



THE WAY WE ARE MEANT TO LIVE

Simple,

Meaningful,

Productive

Healthy

Peaceful,

Loving,

Sharing,

Spiritual.

SHANTI LINSEN D.O., D.C., N.H.A.

THE WAY WE ARE MEANT TO LIVE

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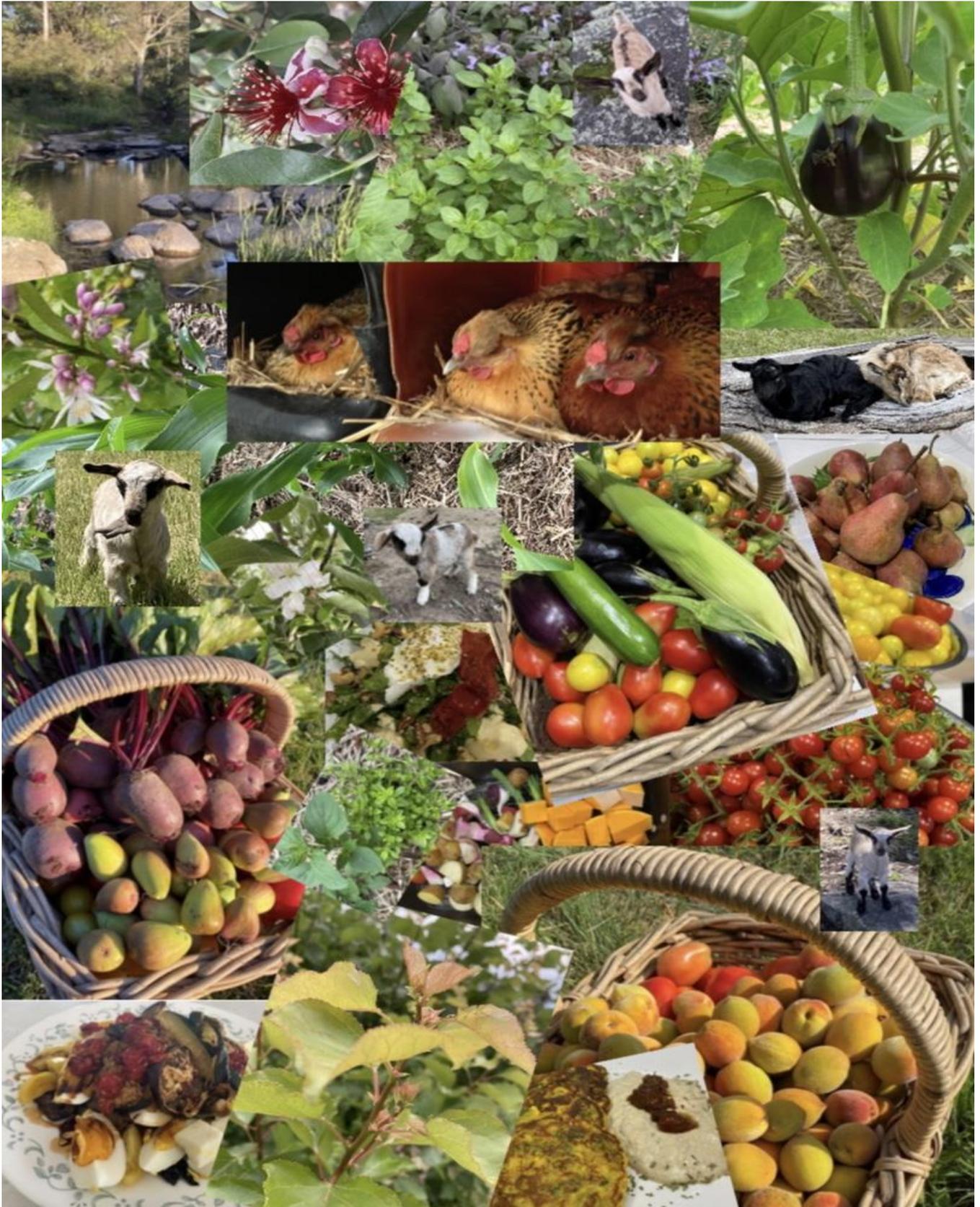
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Shanti Linsen DO, DC, Natural Health Consultant.

www.victory-over-diseases.com



My daughter's farm produce.

I



“THE WAY WE ARE MEANT TO LIVE”

I will not be held liable for what you do with the following instructions, as I have no control over your actions and as stated many times during my writings, you are different to the person I write about, physically and spiritually and subtle changes would always have to be considered in the treatment of every single person in the world, but remembering you are a creation of God, you will never be alone and will always be supported and loved.

If you go ahead and do something I did to another patient, the outcome is entirely your responsibility, not mine.

I am confident though, that if you follow at least some of these general instructions and adapt them to the situation in your life, you will be so much better, if not healed in time. It will depend on the gravity of your condition, your age, your outlook on life and how far the `disease` has been allowed to rage on, or physically has been aggravated by chemical interferences over the years.

I am going to deal with your physical problems mainly in this book, but throughout the writings, I will continue to remind you, that life is not just physical.

Generally speaking, if you alkalise your body, eat health giving foods that are grown and prepared at home, gave away all packaged and industrially prepared shop bought foods, reduced the quantity of your animal protein intake, drank fresh fruit and vegetable juice and plenty of alkaline water instead of shop-bought drinks, turned off the TV for most of the time and improved your family life, be positive and believe in yourself, you will be so much better in a short time. Remember: " Love makes the world go around", so give that a real go as well. Loving everything in nature is so amazing; people, trees, animals, everything. You will be at peace very soon.

I would like you to share these notes with your friends, but only if they are as convinced as you are, that natural healing or better: `prevention`, is the way to go. Trust yourself as a healer; be patient and positive as there may be a lesson to be learned from your predicament.

The acid/alkaline chart is very valuable for anyone.

Contact me by e-mail, if you genuinely need help, not an argument, at: shantilinsen@victory-over-diseases.com. or jostlinsen@gmail.com

Throughout this book I underline or highlight words or sentences, as I want you to take extra notice of what is written. If I would just write in the normal way, you might miss my intention. I hope this is not disturbing to you.

I sincerely wish you a happy, loving and healthy life.

Shanti



About the author (taken from Victory over dis...eases)

My personal introduction will only take a few words, as I prefer to write about more interesting subjects.

As a young man, I felt the need to help people and “healing” was the profession I wanted to be in most of all. Fortunately, I was healthy and strong and was able to help my father in his factory, whenever possible, to make some money, allowing me to study physiotherapy. I played a lot of sport, especially hockey, soccer, tennis and later squash, the latter two almost all my life. I loved playing the piano and could sit for hours, just improvising music. I realise now that playing like that was a form of meditation as well.



Make time for stillness.

In 1952, I came to Australia with my father, mother and 4 of my brothers. When I arrived, I could not be registered in my profession as a Physiotherapist, since the government of the day, would not recognise my degree. The same happened to a lot of other professionals as well at that time.

This made life a little harder, because I had to find other work. It did not take too long, as after two weeks I found work in a factory as a process worker. This was good, as I started to earn money and it gave me time to look for other, more stimulating work and learn to speak better English.

Indeed, soon I found the work I was hoping for in a gymnasium, doing massage work on injured sportsmen and women.

I was also involved in teaching physical education and weight reduction classes.

During this time, I started to study other modalities of the natural healing kind, such as iridology, biochemistry, naturopathy and `Touch for health` and mostly Osteopathy.

On one of my overseas trips, in 1970, I met a very interesting man during a flight from New York to San Francisco. As he was my travelling companion on the aircraft, we naturally talked about a lot of things.

His name was Mr. Aubrey Pescud, Osteopath and Herbalist from Ballina, N.S.W. Australia. I was almost ready to work as a “healer” and make the above studies my profession and then to meet this amazing man, was almost too much.



Look towards the Light of the world.

We may say: “What a coincidence”, but I don’t believe in coincidences and I rather think of it as “synchronicity”. Anyway, you can imagine, what the subject of our conversation was about for the rest of the journey. The discussions did not stop when we parted at the airport on arrival in San Francisco. When I arrived at the hotel in the city, guess who else turned up? Yes, it was Mr. Pescud again. He invited me to his room, where we talked for hours together. In the end he asked me to come and see him at his home in Ballina, as soon as I got back to Australia.

As soon as I arrived back home, I went to see him, because he wanted to discuss his patients and offer me his clientele.

