently drinkable. They *all-day-suck* the seed as well, for internal disinfection, detoxing.

A professor from Hyderabad, in India's Andhra Pradesh state, did 4 years of research on clearing nut, and found that it will neutralize the most hazardous toxins, heavy metals and bacteria in an entirely harmless and non-polluting way.

He even suspected it could, in principle, nullify nuclear waste!

Interestingly though, after the *good* Hyderabad professor received a visit from two US citizens, one a businessman, the other from the US Air Force, he and all his research left India suddenly and permanently.

Bought out and buried.

If such a plant were correctly developed and applied, it could eliminate the epidemic use of the major polluting chemical, **chlorine**, from our drinking water processing. I was informed by an Indian engineer, that one small town in Korea is doing just that. It has planted large clearing nut reserves and is using it exclusively to purify the town water supply.

It can also be employed to clean up polluted dams, ponds, lakes and rivers.

During my time in India, I had access to large amounts of clearing nut seed, as the government permits the forest people to make their livings from forest gatherings.

They also dig up wild **Indian sarsaparilla** root, not the Jamaican variety, but still one of the most cooling and refreshing drinks I've ever experienced.

With clearing nut, some friends and I wanted to prove, in some simple way, that this bio-flocculating activity was real. One guy had a small swimming pool. We didn't use chlorine, so the algae would grow quickly, and within 3 days or so of filling it, the pool was unswimmable.

So we smashed 100 seeds (they don't break apart at all – one of the most resilient materials I have encountered), and dropped them into the freshly filled pool.

We were able to swim in that pool for 7 days before the algae reached the same proportions as before!

Nature abounds with amazing plants like clearing nut.

The leaf of **St. John's wort** herb is such an effective and harmless anti-depressant that hip, albeit depressed Germans now consume more SJW than its addictive, complex and toxic allopathic competitor, Prozac – but SJW is now sold at ludicrous prices, *thax* to Codex's restrictions on natural supplements in Germany.

Another exceptional example of Nature's ultimate provision is a native Brazilian plant called **stevia** (*stevia rebaudiana*). Its leaves, when dried and powdered, are a natural sweetener so powerful that it is 150 times sweeter than sugar, yet has no calories, gives no negative effects as refined sugars do, and even contains elements which can cure the obesity and diabetes that sugar misuse creates! The sensitive and smart Japanese already import more stevia than sugar.

Also in South America, an amazing story has recently come to light about the highly evolved Indians who once inhabited the vast Amazon tributaries' flood plains of eastern Bolivia.

These advanced agricultural people were able to create a soil (named *terra prata*), which was (and still is today) so fertile and so bacteriologically complete that it *reproduces itself!*

Yes, a soil that actually grows, consuming any organic matter that falls upon it, whilst still retaining the original power and fertility. Scientists are currently attempting to decipher its makeup.

The extracts and purified alkaloid of **iboga** (*tabernanthe iboga*), a shrub sacred to the traditional religions of Gabon, Cameroon and Congo, is being used in Europe, highly successfully, to cure addictions to all sorts of chemical substances, drugs and alcohol – in particular to heroin and other opiates.

(See www.ibogatherapyhouse.net/cms/).

And, for a daily practicality as common and enormous as cleanliness, i.e. the need for soaps/shampoos/cleansers, there is one ancient Indian/Asian tree, the fruit of which *can do it all, and much much more*, and to which this tale is dedicated – soapnut – the fruit of the soapnut tree.

Soapnut: the 100% Fruit Soap!

Despite India's rapid modernization, her ancient ayurvedic medicine tradition retains a powerful presence, and was enjoying a boom in countries like Germany, Japan and other parts of Europe. I say "was", because all natural/traditional medicinal systems are under severe threat of extinction by the new Codex laws. Ayurveda directly helps to preserve some of the most significant plant-life and natural medicines on the planet, in the time-tested flora of India.

This is a story of one of those plants, once so familiar in its own country and yet sadly today, mostly neglected – so revolutionary, yet strangely unknown and unused outside of India.

I speak of a medium-sized fruiting tree called **soapnut**.

In the Hindi language, it is known as **reetha**.

Soapnut is so versatile and hardy that it grows in almost every corner of India, from arid zones to the tropics to the Himalayas, and in other Asian countries too. According to the different climatic zones, its botanical name varies from *sapindus trifoliatis* to *sapindus mukurossi* to *sapindus indica*.

The clustered fruits of this wonderful native Asian tree are rich in *saponins*.

Saponins are a group of vegetable soap-like glycosides widely found in plants, which act as emulsifiers of oils. They also create complex effects in herbal remedies, some similar to steroidal hormones.

Saponins are what make a plant *soapy*. They create a lather.