As I am writing this story, I still get a buzz, as it was such an event, one that we only experience once in a life time: “The opportunity that knocked”, or was it “Divine intervention?”

I quickly made some very in-depth enquiries about this man, as the stories he told me were so amazing and almost unbelievable. I wanted to be sure, that he was the health professional he said he was and that the cures he talked about were genuinely true.

My mother’s physician in Sydney had heard about him and that was 800 kilometres away from Ballina. In the Lismore area, which includes Ballina as well, everybody was talking about him and the people were all raving about his treatments and the results he achieved.

His patients came from far and wide and they did not mind travelling over hundreds of kilometres, because the results of his treatments were well worth it. When I heard this good news, I was getting even more excited and I knew this was the man I wanted to follow.

I thought: “He can teach me so much and eventually I can take over his patients as well, together with him backing me up, in the same town, I cannot lose. What a future lies ahead of me, being able to support my family well”.

Mr. Pescud and I discussed an apprenticeship type of arrangement and I went to work with him immediately. I did the work and he supervised. Once the word got out, that his clinic was open again, full time, the waiting room was never empty.

During the next year and a half, he taught me HIS special ways of treating various ailments, which were varied indeed. In 1972, I went out on my own and opened my practice in East Ballina NSW as the:

Jos T. Linsen. Osteopath | Chiropractor

As you can see here, I was very proud of this name; my own business. I had a dual registration.

It was not very difficult to get started on my own, as Mr. Pescud had now retired properly and did not do any work at all. He was 84 years of age and rather than giving treatments, he came to be treated. Both he and his wife came regularly to be checked over and have massages, which kept them supple and mobile. During these visits, we often discussed patients’ problems and it was good to have him there at times to ask questions and get answers.

The best thing he taught me and has always stood out as good advice was, ‘that every person in the world is different from the next one and this should always be considered during the evaluation and treatment of a patient’. We must treat each person as an INDIVIDUAL and not just as another patient with a complaint, similar to the one in “the book”, or a previous patient with a similar complaint. The books we learn from, can only give us guidelines, into which direction we should go. The differences between all of us are very varied and these variations can affect the treatment or medication a person needs. One person may be acidic, another alkaline another neutral, so for these instances alone, we must find different treatments.

One cannot treat a person over the phone either. Unfortunately, this is done at times, but unless we have the patient in front of us, giving us all the clues for diagnosis, a correct Osteopathic treatment cannot take place. We, as practitioners must not rely on the patient’s diagnosis. Usually, the patient can only tell you where it hurts or something very superficial.

It was good for me to have had such a man as a teacher and mentor. Learning is one thing, but to gain a lifetime of experience in just a few years, was an absolute winner. All students of Osteopathy and Chiropractic, as in my particular field, who qualify today, should all have to spend some considerable time with a qualified practising person, before they can go into business on their own. We can learn so much from experience. A lot of professionals have apprenticeships and the reason for that is very sound.

In one of my study books, I found the following saying:

***Learning comes from experience gained,
Through actual contact with the patient,
Rather than from text books, which deal with generalities.
One may become well trained,
Without being truly educated.***

Freyette DO.

Even after all the time I spent with Mr. Pescud, it is amazing what I have learned since.

The main thing though, is THE PREVENTION of diseases, which I will attack with vigour, because I believe we should never get sick, so we should never have to be treated for diseases, except for accidental problems, such as broken bones after a fall or whatever.

It is not going to be easy for you to change your lifestyle, as we are all caught up in this society, which is brainwashing us into believing certain things, but if you love yourself and your family, you would do anything to keep yourself and them healthy and happy for many years to come, wouldn't you?

We are so lucky that we were given a brain by our Maker, to work things out for ourselves and chose the best way to go, to be happy and well. One thing that annoys me is the media. We are constantly bombarded with negative stories of destruction, killing and hate. It doesn't have to be this way. I know that only a very few of the world's population are running 'the show' and they are telling us what we should do all the time, because they are trying to make as much money as they can and they need us to be their slaves. In other words, we have become their puppets and dance to their tunes all the time, as they constantly repeat and repeat their actions and notifications through advertising as well, so in the end we believe them and worse still ACCEPT them. During the last decades, since I have been able to take charge of my life properly, I can now see these flaws in life and I am now able to **not** accept them. Yes, I live in this world and I am still part of this world, therefore I also have chosen a path to make my 'brothers and sisters' (you in other words) aware of the negatives, by teaching what I have learned and try my best to change your lives like I did. I am not telling you what to do, but I am only suggesting and making you aware that we can have a much happier life, if we followed our own thoughts.



Enjoy magical moments.

MEDITATE and be quiet often and allow your thoughts to become real.

Love and peace, Shanti.

PS, but not an afterthought. My God made me proficient in helping to heal people from their ills. During my life, at special times, when I needed it, He always stood by me and enlightened me with information I NEEDED at that time. When I was 77 years of age, He sent me away into the desert to do a meditation and I have written about that in my first book: "Victory over dis...eases." What a change that made in my life!

"Many of life's failures are people who did not realize how close they were to success when they gave up." - Thomas Edison

This book includes suggestions of 'how we should live', my dietary advice and some recipes (rather eating suggestions) you might like.

I have been asked to include some tips, that may help you during a normal day, such as the removal of ticks and other handy hints. You will find them towards the end.



Find the peace, that surpasses all understanding!

FOREWORD.

Dear reader.

Reading through all the following statements, it may *appear* at times, that they are negative messages, but that is not what I want you to think. It is just the opposite. Life today is not real or maybe better called 'complete'. Living is far more than making money and entertaining. I love you and want you to be well, so please try your hardest to understand what I am saying and for you to consider these suggestions the best way you can, if they pertain to you, for happiness and health.

I want to introduce you to some reasons, why in my opinion we are getting sick and have to be treated for that, instead of preventing sickness, by maintaining good health in the first place.

PREVENTION IS NEEDED IN MANY AREAS OF OUR LIFE. (Read: 'PREVENTIONS').

Please think about this a bit more, as so many times in our lives, we jump into a situation much too quickly, without giving the consequences more thought.

There was a program on TV last year, called: "The science of stupid." That showed the viewers, what I am talking about. People doing things, without realising, they put themselves in a very dangerous position, without thinking about the consequences. When you see other programs on TV, how people 'drink and drive' or are under the influence of drugs and have their driver's licences taken away from them, when they are depending on that for the job they do, they say: "It's not fair." That's what I mean: "Think about the consequences of your deeds, **BEFORE** you do something. Plan ahead! If you NEED your car for work or whatever and you cannot afford to have your licence revoked, WAKEY-WAKEY!!! It is the law and the police are only trying to make the roads safer for everyone. YOU ARE AT FAULT.

People have that responsibility to other road users and one-self, being in charge of that motor vehicle. Often, they are sorry, but it is too late. PREVENTION again.

Sickness may be physical, mental, emotional or psychological and they are all closely related to the way we live or the circumstances we have to face during our lives. Especially these days, the days of the Covid 19 pandemic, worldwide.

We are all different and we all have various needs and wants, which we should work on all the time. Society is inclined to want to mould people into one type of person, the person they can manipulate and rule over, almost like a robot.

This does not suit too many of us, as we are special individuals, who want to 'live the life we love', but we still live in a society of other people as well, so we must fall into line, even if the circumstances proposed, are not always the things you like to do.

It is time we used our brain and did something positive. THINK!

LOOKING AFTER OURSELVES.

I would like to start with the physical side of life, which is the most obvious part and we know so well.

I have used the car as an analogy in my book "Victory over dis...eases", to show you how it works and that this car needs attention and maintenance to KEEP it working successfully for many years as a complete unit.

We have to use the fuel the car manufacturer recommends, the various oils, the water in the radiator, the air pressure in the tyres, even the polish for the duco etc. All this information we will find written in the handbook, supplied with the car when we buy it.

Failing to follow these instructions, we will not get the satisfaction from driving this car for long. Yes, and the way we drive this car (the exercise) is also important, to keep this car working properly.

A family car is designed to be driven at reasonable speeds. Usually following the recommended speed limits are a good indication, at what speed we should drive. Driving your family car at racing speeds, is not recommended and is going to do your car harm.

Storing your car in a shed for years, isn't going to do it much good either.

We, as humans have been given a brain, to work out situations that come our way. This is our guide-book so to speak. Therefor doing work or exercise, should always be at a reasonable level of effort and going beyond this level on either side, we will do harm, either immediately or in the future at a later stage in life; that is logical. You know when you have done enough.

Exercise is absolutely necessary, but as an old saying goes:" Everything in moderation."

A lot of people do not exercise enough to maintain good health and keep the blood circulating. Also, exercise is necessary to have a good elimination, via the bowels, liver, kidneys, skin and the lymphatic system.

Modern living often takes us to the TV, mobile phone, video game* and computer, which makes us ‘couch potatoes’ without reasonable exercise.

**TV and video games are so often violent. There seems to be a trend to shoot or destroy and kill. These should not be shown to us, especially the children. Later on, I will explain the reason why this is happening.*

Allow me to start with some amazing ‘sports’, which in my opinion should NOT be played, as they are so damaging.

CONTACT SPORTS.

BOXING.

This is a ‘sport’, where one boxer tries to punch the head of the other boxer, to knock him out. **GET IT! TO KNOCK HIM OR HER OUT!** Now, what is going on here? This to me is ridiculous. To purposely injure another human being; the beautifully built person his/her mother gave birth to!

If a person “knocks someone out in the street, with a “one-punch” blow, he gets prosecuted.

The exercise of punching is in itself a good thing to do, to build up strong muscles in the chest and arm areas and to find balance in the lower part of the body and legs, but this should not be done at the cost of another human being’s health. A



punching bag should be used instead. Then there is another vital area which is also a target and that is the kidney region. Really, this is so silly!

Look at this, a punch to the head, that completely threw a heavy man off his balance.

We all know about Mohammad Ali, how he was “The greatest”, BUT he suffered for many years from Parkinson’s disease, before he died. So many others do suffer the same fate, but we do not hear about them. They were once famous and now destroyed and discarded like rubbish. What a waste of a good person!

More cases will come to light in the future, but I recommend for you NOT to get involved in the first place.

I am a firm believer in being a sports person as long as it is to your benefit, but other sports have dangerous effects on the body as well.

FOOTBALL.

Most of the various football codes, such as Rugby, Rugby league, AFL, American football etc., always have been dangerous sports, as so often the players are the target for severe contacts, especially around the head. During the latter years, these 'SPORTS' have become professional sports and there is a lot of money involved, so they became more serious about WINNING and therefore they are now played very hard at the cost of players. The sponsors of these players expect the very best, as they are paying them big money. You are aware of the millions of dollars some sports people are paid.

Constant hits to the head eventually play havoc with the brain and as we often see, the players in later life suffer from brain diseases.

In soccer, players heading the ball are also looking for trouble as mentioned above.

I would not allow my children to play Rugby, League or AFL for that reason. One of my sons played soccer and I instructed him NEVER to head the ball and instead catch the ball on his chest or shoulder.

A soccer ball weighs between 410 and 450 grams, which is almost ½ a kilo. When this ball comes from a good height, it has a massive impact on the brain when the ball is headed. As I mentioned that we have been given a brain to work things out, but if you ruin that ability by damaging that brain, you may become an imbecile. NOT GOOD! This is what footballers etc. are looking forward to.

Look at the number of injuries every weekend on the football fields. These contact sports are just too dangerous and our bodies are not meant to endure these massive hits the players receive. It makes me wonder why we call this 'sport'? I thought sport was something we did to *improve* and *maintain good health*! I mentioned violence on TV and video games, being dangerous mentally. These contact sports are dangerous physically.

If you watch AFL games, have you ever really considered the number of players with bandages around their shoulders? Why is that so?.....

If you drive your family car like a racing car, you will also find that this is NOT doing this car any good. It was not designed to work so hard.

I have worked in the sports industry since 1951 and have treated many people who were injured from an accident on the field soon after. Others were treated from the results of accidents and knocks later on in life, when the injury they received in their playing days, had time to develop into a serious life-long problem, such as arthritis etc.

The point I am making is, that if someone wants to play these severe games, the rules should be so, that the players are protected from such injuries. Sport is supposed to be a healthy thing to do. What is the answer? Maybe CHANGE THE RULES, so you are safe? I can hear the avid football players and viewers make a comment and say something like: "That would not be football anymore." So what, the players are protected from injuries. Are we so keen to see people hurt? Is that what we came to see, rather than the actual sport? So often the commentators make comments when a player is heavily tackled and that is supposed to be good? Do we watch motor sports to see accidents? Do they thrill you and make you happy? I rather think, that watching sports is to appreciate the skills the athlete shows, just the same as the car or motor bike driver.

We so often hear that society is trying to protect people from being injured from car accidents or whatever, so why not in sport?

Wearing a helmet, when we ride a bike is the law, to protect us from head injuries in case of a fall. What about wearing a helmet in the boxing ring or on the football field? Maybe that could be a start?

I say it again, PREVENTION RATHER THAN CURING IS WHAT I AM ALL ABOUT.

Following are some reasons why.

(27/9/2022) I am editing this article now, because a well-known ex-rugby league player by the name of Mario Fenech, came forward the other day (September 2022), together with his good friend the Australian boxing champion Jeff Fenech, telling us in a TV interview, the problems he is suffering, from constantly being hit around the head on the football field. He is losing his faculties to think clearly and even his movements are getting very poor. At this moment Jeff is not (yet) suffering from any obvious symptoms from his boxing career, but he is

getting very worried. As you have read above, I have mentioned the problems Mohammad Ali suffered before he died.

As an Osteopath, I have seen and treated many past football players, who suffered from other injuries as well, especially the legs and the side effects of constant injuries such as arthritis.

LONG DISTANCE RUNNING.

Here is a “sport” that is not necessarily healthy. Running is fine and very beneficial, but not every man and woman is made to run these ‘extreme’ distances till you drop and so many do drop at the finish line or before. It may be alright for some people, but we are all different. Healthy running on a daily basis is amazingly good for one’s bones and circulation. I wish I could still run, as I did for a long time, but the tractor accident I had on the farm is preventing me from doing so now.

Records show that a lot of runners, professional cyclists and other people, who are supposed to be very healthy, having done ‘extreme sports’ and physically look amazing, are dropping dead for no apparent reason and quite often at an early age. Being fit is great, but being SUPER FIT may not be the answer. I was going to put a picture here, but they were all so horrible to look at.

BICYCLE RIDING.

Riding your bicycle is a great sport and it gets you somewhere very quickly. The only problem is riding on the road, which can sometimes be a dangerous business however, as the selfish motorists do not allow enough space for the cyclist to manoeuvre his bike, but at least we see local governments putting in bike paths to allow cyclists to be safe. I am so happy about that.

As a person, born in Holland, I had a lot to do with push bike riding of course. Bicycles were the number 1 form of transport and everyone owned one. The

whole country had bicycle paths along the main roads, so you were safe from motorised traffic.

The cycling safety rules state, that we are to wear a helmet, to protect the head in case of a fall. That's a good thing, BUT, on TV the other day, they introduced a new helmet, which warned the rider of oncoming traffic and other features. These electronic features were driven by Telstra 5G technology and you have that radiation right beside your brain. Wow! I think I would rather be more aware myself, of what is going on around me.

Anna Meares, our well-known cycling champion was demonstrating this gadget, but she would not be aware of the dangers of having such powerful radiation on her head. A pity she was not informed fully about the radiation, but Telstra would not tell us that hey! Another form of technology we do not need.

I mentioned progression. This sort of progression is what we are not made to endure. The radiation from 'soooooo' many gadgets we use on a daily basis, are affecting us slowly and damage our brain and other cells as well. The immune system is attacked also, something we should strengthen, not weaken, to maintain good health and be able to withstand these viruses and colds, that are coming around all the time.

This makes me think about sight. Having so many electronic gadgets, mainly mobile phones, computers, video games and TV's, things we use ALL DAY, make our eyes suffer, as we do NOT exercise our eyes enough. We seem to only look at things just about the same distance away and don't give the eyes the opportunity, to look away into the distance, up and down, left and right etc.

The future will teach us, that this is a very un-healthy habit. Eye problems are set to increase enormously, because of this type of life-style.

Yes, here I am sitting down in front of my computer, writing these notes, but I do take care, the best way possible, to sit back as far as I can from the screen, as I put my computer info through the TV screen, which is 2 metres away. Better?

I do eye exercises every day to compensate for the time I write articles on the TV screen.

On top of that, we get a lot of electronic radiation from using these gadgets, doing us more harm. Unfortunately, another problem. The worst thing is that we have been told about them, but we do not do anything about them. We are so hooked* on being entertained by these, that we don't really want to know about the dangers and just pretend they do not exist. We would have to get rid of them or use them ever so little and that is NOT what we want to do. So, we slowly suffer and GET TREATED INSTEAD for the effects of them.