Other noted natural soap substitutes such as **shikakai** (Indian) and the European herb **soapwort** are also rich in saponins. Australian aborigines use the bark of the native **foambark** tree to create soap. This is the action of the saponins.

They are even found minutely in ordinary pulses and grains.

But no plant on Earth can compare with the *sapindus* genus for its high saponification factor and sheer abundance of fruit.

Soapnut fruit is not for eating, but rather for bathing and cleaning – the special rarity of a 100% fruit soap! And a mature reetha tree will yield up to 100kgs. of fresh fruit every year, for between 50 to 100 years!

Reetha has been used by literally millions of Indians for thousands of years with **no** adverse side effects. Until 30 years ago, Indians revered reetha. The women would wash with it regularly to maintain the famous beauty and condition of their hair and skin. But modern India is a far different story. 99% of its current crop of teenagers would have no knowledge of reetha, and probably never will, but finally, gratefully, its reputation is reaching beyond India's borders.

Eureka!

I lived and worked in India for 15 years, designing and exporting handloom fabrics and clothing. During one of my earliest visits to the Ikat-weaving villages in the state of Andhra Pradesh, I was introduced to one of those remarkable characters one frequently encounters in that mad and fabulous country. His name is Ankireddy.

He told me of an ancient traditional soap – a simple fruit called reetha. What? I'd never heard of a fruit soap! I was agog, goose-bumped with acute interest, as he spoke of his property, and where, around 1985, he had planted 36,000 soapnut trees! The trees were a flourishing 9 years old when I visited the plantation. But that wasn't all he

planted. There were also 24,000 **amla** trees (*emblica officinalis*), which is another brilliant and versatile ayurvedic fruit – a rich source of natural vitamin C (India's version of acerola), as well as being one of the finest natural hair conditioners; plus 5,000 **neem** trees, 5,000 **red sandal** trees, 5,000 **teak** trees. And, when I later discovered that a natural form of **aloe vera** existed wild in his district, I encouraged him to plant them. He did - over 200,000 of them.

Ankireddy's plantation contains the only large, commercial, organically cultivated soapnut orchard in the world.

Ankireddy never went to school but is a horticultural genius - a rare, huge gem of a man. He has won several awards, for (1) the conversion of a virtual wasteland into a magnificent estate and, for (2) the uniqueness of the types of trees he has planted. Around 1994, I was privileged to visit the estate. The land is poor, in the midst of a forbidding rocky terrain, with only centimetres of topsoil. Even the small hills are composed entirely of large boulders. It is such a remote area the silence and clarity of air is spellbinding, and so many trees!

It is categorized as **dryland** (poor land), dependent upon the annual monsoon rains, and yet Ankireddy succeeded in converting his 400-hectare property into a flourishing orchard of over 75,000 vibrant and unusual trees. To walk the estate in the month of February was a stirring experience, as all 60,000 fruiting varieties were laden with crop. The soapnut orchard currently yields about 600 tonnes of sun-dried fruit annually.

I realized I was in the presence of one the most unique, significant, practical and new (yet ancient) plants on the Earth.

I was delightfully empowered, excited, and somehow obliged to spread the word. I encouraged Ankireddy to convert to a completely organic farming methodology. He joined IFOAM, the Indian organic farmers' association. He now manufactures the estate's essential biological pesticides from its own neem and soapnut trees. With a further US\$110,000 raised from foreign investors, a large factory building was constructed on the estate. This also houses a pulverizing unit to convert the dried fruit into a powder, as well as generators and storage facilities. Staff quarters and other infrastructure needs were established. A liquid extraction unit was also being considered.

The Myriad Virtues of Soapnut

Soapnut is not only a natural detergent, it is also a healer.

Dissolved in water, soapnut powder has a pH factor of 5.08, much less alkaline than normal soaps, hence less drying on skin and hair. Its action in combination with water triggers the release of oxygen, so together with its natural oils, trace elements, minerals and saponins, soapnut cleans and conditions at the **same time** as it heals and soothes. It is 100% biodegradable, non-polluting; but **more** than that, because of natural detergent and disinfectant properties, it actually **cleans up** pollution.

Soapnut is available in five different forms – whole dried fruit, liquid extract, dried pericarp, powdered fruit (any grade up to 106 microns), or as a coarse fibre.

Perhaps you are wondering how a dried fruit can be converted into a powder. Imagine putting dried figs in a blender – the result would be a soggy mush. However, with soapnut, the **whole** dried fruit, including the inner seed, is pulverized, and the hard shell housing the kernel provides sufficient friction, enough heat to dry out the process in order to create a powder. The fleshy part (pericarp) of the fruit contains the saponins and other nutrients, whilst the kernel is a rich source of essential oils. During the filtration of the fine powder, approximately 30% of the rougher fibre is removed. This coarse fibre *waste* makes for an excellent biological cat/dog "litter".

The traditional usage of reetha is to soak some cracked whole dried fruit in a bucket of water overnight to create a soapy solution, which is poured over the hair and body or added to a bath. My extensive personal experience with soapnut tells me it is **possibly the finest body washing material on the planet**. The scope of soapnut's potential commercial and industrial applications is huge.

Today, the traditional use of overnight soaking of whole dried soapnut is becoming very popular in Japanese bathrooms, as a body and hair wash, but using the powder too, as a body scrub. The Japanese are perhaps the most savvy people when it comes to recognizing new biologically sound products, so of course it would be them who are pioneering traditional soapnut use in modern times.

The powder and the extract have been developed in the last 10 years.

The powder, whilst it can be used as a body soap, is also ideal for household and industrial cleaning.

The liquid extract of soapnut has infinite possibilities.

In his search for an extraction process that would not require the use of chemical solvents such as ethanol, Ankireddy found that simple water-based extraction was excellent. This extract has the colour and consistency of dense molasses, and the scent is uniquely earthy, fruity, pleasant. My own testing revealed the absolute gentleness of soapnut extract's action upon the human skin, for even in this highly concentrated form it is good to the touch, has no heat or harshness. One drop of extract direct will disinfect a wound. One or two drops and a little water are sufficient for a good hand wash. Five drops in a small bucket of water will clean fruit and vegetables, or your hair and whole body. Ten drops will do a sink of dishes.

Personal use:

Soapnut is anti-parasitic, anti-bacterial, anti-fungal, antiseptic, antiallergenic, anti-itch. It has a deeply soothing, healing and cooling effect upon the skin.

For sufferers of psoriasis, dermatitis or eczema, or for people who for any reason cannot tolerate normal (chemical-based) soaps, soapnut is a *godsend*, not only because it soothes chronic irritation and itch but also it heals many skin conditions.

In ayurvedic lore, reetha removes dandruff; cures scalp rashes and infections, and fungal conditions such as tinea, etc. In combination with neem, it removes head lice.

Soapnut thickens the hair and makes it shine. It is simply the **best natural combination shampoo/conditioner**.

It cleans deeply, it penetrates, while its natural oils condition, and, if only lightly

rinsed, goes on safely working. It is great for washing pets and babies as well. To make a brilliant skin massage/scrub, mix soapnut powder with a little almond oil, or you can use the powder slightly muddied with water. There is no better facial exfoliate, and because the roughage itself is soap, it easily washes off, leaving its natural oils to nourish and protect.

A Canadian father of two young (and of course, dirty) boys who hated taking their daily bath reported an amazing change after he introduced soapnut powder to the kids' routine. Now evening bath time had become an exciting *mudfest*. As the preliminary to actually jumping into the water, the boys first rubbed the soapnut mud over their bodies. So, not only a play bath but also a naturally clean one, and a boon for their young skin. Note: As with any type of shampoo or soap, if misapplied, soapnut will sting the eyes. However, it will not damage them.

Last summer, one English friend was amazed to discover that his previous severe sensitivity to the harsh Spanish sun had been radically transformed. Instead of the normal bright red *lobster effect* in the first 2 weeks of his annual Majorca holidays, his skin immediately tanned. He could only attribute this to his habit, during the previous 12 months, of taking weekly soapnut baths. Protective layering had occurred.

Presto!

He had accidentally found a potent new natural sunblock.

He also found that he could take long soaking soapnut baths without any pruneskin whitening or crinkling as in a normal bath.

For grubby hands, like a mechanic's, soapnut has far-reaching implications. One British mechanic reported, after daily use of soapnut powder for 1 week, whilst it did not achieve the immediate and radical grit and grease removal that petroleum-based cream soaps (such as Swarfega) do, that not only were the deep depressions of grime disappearing, but also the cracks were healing. After one further week of usage, he wrote "surprise, surprise, the skin of my hands, whilst still tough and firm, is getting so soft, all dirt and dryness gone!" And developing protection.

Soapnut is one of the best natural deodorants – for both armpit and drain! You can clean your teeth with it. Tribal people in India even ingest reetha to counteract the venom of snakebite. And, with the leaf of the neem tree, one of the most respected plants in India (it is a crime there to chop down a neem tree), together they make a powerful biological pest repellent – great for the veggie patch – especially antagonistic to aphids.

There are well-documented scientific reports of tests conducted in both Indian and Japanese laboratories that prove that soapnut is a natural spermicide.

The list of soapnut attributes is endless, positive and definitely radical.

Domestic use:

The potential domestic and industrial applications of soapnut are vast.