We don't want to PREVENT problems, it seems.

**Being 'hooked' or another word is 'addicted', is what is driving society in all sorts of ways, as I mentioned in the gadgets above. Further addictions are in the foods, drinks, alcohol and drugs of which I will talk later. There is another one called "gambling". Oh, what damage is that doing to society. Everywhere, especially on TV, advertising for gambling is shown so much and there are so many companies doing the same. BUT WE MUST REALISE, SURELY, THAT ALL FORMS OF GAMBLING are a losing business for the gambler. The money goes to the gambling company and NOT YOU!*

I DON'T KNOW TOO MANY GAMBLING MILLIONAIRES, DO YOU?

Did you ever see in very small writing, the warnings about gambling written down below the ads? They are so small, that you can hardly read them.

It seems that we have lost the power to say "NO" to so many things, harming us daily. It is not surprising, because we are constantly bombarded with advertising, telling us what the advertisers want us to believe. O.M.G.!

Large telco's and electronic companies, who have millions to spend, because we follow them continually buying new and up to date gadgets (and we always expect the latest gadgets) keep inventing new systems, to make our "lives better". Better in what way, I always wonder? When we had the dial telephones, we could always be sure that we made contact with friends and businesses when we needed to in a very safe way. These telephones did not radiate EMR.

Yes, the mobile phone is a very handy gadget, as we can carry it with us and dial a number at any time anywhere, take a picture, listen to music etc. but at what cost? Did I say COST? This a two-way word here.

1. The financial cost. We spend many thousands of dollars paying for the up-to-date modern mobile phone and we continually upgrade the thing. You buy your new model today and tomorrow, there is another one available, more powerful and probably more dangerous and yours is 'out-dated:

What is going on!

2. The health cost. It is well known, that the EMR (Electro-magnetic radiation) they radiate is dangerous and I will not go into that here. It is well documented, but what are we doing about it? Carrying this thing in or pockets over or heart or in our hip pockets near our reproductive organs is so silly. Just wait and see what is going to happen in the future.

For convenience sake, we JUST FORGET ABOUT IT and pretend these dangers do not exist. WOW!

Children especially, must be very careful using the above gadgets all the time. I have seen 1 ½ year-olds playing with their mother's mobile phone for hours.



Observe this child's attention and the distance from the phone?????

I have seen mothers, carrying their baby in a sling in front of them, being on the phone and this phone is just centimetres away from

this baby's head. Parents please be careful and don't use your phone as a toy for your little ones and think about the dangers please.

These large multi-nationals have very little responsibility and will never tell us "the other side of the story" till it is too late and you have become used to using it, because that would damage their image and pocket. More education is needed here, as we can prevent more sickness, but giving things a bit (maybe a lot) of thought, would eliminate these and other dangerous situations.

More money. For athletes to get better results, the multi-national companies designed SPORTS DRINKS*, to help them overcome the lack of energy and make them play harder and more furious, something which is still NOT right.

These sports drinks have now entered the daily life of non-sports people as well, those who think it is fashionable or those who think it is going to do them some

good, BUT, yes another BUT, these drinks are full of toxic chemicals which are hurting you.

**These sports drinks you see advertised all the time, especially at sporting events are dangerous to say the least. Look them up and see what the experts say about them.*

(Are you going to look them up, or will you just keep on going regardless? In other words: " You are hooked on them and cannot say NO).

Every year there are thousands of people hospitalised from the side effects of these drinks, but that is not advertised of course. These multi-nationals have too much power. These drinks are very heavily caffeinated and sweetened with Aspartame. (more of that later).

WATER is what we need to drink; good clean naturally mineralised, alkaline water, without additives of the chemical kind. In my younger days, we drank water from the local river. (Yes, these were the "good-old-days alright".) How would you go today, drinking from your local creek or river? All living things in nature need water and not man-made drinks full of chemicals. Water hydrates, cleanses and flushes the toxins away from the body and keeps the blood healthy. Truly I am so mad with the Governments these days, the way they are allowing manufactures to produce and advertise their toxic wares at the cost of our health, to say the least. It is so confusing for most of us, so we are inclined to go along with it all and put it in the 'too-hard-basket.'

Over the last 50 to 100 years, the world has been ruled by a few HUNGRY AND money grabbing PEOPLE, at the cost of all others and also Mother Earth is being raped. Now it is (almost) too late, to correct the situation and the polities are running scared world-wide, trying to find ways to correct the situation. There does not seem to be an answer and waiting till 2050, is all going to be too late.

I smell a rat here!

Oh, here he is!



I told you so, didn't I?

The cost to society of sickness caused by electronic gadgets and these so-called sports/health drinks is staggering and we have to pay for it through our health insurances. The fees are going up constantly, because of the number of people claiming for benefits all the time.

Coconut water, a totally natural product from the coconut tree, is a much better alternative to these sports-drinks and totally natural. During WW2, when Australian soldiers were fighting in New Guinea, coconut water direct from the nut (being sterile), was used to transfuse soldiers, who were injured and were losing a lot of blood, if there was no real blood available. Coconut water is very close to blood in its make-up. That is what I call natural and healthy!

When I was living up on the Atherton Tablelands a number of years ago, some friends and I used to get coconuts from the trees in some council parks and we would have a real feast of drinking coconut water every day for free. If we did not get them, they would just fall from the trees and be taken to the garbage tip. Free drinks! You don't get that every day. At other times, I see fruits lying on the ground fallen off a tree, coming from a property, and nobody picks them up. I am always on the look-out for a free meal, as most of the time these free fruits are also NOT sprayed. The last lot were mangoes in a street in Gympie.



As I wrote in my book “Victory over dis...eases”, we are not preventing ourselves from being sick, but we are quite happy it seems to be treated (often NOT cured) for sickness all the time, which is generally caused by neglect. I am dealing with the physical body here and therefore, we should all be aware of the need to eat organically grown* produce (no chemicals), drink natural water (no chemicals added) and breathe in clean, fresh oxygenated air (un-polluted), without masks over our noses and mouths. The masks used to ‘so-called prevent’ Covid infections, restrict us from getting the oxygen we need, as we re-breathe quite a lot of ex-haled stale air. A lack of enough oxygen will lower our immune system and actually make us more liable to get infections, as well as another lot of other factors for good health. A strong immune system adds up to being well, so we will live a long time without sickness.

These requirements are almost impossible to achieve these days. We just have gone so far away from caring for Mother Earth and the air around us, which naturally supplied us with all the above and for free once upon a time. Today we must buy drinking water, as the natural water supplies are polluted. The rivers and lakes are polluted with chemical run-off from farms, where chemicals are

used and the water coming from the tap in the house, is so chemicalised, it should not be consumed.

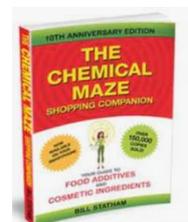
**Organic food is food grown with natural manures etc. without artificial chemicals and not what some people think is food that “hippies” eat. Thank goodness that there are more and more people thinking about good food these days.*

What would you do if someone offered you some home-made petrol or diesel for your car? I am sure you would really want to know what was in that petrol, before you decided to put that in your vehicle.

That is why I would like YOU to research anything and everything edible, especially the ‘foods’ bought in supermarkets* before you eat or drink it. Read the ingredient labels very carefully, which is not always easy as they are sometimes hard to read, being printed on dark green or red backgrounds in very small letters. It takes a little time to work out what is in these products you are interested in, but once decided, you don’t have to do it again.

** Why don’t the take-away establishments, state what is in their produce? You buy these products, without knowing what you ingest and we are too lazy to investigate.*

I CAN HIGHLY RECOMMEND a booklet called: “ **THE CHEMICAL MAZE**”, written by Bill Stratham and Lindy Schneider (ISBN 9780957853577). A booklet in which they give you all the numbers and chemicals to be aware of in drinks, foods and in body care products as well. Not all numbers we find on the ingredient labels, are toxic and can be safely used, while others are very dangerous and have nasty side effects. They have done the research for you, so all you need to do is check the ingredients.



It is so easy to research these days, as all the information you need is on the net as well, where years ago, we had to go to the library and go through many books, taking hours to find the answer.