Because of its deeply penetrative cleansing action, it is a whiz for all metal, vinyl,

plastic, ceramic and glass surfaces. Contrary to chemical soaps, which are corrosive and encourage rust, soapnut suppresses rust and corrosion. Use it freely on dishes, glasses, cutlery, pots and pans, jewelery, brass, silver, gold, copper, sinks, floors, toilet bowls, urinals, bathtubs and shower surfaces, clothing, motor vehicles, and fruits and vegetables. Great in automatic dishwashers.

Soapnut has a natural insect repellent action, probably due to its bitter taste, but also because bugs simply don't like the environment of saponin. The more it is used, on the skin or on home surfaces, the more it subtly builds up and becomes antagonistic to insects, especially flies and mosquitos. The surfaces of food preparation areas, cutting boards, dishes, cups, cutlery, etc. become naturally and permanently hygienic after regular cleaning with soapnut.

Because of its detergent action, Soapnut will extinguish fires and emulsify oil spills. If Soapnut were used on ocean oil-spill disasters instead of harsh chemical detergents, the sea would be a much cleaner, healthier place.

But then if we'd had the kind of foresight over a century ago to promote plant saponins as the essence of the embryonic world soap industry instead of the chemical blight we have now, we would probably not be using petroleum also.

No, we *would* have already developed natural power sources to an advanced state – and we *would not* be warring over oil.

Ah, would, should, if only!!! Excuse me.

Soapnut's action is not like Surf powder, not like Lux soap or Clinic shampoo, Swarfega petroleum jelly, Exit Mould or Drano toilet cleanser. It is slower than chemicals, but more profound. Nor will soapnut pollute like other products do.

But it will, remarkably, do the job of them all! One product – a hundred functions. Imagine how many different bottles of cleaners, soaps and shampoos we must buy for one household. Soapnut, together with a careful understanding of its many functions, can do it all – and not only **minus** the odious baggage of the serious side effects of chemical soaps, but also with the **plus** of a whole new range of attributes.

The stronger the dirt or grease, the more **time**, rather than **quantity**, soapnut needs, initially, to penetrate and cleanse. Being such a wonderful preventive agent, soapnut, after consistent usage and the gradual formation of protective layers on surfaces (including skin and hair), works to create an environment where **less** is needed each time it's used, whilst the speed, economy and ease of cleaning will slowly **increase**.

Not to mention the total biodynamic realm you are giving life to.

There's another important spin-off. The use of harsh soaps and detergents on the body creates an **even greater** cosmetic necessity – i.e. the use of expensive skin creams, moisturizers, conditioners, ointments, etc., in an attempt to repair or cover up dryness and damage that the soaps cause in the first place. This harmful vicious cycle, plus a huge cosmetics bill, is eliminated by the use of just one product: soapnut.

Personal Experiences

For the last 10 years of my India sojourn, I used soapnut daily in many different ways – like a kid with a new toy. I washed all my fruits and vegetables in a solution of soapnut powder (fine, 106 microns) and water. In India, this is essential, as a *mishmash* of filth and chemicals gather on all surfaces, but with soapnut I could relax and know that what I was ingesting was absolutely clean, that anything vaguely offensive was taken care of. I was never ill from digestive disorders during this time. In my home, I could dispense with the use of chlorine and petroleum-based cleansers. Moreover, because soapnut is harmless internally, the intake of the homeopathic doses of soapnut which naturally remained on the foods and on the plates after washing provided a slow internal cleanse.

Another benefit I observed was that fresh fruits with openings in the skin, such as grapes and figs, would keep for **much** longer after a soapnut wash – greater shelf life. This was due to the surface elimination of bacteria and fungi, which would normally accelerate fermentation and decomposition, but also because of soapnut's unique tendency to create protective layering. In fact, all foods washed in soapnut develop a certain healthy glow. There's a sparkle, a cleanliness that even visually impresses you. Lettuce stayed crisp in my fridge far longer than normal.

After washing food items, the leftover solution is still active, still viable, so I would pour it into the toilet bowls, and leave it there a while to slowly and deeply clean the surfaces, before a quick brush and a flush down the drains, where it continued its magic work, disinfecting, deodorizing, cleaning the pipes, even the septic tank – and beyond.

There's truly no wastage with soapnut, as it keeps on working throughout the water chain.

I washed my dishes in soapnut water – fantastic – although extra greasy pans needed a longer soak before a scrub. And no need for gloves, because soapnut is actually great for the skin. *No more housewife hands!* True, because soapnut heals dry scaly hands and revives their beauty. To all surfaces, particularly glass, soapnut brings a shine, a clarity previously unattainable with conventional soaps.