The biggest problem is that we are NOT being properly educated **in thinking about these things** and we are fed a lot of bull-dust in school, which is not all that important for a good and healthy life. Maybe this is done on purpose, so the multi-nationals can run your life at your expense and make massive financial gains.

Go away rats and leave us alone! There are rats everywhere. It is HIGH TIME, we, as citizens and occupiers of the Earth, took over the running of our lives ourselves and give the pollies the boot. If this is not done soon, I can only see troubles.

Eyesight came into my mind, just now (I don't know why). Ophthalmologists and other eye specialists, NEVER mention eye exercises, to strengthen your eyes. They are quite happy to TREAT you, as that brings in the "bacon". Eye exercises are given in "Victory over dis...eases" for you to follow. Every part of our body needs to be exercised.

I see older people with sagging face muscles, droopy eye lids, floppy arm muscles etc, which can be prevented through proper education and exercises, but nobody tells you how to prevent them.

FACIAL EXERCISES you say, YES INDEED. When you are watching TV or even while using the toilet, pull some funny faces, nasty faces, laughing faces, sad faces etc. to exercise all the facial, throat and neck muscles. These are all very good things to do. Make it a fun thing to do around the table or at a party. Why not? It will at least make you laugh, which involves more facial muscles. **Yes, poke out your tongue!**



The arms muscles can be exercised by using just very light weights, like a can of coconut cream or whatever from your pantry and do quite a few repetitions, rather than heavy weights. Swing the arms in all directions, to cover muscles in the front of the arms, the ones at the back and the sides. There is of course plenty of help available at your local gym or from your personal trainer.

Sometimes I don't know any more. I feel very sad about the way things are done today. It is the 'filthy lucre' that rules the world.

MOTOR SPORTS are notorious for bad accidents and people die, as well as the pollution they cause (more of that later). Over the years, protective clothing and protection in the cars has improved a lot and the accidents are reduced, because they changed the rules.

Then there is another negative side to this 'sport'. The world is continually looking for less pollution in every way. Car manufacturers are now (at last) building cars which are less polluting, not using fossil fuels, something that should have been done years ago, as the technology was there. However, car racing is still a very popular sport and the engines do pollute the air at a very high rate.



What the ...!

Take "Car drifting" as the worst example. Here the drivers do not only use massive amounts of fuel, but the smoke created by the burning of the rubber tyres, scuffing the bitumen is so bad. I cannot see the point in doing this. Yes, I know you just like to watch it and think it is fun

etc., but it is also quite stupid causing this pollution, while the rest of us are trying to clean the air. It must be horrible to be at such an event, breathing in all that terrible smell. (Just my opinion, that's all).

Since most sports are now a professional occupation where big money plays a great part, anything goes it seems, as long as you win. When a lot of sports were still in the amateur ranks, there were a lot less accidents.

Talking about accidents! Watching the TV show "RBT" is interesting. Most of the people pulled up for traffic offences are young people. They often have no driver's licence or they have been drinking while driving on P-plates, unregistered cars, un-roadworthy cars or are on drugs and they have done it ALL BEFORE a number of times it seems. The worst of it is that they don't care and try to laugh it off and think it is all a big joke. They have NO responsibility or RESPECT for the law (and therefor any other people), which is in place to protect them as well as all others on the road. They don't seem to realise they are putting other road users at risk and they could and do kill them. I often wonder how many of them we pass on the road on an average day, when we are driving? Are they not taught what it means to be responsible or have respect for others, especially the elderly? It is not just me thinking this way. I have spoken to a number of people about this and they all agree.

In the days of conscription, young people were to serve a period of time in the army and taught discipline and respect. Those who did not conform would be

punished and would have to repeat the instructions over and over again till they finally “got the message.” Maybe we should bring that back again?

It all starts at home.

Parents, you should NOT allow your children to call you by your first name.

This IS VERY IMPORTANT.

This is the first opportunity to teach a child respect. Being a Mother or a Father is very special. Children will only ever have one of each of them. Be proud to be called Mother/Father by your offspring and the children should be proud to call you that. Respect is something that is badly lacking in society these days and that is why, people do things, like breaking the law.

In days gone by, it was thought that ‘children should be seen and not heard’, but I do not agree with that. A child has a right to voice his/her opinion, BUT AT THE RIGHT TIME. This is how they learn. A child or an adult should NEVER INTERRUPT A CONVERSATION, while someone is speaking, something that is seen every day. It is very rude and does not allow the speaker to finalise his/her sentence or story in full.

I recently caught up with a young man at the age of 23, to whom I suggested about calling his mother by her first name, when he was only 9. His mother taught and allowed him to do so and wanted the children to be equal to her. I could see what the Mother was all about and in some peculiar ways, I agreed with her, however it is wrong! This young man was so pleased I taught him that. He was proud to call her Mummy even now.

There is no need to put your children at the same level as you are. You can still be their best mate. When they get older at the age of 21 years maybe, you may suggest that they can call you by your first name, as they are adults by then. Often father and son work together on projects and work as mates. Mates call the other mate: “MATE”.

I suggested to my nephew, at the age of 21 that he could call me by my first name but he could not get around doing that, even though we worked together regularly. He ‘sort-of’ called me Shanti once, but reverted back to ‘uncle’ after that. That’s fine too and I appreciate that from him. He respects me a lot at the age of 52 now, he still calls me uncle.

FASHION.

Unfortunately, fashions seem to rule and most of our women folk are doing some terrible things to themselves, which they should consider. (Sorry girls, but I am really concerned). This is also a form of addiction.

As an Osteopath, I experienced many occasions, where the spine of a woman was so badly out of alignment, due to the wearing of:

High-heel shoes, especially stilettos. Walking in them, causes you to use an absolutely un-natural gate. The foot is NOT “heel-toeing” as it should, especially while going up or down stairs. Yes,.....they make you look pretty and all that and I like the LOOKS as well, but please girls, consider your health, I beg you. Maybe, and I say again ‘maybe’, on that special occasion, when you are driven to your



social venue and you do not have to walk too far, “.....maybe wear them then”, but I still maintain: “Don’t wear them if you possibly can.” How often do you take your high-heel shoes off, once you reach your venue? Be honest?

I have seen them under the table many times over.

Tight fitting garments, can be a problem as well, cutting the circulation in your legs or around your body. (bras, for instance; the shoulder straps).

Make-up* is a massive problem, as all of them contain strong, artificial chemicals which finish up in our blood stream, poisoning the whole body. False eye lashes are dangerous and can put your vision at risk. Eye injuries and infections, allergic reactions and damage to your natural eye lashes. Some of the glues have a substance in them called formaldehyde (brrrr), a very toxic chemical. So, what are you going to do? SORRY, but I feel I must tell you!

**I studied Iridology and this science shows us, the health of a person, by looking at the iris. So many irises of beautiful looking girls, who advertise body products, show very poor skins and digestion.*

If someone doesn't like or loves you for the beautiful person YOU ARE, without your fancy clothes, shoes or make-up, you are better off without them. Beauty is only skin deep. You should be accepted for the amazing person you are deep down inside.

Look in the mirror and say:

"I AM BEAUTIFUL AND I KNOW IT!"

And do this regularly. Start the day doing so!

No make-up on this pretty face, hey!



PAINS.

Many pains and aches, especially in joints and nerves are generally due to a misalignment of the spine. Pain is not a disease and I compare it with the alarm bell ringing on the side of a building, while there is a fire burning inside. To treat that fire, we cannot just turn the alarm off. It stops the noise "yes", but the fire burns on. The cure for the fire is to get inside the building and douse it. That will prevent the bell from ringing.

In your case, to prevent the pain from hurting you, you must find the cause first and start working on that. Once you fix the cause, the pain will automatically stop, but it may take a little time. If the pain is very severe, taking a painkiller, should be recommended, *as long as the problem is looked at and attended to.* This is not the sort of information you get through the 'sickness industry'; they switch off 'alarm bells', while the fire rages on and destroys whatever part of the body is in trouble.

Using pain killers is NOT curing the disease.

Using anti-inflammatory drugs, is not curing the disease either.

To stop the annoying alarm bell from ringing, **at the same time** as dousing the fire is fine.

During my long years in practice, I came across many headaches, backaches, neck pains, foot pains, diseased organs, asthma, poor elimination, etc. etc., that it was a pleasure for me to be there for these patients, being able to relieve that pain, by massaging and manipulating the spine, to eliminate the CAUSE. I wish I could still do this work, as I continue to observe these misalignments in people when I am walking down the street. They are so obvious to me.