In the Indian hill-station town of Lonavala, one local man was famous for the seemingly permanent shine of his motorbike. It was definitely cleaner, strangely brighter than any other vehicle in town. When quizzed about it, he revealed that he always cleaned the bike with reetha, even the engine, where its degreasing qualities could go to work, and yet leave the natural oils to protect and glow, and at the same time discourage rust! It's the perfect combination cleaner/polisher for all metal surfaces.

Just one application of soapnut cured a short-standing friend's long-standing dandruff condition. Once I had a persistent, weeping fungal infection on my leg, but after just a few direct applications of soapnut powder, it disappeared completely, never to return. For years, my house had an all-pervading, internal sense of *nature-at-work*, not the kind of sterile oblivion which normal cleansers and bleaches bring, but rather a living and breathing cleanliness, where bacteria and insects could co-exist with me but they could never contaminate nor dominate. Indeed a rare and deeply comfortable experience, and giving rise to a whole new appreciation of natural harmony and

bounty.

Ankireddy's company commissioned laboratory reports that proved that soapnut powder, in water solution, removed up to 90% of pesticide residues from the surfaces of fruits and vegetables. Another test showed the same result when performed on pesticide-sprayed cotton yarn.

Clothes and fabrics may also be washed in soapnut. I was privileged to work with one Indian village that has, for generations, specialized in the natural dyeing of cottons. They produce an entire spectrum of stunning (and surprisingly fast) colours from plant and mineral sources and from animal/insect waste. Unlike chemical dyes, colours from biological dyes are very soft on the eye. For certain colours, they employ soapnut as a mordant. A mordant is an agent used prior to dyeing to penetrate to the core of the cotton fibre, opening it up and rendering it more vulnerable to accept the dyes – facilitating maximum colour depth. But, because of its natural detergent action, soapnut does even more: it also rids the cotton yarn of dirt and fats (the sizing), enhancing the surety of **even** dyeing.

In that same village, the talented young dye-master, a Nepali, created a completely natural liquid soap that he used for washing fabrics after weaving. Its chief component was **castor bean** oil, which is also rich in saponins. **Yes, that's right, a soapy oil!** Another ingredient was **fenugreek**, also containing saponins. I **did** discover that he used no soapnut in the formula, but I **failed** to *weasel* out of him the remaining "secret" ingredients. He did however present me with a 2-litre bottle of this 100% organic castor soap. Over the next months, I used it to wash my hair and body, and on my clothing. It had a fine soft lather, a luxuriant feel – a superb soap - **and yet another tick to nature's alternatives.**

When you wash clothes in soapnut, a slow, deep cleaning occurs, but it will not **quickly** remove serious stains or grease. With fabric washing (as with cooking), *slooooo* is the key - a long soak is best. Rinsing after washing need only be light, because leaving some residue in fabrics **not only** strengthens the cloth and imparts a handsome natural body and character to the fibres, but it **also** protects the wearer from insects and infections.

The Quick and Pure White Neuroses

Slooooo and brown are beautiful!

Look at a cow.

The fresh soapnut fruit is green, but once it is sun-dried, it is a rich deep brown. Yet its suds are white, the bubbles much finer and softer, hence more penetrating, than the suds of chemical soaps.

Natural saponins have existed on this planet for millennia, awaiting the discovery of their enormous potential and potency in contributing to healthier life systems.

To switch from fossil fuels to natural power sources would be one of the greatest planet-saving measures, but of the same gravity, no doubt, would be the switch from harmful inorganic detergents and soaps to natural saponins.

Chemical-based soaps have existed for 100 years or more, but their brief tenure on this planet has coincided with the worst period of pollution ever known. They certainly have not cleaned up the place with their misleading promises of "mighty muscle" or "whiter than white". No, in reality they have severely damaged all eco-systems on the Earth, whilst their public promotion, their advertising programs, have perhaps irretrievably altered our natural sense and concepts of colour, cleanliness and smell. This negative conditioning, this dumbing down, has also created in us all an absurd, irrational and totally unscientific paranoia – about the bogeyman of bacteria. (See earlier chapter "Bacteria Hysteria").

Powdered, sun-dried soapnut has an aroma not unlike dried dates – a similar sweetness yet with more pungency. These days, the generally accepted *fresh* smell in clothing and hair is that generated by the use of chemical soaps, shampoos, perfumes, and dry-cleaning fluids; **not** the smells of Nature, but rather those demanded by a heavily-conditioned quick and pure white culture of confused senses. One prospective soapnut client even asked if the brown colour could be removed from the powder. "Make it **white** please!" This **can** be achieved using chemical solvents, sure, but what's the point in doing that to a unique 100% fruit soap? That client wanted to be able to compete with conventional soaps and powders. Impossible. Nor on an economic level can comparisons be made. Common washing powder is a mix of mass-produced, inexpensive chemicals *chucked* together in a polluting factory, then packed in a glossy carton covered with amazing claims, and, in the end, **not** cheap anyway.