Why did/do most of these people have these pains? Work related accidents* were a large part of them indeed and if the company had a safety policy, which would have been properly put in place, these pains would not have occurred.

Sports injuries are another problem and often not corrected properly.

Road or industrial accidents are often treated with drugs only and the posture is not being considered by the medical profession. This is another case of poor education in something so very important. POSTURE!

The body is a self-healing system. If something goes hay-wire, it usually will cure itself, giving it time. When an accident puts someone's back out of alignment however, this MUST be attended to as soon as possible, to prevent further complications in the future. More of that later.

Rushing to the doctor for even the smallest discomfort is irresponsible. Guaranteed is the fact, that he/she will give you a script to kill the 'pain', something that is NOT going to cure the problem. If you are on these medications long enough, the body itself, will have cured you anyway.

Some 'alternative' healing systems are available to help you without drugs, such as massage, acupuncture, manipulation, heat treatments etc. Do follow them, as these are drug free.

**I have recently made friends with a lady who is 44 years old. She has 4 children and has all sorts of internal problems, such as arthritis, kidney problems and others, eg. Hashimoto's disease. She has been/is being treated for these by her doctor with drugs. When I observed her, it proved that her spine was a mess. She*

has scoliosis badly and a few other misalignments, all putting pressure on her organs, especially her kidneys. She has arthritis and is told by her doctor that she will be in a wheelchair not too far away in the future. She is on drugs all the time, not really doing her any good, as they will not put her spine back in place, which would fix the problem.

I cannot believe, that her doctor(s) have never picked that up. It is so obvious when you see her. After I mentioned this to her, she told her husband what I said and even he could see the problem as clear as daylight.



Looking at these pictures, you can see how bad a scoliosis can be and cause a lot of further complications, as in the patient mentioned above.

We should all do the following!

Go and stand in front of the mirror, walk on the spot a few times and stop there. Look up and observe your posture. You may have a similar problem, which in turn causes internal pressure, giving you a pain, indicating that something is not right. If you find that this is so, you MUST go and have this seen to as soon as possible. I mentioned osteopaths, chiropractors, physiotherapists, Bowen therapists; all these people should be able to help you get back to normal. Even if there is no 'obvious' pain at this time, the future will be bleak. It is not just pain either. Such posture may put pressure on one or more organs, causing another problem like asthma, eczema, hay fever, sinus problems and many more. Some postures will cause the body to be too acidic, causing arthritis etc. So, I suggest to PREVENT these from happening, by having your body corrected a.s.a.p.



THERE IS NO MONEY IN CURING. TREATING IS AN ONGOING THING AND MAKES MONEY FOR THE WHOLE SICKNESS INDUSTRY, mainly the BIG PHARMA.

I remember, when I was only about 10 years old, a team of experts came to our school and took notice of the way the children were sitting in class. Months later, all the seats were replaced with contoured seats and backs, supporting the spine for the many hours we had to sit. Why not today?

One day in 1974, a lady came to me, to be treated for 'tennis elbow' and 'carpal tunnel syndrome'. She was working in a very large office, together with another 80 ladies, working in 8-hour shifts.

In those days certainly, not a great deal of attention was given to proper seating in offices.

I quickly realised she was sitting in the wrong position for 8 hours a day. I treated her, got rid of the problem and advised her to change her seating arrangement (prevention). She told some of the other office workers about the results she got from being treated and more of the ladies came to be treated afterwards. I decided to go and see the office manager, as the problem was ongoing. She told me that during an average year, about 8 ladies would be away with these pains all the time. So, 10% of that work force was not working throughout the year being on sick leave. A pretty big drain on the profits for the company.

In short, adjustable seats were installed, to accommodate the different shapes and sizes of ladies and the problem was solved. Prevention at its best!

ANGRY PEOPLE.

" YOU "!" Never themselves.

We can prevent people getting angry you know! Over the years Mr. Pescud, my mentor and I later on, found that our posture and our diet, are the 2 main factors making us either acidic or keeping us in an alkaline state.



Wow, I hear you say, what is that all about? That is not possible! Well guys, this is what I have been working with for many years and it has proven to be correct.

I put a list of acid and alkaline foods in "Victory over dis...eases" for you to look at, but you can get all that information on the net as well. The worst offenders are all the social things we do. The following items are a short-list of some acidic foods and drinks.

Drinking alcohol, coffee, sugar, sweetened fruit juices and fruit drinks, colas, sports drinks. Also eating meats, sweets of any kind, grain products, especially white flour (refined); all those hamburgers, subs and pizzas, made with white flour are so damaging and making you acidic.

Eating mainly vegetarian foods and natural drinks, plus plenty of alkaline water, from a natural spring, is what we need. Whole meal foods, such as wholemeal (100%) breads*, pastas, cakes (?), un-sweetened foods and drinks and so forth are what the body needs naturally and will protect us from getting sick.

**You may have to bake your own bread in a bread-maker to achieve this.*

I have covered most of these in "Victory over dis...eases."

Thinking of all this and more, makes me think about education a bit more.

This is the stuff we should be taught early, to prevent us from becoming sick.

FRUSTRATION.

I was talking to a young mother. Her son is in year 12. He is ""so-called"" taught fractions. This child is absolutely frustrated doing hundreds of fractions every day and night as homework and when he comes home, he cries. I realise that there is a lack of **PROPER EDUCATION** with him (and all his class mates) NOT BEING taught, the fundamentals of fractions and how they really work. If he

understood the workings of them, he would not have to do thousands of practical fractions all the time. He should be able to apply that knowledge to any situation immediately. Oh, what is going on? Children need play time after school and in my opinion, homework should be banned. All educational procedures should be dealt with in class. Drop some of the curriculum items, set by the Department of Education (useless stuff) and teach the children important information, something they NEED in their later lives, during the school hours.

WE are NOT taught the important facts of life, the things we should know, like filling out forms, cooking, housework, growing food, health care for self and others as mentioned above. Hobbies, art etc., to go forth and live well and healthy, safely, lovingly, spiritually, sharing and so forth, so we can be independent. Giving freely and getting the beautiful feeling of receiving, seeing the reaction of the receiver. That is what is all about! What is the point of going to school, if we don't understand the above?



My mother taught us cooking, gardening, nature, sewing, knitting, general housework, animal care, milking and certainly respect. When I became a father for the second and consecutive times, it was not a problem for me to look after the family, while my wife was in hospital having a baby. I cooked and fed them well, made the beds, cleaned the house, read them bed-time stories and you name it. How many children and young adults today can claim that?

Why aren't we taught in school that chemicals* are dangerous? Things we don't think about are such things as every day household chemicals, used for cleaning. Also, the chemicals used in the garden; they killed my brother, who was a horticulturist, at an early age of 45, as he was told they were safe.

***HOUSEHOLD CHEMICALS** are used FAR TOO FREELY AND UN-NECESSARILY.

We should NOT kill everything, just for the sake of killing germs everywhere. We need some of these germs, to make us strong and resistant and build our immune system. I will write a little more about that later. Babies crawling along the floor

or in the garden, pick up all sorts of ‘little critters’, which they need to build up resistance to them.

One household chemical for instance, that stands out to me is laundry powder.

- Case: A number of years ago a friend of mine asked me about his skin rashes, which appeared only on those parts of his skin, which are covered with clothes. After interviewing him properly, I suggested to his wife that she should stop using the commercial laundry powders and start using LAUNDRY BALLS*.

Cutting a long story short, she washed all his **clean** clothes from the wardrobe, his underwear and socks etc. with these balls and HEY PRESTO, his rashes stopped immediately.

A week or so later, they were going out to a social event and he was looking for a particular pair of socks. He could not find them at first, but eventually found them in the very back of his sock drawer. He wore them and that evening. He finished up with a rash on his feet, right up to the edge where the socks finished. INTERESTING HEY? Yes, these socks were missed by his wife, when she washed all the others.

**Laundry balls (look for them in the supermarket, the internet and at week-end markets) are perforated plastic balls or disks, filled with ceramic beads, which do exactly the same as laundry powder, which is ‘making water wetter’, or in other words, ‘breaking the surface tension of water,’ so the water comes in contact with every fibre of the washing. It is the*



water that does the cleaning. Your freshly laundered clothes, should NOT smell like laundry powder. The chemical perfume in them is dangerous, to say the least. PLEASE USE NATURE’S PERFUMES, made from flowers etc. if you want a little scent. These ‘balls’ come in different shapes and sizes.