Conversely, soapnut is an extremely rare, organically grown, handpicked, sundried fruit from Eastern India. It has the equivalent exclusivity as say, goju berries, hence it is not *cheap*, and the only way it will become more common, hence more economical, is that we: 1) start using it; 2) freely talk about it, and; 3) begin growing it all over the world. It is totally worth the effort, the changeover is due.

Soapnut and chemical soaps are worlds apart, incomparable. One is holistic, naturally acting, oxygenating, non-polluting, completely biodegradable, low foaming, *sloooooo* and deep-cleansing, both personal and planet-healing, rich, and a beautiful brown. The common, everyday chemical soap is the poor opposite – negative, problematical, harmful, destructive, a sham.
Beware the quick and the pure white.

The Contamination of Cleanliness

Sham! Pooh!

It is said that the cleanest people pollute the most.

This of course relates to the *clean west* and its massive industrialisation, but a **major** part of that pollution is domestic also, personal, in the amount of chemical soaps, shampoos, cleansers we *ultimately* pour into the earth, and into the oceans.

All of the earth's detergent/cleaning needs could have been met, and a filthy lot of environmental damage (all created under the guise of "cleaning") avoided, simply by developing any or all of the many sources of natural saponins available on the Earth – such as the soapnut tree.

There's a tree or plant for all things.

Unfortunately, buoyed by the seemingly endless power-trips and excitement of short-term profiteering, the petro/chemical/pharma people, in concert, and *pocket*, with lawmakers, bureaucrats and educators, determine that they know better than Nature. Bar soaps and shampoos, detergents and washing powders, no matter how healthy they are claimed to be, **cannot lather** without the very liberal addition of sodium lauril sulphate (SLS), or some similar chemical foaming agent.

The presence of SLS is for no other reason than to make bubbles, which we have been conditioned to believe indicates cleaning – and the more suds the better!

I have personally witnessed, many times on Asian rivers, even in the Himalayas, masses of ghastly, polluting, suffocating soap bubbles, sometimes up to a metre thick, covering the waterways for days on end – killing both river and riverbank life, and heading, of course, for the ocean.

The wages of *cleanliness*.

Soapnut, when whisked in a water solution, gives its own very fine and gentle, but effective foam. All saponins do. SLS, along with caustic soda (commonly used in soaps) both act to dry and damage skin, hair and planet, whereas soapnut only heals, soothes, protects and de-pollutes.

Soapnut, plus other natural saponin sources, are together *the* viable and holistic replacements for the entire, pestilent soap industry.

It is a common human ignorance **not** to see, let alone investigate the enormity of the chemical soap pollution disaster on this planet. We all use and accept *crap* soaps unquestionably, and that includes 95% of soaps in health food stores. Even the most active environmentalists have cupboards, laundries and bathrooms full of various polluting cleaning products. Because there has been no obvious alternative on the horizon, it's been an area strangely unconsidered.

How many people know about natural saponins? Very few, I would guess.

But please, **do consider** the enormity of the situation in which every home, office, workplace, factory on the planet, every day of the year, is pumping into the streams, rivers and oceans of the earth **billions of litres** of water loaded with the waste of chemical-based soaps and cleansers.

We **have** railed against many of the more obvious chemical pollutants; even with some success, **whilst the *most common*, widespread and massive of them all, petroleum-based soaps and detergents, gurgle on unrestrained, slowly drowning us in *sodding suds*.**

Partners in Grime

In India just 30 years ago, *blessed* reetha was widely used, commonplace, as it had been for thousands of years. Then along came Big Soap (Reckitt and Coleman, Lever and Kitchen, and more recently Reckitt/Benckiser, and others), forcing their quick, pure white chemical campaign upon impressionable Indians, so that today almost 100% of the billion population are converts to *crap* soap consumerism. I observed much of this phenomenon, first-hand, in my brief 15 years there. When it happens so quickly, and within such an enormous and dense population, it is truly not a pretty sight.

The following story glaringly illustrates the insidious activities typical of Big Soap in developing countries, and how such mass conversions can eventuate.

I met a retired Indian man who was aware of my work with reetha. He told me that in his profession as a social worker in the early 1950's, he was given an assignment by the Indian government to visit many remote agriculture-based villages of the states of Bihar and Andhra Pradesh, in order to determine why **suddenly** those communities were having economic difficulties, even when their annual crop rewards were constant and healthy, as they had been for centuries. At first, he was puzzled and could not pinpoint reasons, until he saw their **monthly soap bills!**

His bizarre discovery and conclusion, which he filed in his final report, was that the sudden and widespread adoption of using previously unknown chemical-based soaps, shampoos and washing powders was directly and solely responsible for the serious imbalances in their delicate budgets.