Further to this, the amount of laundry powder used or is recommended, is far too much for the average wash. You should only need a very small amount indeed, to do the job well, but you are better off NOT to use them at all.



Soap nuts.

*Other natural products can be bought such as 'SOAP NUTS', (they are the berry of a tree called *Sapindus mukorossi* the 'Chinese Soapberry' tree and contain saponin, a natural surfactant, which foams just like soap). They do the same thing as soap, without doing any harm. After a few uses of the same lot, they can be composted and do no harm to the environment.*

You can even grow your own tree and harvest the nuts over a period of well over 6 months of the year. If you do not want to go that far, at least buy organic, natural washing aids. 1 kg of Soap nuts will provide you with 365 loads of washing. Chemical free!

Look these nuts up on the net and order a bag to try.

Baking soda, Borax, Lemon juice, Vinegar, Vodka (oh yeah?) are natural alternatives. Look them up as well.

PREVENTION.

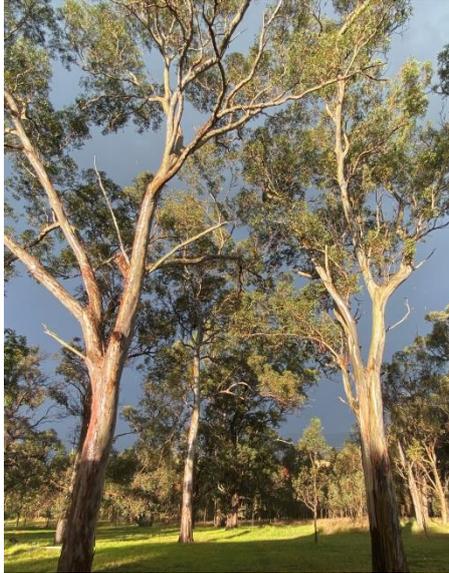


THE OLD DAYS.

I must go back to my younger days in the 40's and 50's, when there was much more peace, care, giving, receiving and sharing, Godliness etc., as I want to share that with you.

When people hear me lecture or read my writings they always comment straight away and say:" You live in the dark ages etc." No, I don't live there, but maybe I

think of these days and know they were beautiful days, whereas today in many instances, we have just gone a little too far, too fast. The latter is the problem.



Then they say: "Oh yes, but we should progress and accept evolution etc." Yes, I am one who believes in progression and all that too, but this does not mean we have to forget the true, ***basic*** fundamental values of life and the acceptance of love, peace, health, sharing, care, family and so on. (See cover page). They should still be practiced amidst the new and adventurous times of this modern world, but the climate is such, that so often we don't make time for them.

^^I think this is the best place to put the lyrics of JOHN LENNON'S SONG:

"The world will live as one".

A song he wrote in 1971

"Imagine there is no heaven,

It's easy if you try.

No hell below us,

Above us only sky.

Imagine all the people,

Living life in peace.



You may say that I'm a dreamer,

But I am not the only one.

I hope someday you'll join us,

And the world will be as one.

Imagine no possessions, *

I wonder if you can.

No need for greed or anger,

A brotherhood of man.

Imagine all the people,

Sharing all the world.

You may say I'm a dreamer,

But I'm not the only one.

I hope someday you'll join us,

And the world will live as one."

**I have found that living with LESS, has made my life better. I had many possessions once, but today I can put everything I own in my car.*

Being busy should not be an excuse for neglect to learn, practice and teach **the GOOD things in life**, those things that matter so much and make us happy and wanted.

TRUE EDUCATION is lacking in schools, at home* and generally in society. Acceptance of abuse, non-care, violence, lack of sharing, etc. is rife, taught to us by the TV programs we watch and the violent games we play on video games**, which are so negative towards a happy life for most of us. They are shown to us ALL THE TIME, HOUR AFTER HOUR AND DAY AFTER DAY. I mention this again, as it is so very important to consider. I am not the only person thinking this way. Many people I talk to agree with me on these subjects. I really feel that soon, the general population will react and want more and better education and freedom of SELF. At present we are driven into a corner, but mankind will come out fighting for rights and freedom en-masse. We are not going to take any more of this control thing and we will want answers or else. What else? We will expect the governments all over the world to GOVERN AND ACT ON PEOPLE'S DEMANDS. Not broken promises! We have had enough. We already see more and more protest rallies of people wanting a fair deal in a number of fields.

Our representatives are supposed to REPRESENT US, not change things around to suit them or their buddies in business, once they are elected.

** On the news yesterday, (June 8, 2021, Ch. 7) they showed 3 little children, vandalising a property, called 'Hobbit House,' while the parents were watching on! Yes, yes, yes, parents were watching these 3/4/5-year-olds doing that. Parents, you should know the value of other people's property and respect that, the same as you do your own. Would you allow your children to trash your house, smashing windows etc?*

***Video games are mostly violent, portraying shooting, killing and destruction. NOT REAL GUYS! Is it the cause of teens, as young as 11 and 12 being violent and even kill? House invasions, stabbings, car stealing and driving many miles, endangering others?*

Why do we buy toy guns for our children? And other destructive toys?

The really educational programs that we all should see are always on the telly, *late at night*, when people and certainly children are asleep. Do we demand cruelty, destruction and killing all the time? Have we sunk that deep really?

The violence shown, is accepted by a lot of us as normal these days, BECAUSE OF THE REPETITION.

Once upon a time, regulations were set and were very much stricter, as to what we could watch during certain hours of the day, but these regulations have been relaxed too much. Yes, even adults*, should not watch all the violence. It sets a pattern and this is often followed by the gullible ones. If we really sat down after a TV show and analysed, what we saw, surely, we cannot say that most of that is normal. The blowing up of cars and buildings, the shootings, the fires, massive explosions, bodies flying through the air and you name it. It is abnormal!

- ALL OF US SHOULD PREVENT SEEING THESE SHOWS BY TURNING OFF THE IDIOT BOX.

**It is scientifically known that a child is learning about half it learns during the whole of his/her life, before the age of 7. Scary isn't it? Allow a child to be a child. There is enough time later on to do the adult things.*

Where are the beautiful things in life? Why can't we see more of nature, the way it really is?

A show I watched recently, was all about the intelligence of animals, the way they found their food and how to open hard nuts, to get to the inner kernel. Birds that made a curved stick by repeatedly bending the end, making a loop, to gather grubs from a hollow in the trees. That is what we should learn and see, realising that the animals are not JUST ANIMALS, often thought of as brain-less.



We should all be so grateful for Sir David Attenborough and all the work he has done over his long lifetime, showing us the amazing beauty God has created and the balance of nature, involving ALL THINGS. The animals, the trees, the stars,

the skies, the waters, the air; wow, how amazing it all is*. And today, man is trying his darndest to ruin all these for MONEY. Yes, even the skies above are being polluted with chemical fallout and space junk**. Some heavenly bodies, where space junk is left behind are now the targets for rubbish. We can, if we really want to, prevent all this from happening, if only (ha, ha; IF ONLY) man stopped being so greedy and gave back to Mother Earth, at least some of the things that are taken away.

** I am writing another book about creation and all its wonderous happenings, something I have been interested in for many years and something that will 'blow your mind'.*



“BOOM.”

***There are an estimated 128 million pieces of space debris smaller than 1 cm; 900.000 pieces from 1 to 10 cm and 34.000 larger than 10 cm floating around in space now, in 2021.*

Unless we do A LOT OF research, we will never know what is really happening and these “space people” and governments from all around the world, don’t tell you anything about what they are up to and continue to pollute and destroy at will. It is OUR Earth and we should all have a say, in what is happening throughout the Earth and the space around it.

Some secrets are coming to light now, about things governments have done in the past, exposing some of the “UFO’S” for instance.

PROTECTION BY KNOWLEDGE is needed. We need to be taught and shown, all the above and more, so we can react when something happens or at least voice our opinion

Education should be far more practical and not just academic. There are many people in this world, who are very practically minded from birth and don’t do well in class, where mainly academic subjects are taught. These practical people are not sheep, who go “bah”, when everyone else goes “bah”. The brains in these people are very active and willing to go ahead, doing things their own way. Many brilliant people* over the centuries, were not academics, but became well known for their contributions to society.

**Albert Einstein dropped out of school at the age of 15 and see what he contributed. Nicola Tesla was another one.*

These students are absolutely bored and want to leave the schooling system as soon as they can, pursuing a career, where they will shine and do well in the future. I had to go through these years, hating every day at school, feeling miserable, not wanting to be there for all those 10 years. The best day of my life 'still today', is THE DAY I LEFT SCHOOL. That was the day, I stood up straight and started to bloom and became:

ME!