The villagers simply could not afford the **new** expenditure for Lux, Clinic and Surf in their lives.

But why a **new bill**?

What had they used in the past?

The social worker's excellent sleuthing uncovered a *foul* trail, *slunk* by unscrupulous agents of the competing soap conglomerates. The agents had been instructed, and financed, by Big Soap, to go into these "backward" areas with a specific and vile action in mind.

Company research had revealed the almost **total dependence these people had upon the humble reetha trees** that grew around every village. Reetha was used for washing everything from babies to bicycles, sandals to saris. They lived in a high level of bioharmony.

Once these *partners in grime* sad showed pictures of the villagers' favourite Indian movie stars holding cakes of Camay soap and offered **large bribes** to each village, they were *gone*, screwed. The allure was too much for such simple folk; they became *putty in the polluters' hands*.

And what did the people have to do in return for the *favours*?

Why, of course!

Chop down every soapnut tree they could find!

Simultaneously these *putrid purveyors of Persil* introduced the full range of their harsh new *wonder* soaps to the village innocents. Rather, *idiots?*

The wise, the ancient tried and true was despicably destroyed in one fell swoop, and after the big chop, there was no choice but to go with the new.

The people were quickly *hooked* into the convenience and *whiteness*, but were very soon paying for it in more disturbing ways than they could have ever imagined. The cash incentives given to the villages were *partied away*, almost overnight, and **the new soap bills were crippling their fragile economies.**

But worse, far worse! After being accustomed to the absolute sensitivity and biodegradability of reetha (a completely fruit soap) for generations, the *crap* soaps quickly began to damage skin, hair and hands, as well as their meagre clothing, and stripping colour dyes. Eventually, because of inadequate drainage plus complete non-comprehension of the new chemical elements they were dealing with, their precious wells, water supplies, the water tables, the land itself became contaminated. Detergent levels rose alarmingly. It was a disaster of widespread proportions, and continues to this day, all over India.

These people had been duped, and were greatly impressed; told that this was *progress*. Greed in both parties had been the instrument.

It does take two to tango.

Nevertheless, this story is no doubt one of many similar tales highlighting the repulsiveness of the methods and motivations of Big Soap.

Another Indian quirk: Despite living in a hot country famous for its cool cottons, the fabric of choice for the bulk of the billion people (including the 6 metre saris wrapped around their women); because it shines, because it is non-iron, and because of enormous media influence, is what? Sadly, the answer is 100% polyester – yes, non-breathing – nay, stinking, polluting polyester.

The reek of *progress*.

Soapnut Forests?!

Australia has the perfect climatic zones, plus the space and interest, for the growing of soapnut trees. Ankireddy has said he will travel anywhere in the world to advise on any new plantations.

(Visit Ankireddy's website, where you may view his estate and order Soapnut, at www.dfol.org).

But like Big Pharma's irrational power and influence in the pushing of drugs over natural medicine, Big Soap also acts to prevent the adoption of natural saponins as cleansers. We even sent 100 kgs. of both soapnut and amla to a Swiss company who manufactures raw ingredients for Europe's top cosmetic companies. Suddenly we got an e-mail from Big Soap's German giant Reckitt/Benckiser (New Products Division), asking for more information. Then we discovered that the Swiss firm had Reckitt/Benckiser as a major client.

We eventually received a message saying that the soapnut project had been "shelved

for some years." They were just **checking us out**, no doubt.

Big Soap could control, manipulate the natural saponin market if they put their mind and resources to that task, but why would they get involved in growing millions of trees on millions of acres of land to process soapnut, when they can create all the cheap chemicals they need, for products that the public meekly accepts, in just a few Asian factories?

No, the *point of no return* has been passed, perhaps long ago.

Ankireddy's soapnut estate is one of the most precious resources on the planet. There **are** other (forest/wild) sources of soapnut in Asia, but these fruits are gathered after they have fallen from the trees, and after drying has occurred on the ground. This causes the essential cleansing agents (the saponins) to leech heavily into the earth, hence their efficacy is weak.

Ankireddy's fruit, on the other hand, is handpicked and then sun-dried on huge swathes of cotton canvas, ensuring maximum preservation of saponin levels. In this way also the fruit is kept much cleaner and consistent quality is ensured.

For the widespread adoption of natural saponins in home and industry to really take hold, an enormous shift in understanding would need to happen – including a deep and conscious denial of years of deceptive advertising influences, and a willingness, a readiness to forsake the cosy culture of quick, white, bacteria-free fixes.

Difficult!

As difficult perhaps as creating a *sloooooo* kitchen.

The uses and benefits of soapnut and natural saponins are so vast and significant, it must eventually come into favour, have its day, have its *15 millennia of fame*.

This has been one of the trillion odes to beloved India – a testament to the madness and the grace, the famine and the nourishment of this provocative and contradictory country.

India holds the memory, the links, the keys, the light and the darkness – the oldest civilization on Earth, the depth and the shallows – loathe her, cherish her, visit her or scorn her – whatever, whomever, however, India is the *great polarizer*.

She is the Mother and the Freak.

**May the saints preserve her,
her Ankireddys,
her sublime chaos,
and her precious reetha seed.**

- an end -

AFTERPLAY

Healing is indeed a mysterious art.

One never quite knows what was truly responsible for that sudden recovery, that remission, or that renewal.

However, it would seem that the power of the mind, and its related trust, or lack of it, carries considerable consequence in such transformations.

Bruce Lipton writes about a surgeon who had, for most of his professional life, performed knee surgery upon arthritics.

The operation, which contained two separate procedures, achieved good results, but the surgeon wanted to know just which of the two parts of that surgery was the most beneficial.

So he decided to test it out.

Instead of giving the complete operation to his next batch of clients, he conducted, unbeknowns to the clients, partial ops, giving only one part to one group, and the second part to another group.

Fortunately, he also included a third group, the placebo group, for which he conducted nothing but simulated ops.

The results were astounding.

Not only did groups 1 and 2 recover normally, as well as if they had received the full op, the placebo group did the same!

And in his post-op monitoring, all patients continued to experience improvement for up to a year afterwards.

The flabbergasted surgeon remarked, with some resignation: "It's all placebo!", signifying that not only was the placebo op placebo in its success, but so too were the actual op parts.

The surgeon didn't need to operate at all, only do an excellent job of pretending to!

The attitude of the mind and the particular modality one trusts is dominant in any healing result.

I have come to understand that if one who is ailing deeply trusts faith healing, allopathy, homeopathy, or even voodoo, then it's quite likely that one will experience healing to some degree, even all the way to total and permanent cure in some cases.

Lately, my own self-healing preference has been to indulge in straight-talk, for the purpose of re-education, with my own smart cells.

Whatever the medical process, no matter how weird it may appear to others, it can undoubtedly have unqualified success. The key ingredient is the patient's depth of trust.

However, just how long any positive effects will last is another matter, but Lipton's case does reveal that placebo triumph can be accredited in a large part to virtually all healings, even the occasional successes of allopathy's medicinal drugs!

Yes, even that!

It boils down to what people believe.

Or don't believe - because if placebo is so triumphant, and it is, then the opposite nocebo effect - the fact that indulgence in fear and defeatist thinking create illness and failure - must also be equally influential. And it is.

In attempting to point medicine in a new and fruitful direction, Lipton calls for the amazing successes of the placebo effect to be deeply investigated and publicly documented.

Fat chance.

Big Pharma is also acutely aware of the enormity of the brilliance of the "sugar pill" effect, because it is, in these days, moving fast to have the essential placebo aspect removed from all clinical drug trials. It too has seen what the knee surgeon saw, but chooses to keep such data in-house, as its own pathetic secret.

Now I'm not for one minute here suggesting that "positive thinking" is a productive pastime.

Heaven forbid!

I don't even like the terminology - positive and negative, good and bad.

When positive thinking is arranged, for the sake of being positive, or in an attempt to turn around one's fortunes, there's an excellent chance that it's just another neurosis, or will lead to one.

After all, what's the point in a fucked-up angry dude pushing for world peace?

Take refuge in the fact that we are not our thoughts, certainly not the "bad" ones, but not even the "good" ones. We don't need to morally categorize our thoughts anyway.

When one is able to not feel guilt or remorse for so-called “negative” thoughts, one can begin to stand separate from the activities of the mind.

Self-esteem can then enter as the victim departs.

Equally, yet contrarily, when one is able to not feel conceited pride and superiority for so-called “positive” thoughts, which may bring about elevated business acumen, artistic achievement or scientific genius, one can also begin to stand separate from the machinations of the mind.

The unassuming nature can then enter as the ego departs.

We are not our thoughts; the mind is our servant; we are not even our conditionings; we are purer than all that jazz.

The purity of zero.

If joyful, artistic, inspired thoughts come to me, excellent.

If I’m somehow trapped in neurotic musings, also fine.

Both will pass.

It is what is.

I’m all for that delicious space where I watch the thoughts passing by, rather than generating, or identifying with them; and where I can impersonally utilise the creative thoughts, or grin broadly at the toxic content.

May the sauce be with thee,

of course,

MSG-free.

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