Not the sculptured person society wanted me to be.

- I became someone special and there will only ever be ONE "ME!"
- I am sure that you know someone like me (yourself maybe?) and others, who are 'doers' and are not academics and they become real achievers.



I really would like to remind you again, that we have been given a brain to work things out for ourselves and that we do NOT need anyone else to tell us what we need to do, to be well. We all have a right to 'live the life we love.'

Afterall, a student will only be as good as his teacher. If the teacher is a brilliant person, so will the student be. Then there is the curriculum set for the year by the department of education, the government in other words, or the world leaders in another word. That should be looked into seriously, but....do they want to teach children (adults) the real truth? What are they holding back?.....That's right, you got it.....the real truth! Real knowledge, something

they can use in their life, to make things easier for them. Teach them to use their OWN BRAINS to work things out. (Back to Albert Einstein).

Always put yourself in the natural situation, like early man, who roamed the country-side and taught himself to make shelters, invent tools, make clothing and find the food in season ripe, organic, naturally grown and FRESH.

I had to learn so much, when I decided to set up the farm. Building fences, sheds, a house even, irrigation, agricultural practices, permaculture, Biodynamics, welding, carpentry, mechanics, machinery and so much more, things I was never taught. I was a good observer and learned most of what I know by observation and practice. Yes indeed, I have made numerous mistakes doing these things, but I learned NOT to do them again in the future and was able to pass them on to my children, who also became very handy and inventive.

Since money was short, I had to take many short-cuts and obtain second hand materials by taking down old sheds and houses. Collecting thousands of second-hand bricks in a truck all by myself and cleaning them, to be used again. Going to the tip and gather more materials. Many trips with the trailer to also get termite mounds for the tennis court base and the story goes on.

To see the results in the end were so satisfying. Having something built by a professional is nice, BUT not nearly as amazing as doing it yourself. The help from the children was always so amazing, even though it may not have been much at times. For them to be involved was the main thing and they in turn learned so much. I remember the day, when we planted 400 pine trees on a rainy day. We had a production-line going. In the end, these little 'bear-rooted' trees were all planted in one day.

EATING AND DRINKING./////When my eldest son David contracted leukemia at the age of 10, in 1974, we had to go along with the medical mob who give him chemo and radiation, as we were not qualified to do anything else. BUT, as soon as he came home, we got stuck into a lot of research and finished up feeding him top quality foods and drinks and the result was, that after 3 months, his **disease was gone.** We decided to research and use our brains to work out what was needed to make him well again. Another amazing lesson learnt. What I learned, is still being practiced by me today and people cannot believe my age, when they meet me. /////

Generally speaking, we should eat organic food, that's the way it was meant to be. It should be fresh, I MEAN FRESHLY PICKED, not stored for ages and kept till

the produce is limp and useless, having lost all its life-giving values and called FRESH by some stores.

Commerce has found ways of keeping produce looking great, by packing them in plastic bags and filling the bags with a gas, usually CO₂ or in some cases methylcyclopropene. There is more on the net if you want to read about the 'tricks of the trade'. You will find that some fruits and others, especially imported from overseas, may be as old as 12 months.

Then we should eat the WHOLE fruit or vegetable, skins and all, rather than peel them and throw the MOST VALUABLE PART in the bin. In and under the skins of produce, there is a wealth of minerals and vitamins, which should be consumed. Sure, wash the produce thoroughly and then just cut them as per usual. Waxed fruits like apples, should be thoroughly scrubbed with a scourer and an *organic* detergent, rinsed well and then we should eat the whole apple, skin, seeds and all. Green vegetables must be washed thoroughly to get rid of sand and manure, root vegetables and alike should just be scrubbed (not peeled) and eaten after cooking. Green beans should NEVER be cut at all (except in soups etc), but cooked whole (un-tipped, nor tailed), to allow the juices to stay in the bean, until we actually eat them. Cutting them into small pieces and boiling them in water, makes them lose all their goodness*. The water is then most often poured down the sink, which has some real value in it.

**Keeping fresh foods is a tricky job and often not necessary, however if you need to keep some carrots, broccoli or asparagus for instance, for a few days, wrap them in a plastic bag and keep them in the fridge. They will stay firm. Another thing to remember is keeping half an avocado or cut pawpaw. DO NOT remove the seeds and wrap this half in some baking paper and plastic. Keep in the fridge for a few days only.*

WE can minimise the chemical effect of non-organic produce by soaking them in a mixture of diluted Hydrogen Peroxide or H₂O₂, but not too many people will go this far. (ask me how it is done; it's not hard!).

For this reason, I keep on asking you (almost begging you), to grow your own, as much as you can and eat fresh food all the time. You don't have the time you say?

THEN MAKE TIME,

as it is for you and your family, the most important people on this Earth! Your children will gladly help you, especially the very young, who have NOT been indoctrinated by the *e-culture*. I have seen this happen at schools, where

permaculture was taught in our area. These children were taken through the whole process of setting up and designing a plot, fertilising with manures and compost, compost making, seeding and reaping the produce. Ohh, they love it!



THE TIME SPENT ON GROWING YOUR OWN FOOD, IS USUALLY LESS, THAN TO BE TREATED AFTER WAITING FOR YOUR DOCTOR IN THE WAITING ROOM OF AND/OR OTHER MEDICAL SERVICES, PLUS THE DRIVING THERE ETC!

Growing your own is also very cost effective and naturally healthier!

Do you love yourself? Do you want to be and look great? Do you want to age slowly? Do you want to be there for your grand-children? Do you want your body to be the castle for your soul?

THEN DO SOMETHING ABOUT IT NOW!

Most people spend lots of money on make-ups, body lotions, hair improvements, vitamins and minerals (often artificial), perfumes etc. etc., things we do not need, if we cared for ourselves the natural way, by eating life-supporting foods and drinks. I repeat, the drinks we buy in the supermarket today are so toxic, laden with artificial sweeteners (like Aspartame, a neurotoxin causing up to 93 different diseases) and laced with caffeine, preservative, colourings etc. There are 'isles of them' in every store. Instead, we should make our own fruit and vegetable juices and drink pure, clean **ALKALINE WATER**. I keep on underlining the words alkaline water, as it is so very important for good health. Forget and give away the coffees, black teas, alcohol and sports drinks altogether; YES, I MEAN THIS FROM THE BOTTOM OF MY HEART, as they are all damaging and so very acidic as well. THEY ARE DRUGS AND THEY'VE GOT YOU HOOKED! **BE HONEST**. AREN'T YOU ADDICTED? CAN YOU GO ONE DAY WITHOUT A CUP OF COFFEE OR AN ALCOHOLIC DRINK or even a sports drink?

Talking about coffee drinking. When I came to Australia in 1952, there were just a handful of people drinking coffee. Nowadays, it has become the norm and just about everyone drinks coffee. It is a really big business. I was away from the

small country town of Cooroy for 6 years during my touring around Oz and when I came back, there were 6 places where you could get a coffee instead of the one that I knew. We seem to follow the Americans a lot in these things, like the take-away outlets. I feel sad about the fact that all these habitual things are so damaging and most often addictive. Addictive drugs* are in a lot of foods and drinks as well as in tobacco. That is why it is so difficult to kick the habit these days.

**I mentioned this fact to a practitioner the other day and she did not believe me. I asked her to research it. Remember that sugar and salt are addictive as well.*

Please, research guys! I watched a TV ad from McDonalds, where they advertise a “Babyccino”, a frothed-up chocolate or cinnamon drink and it is **sugar free** (they say).

Is there another sweetener in them??? Who knows? As I stated earlier, these take-away outlets do NOT put labels on their wares, indicating the contents of what is in their product. Why????

Researching showed me that there is:

Milk, Marshmallow, which has (sugar, wheat, glucose syrup, Invert syrup, water, gelatine, flavour, corn starch, drinking chocolate powder [sugar cocoa powder, maltodextrin, skim milk solids, wheat starch, flavour, anti-caking agent 551], salt in it.

A total of 7.5 gr sugar per 875 ml., which is almost 2 teaspoons per serving and there is also 36 mg sodium, which is equal to 108 mg salt.

It appears that someone is l-y-i-n-g!!!!!!

“What the...”. Are they now trying to addict babies to their wares? PARENTS BE AWARE. Please do NOT fall for these tricks of the trade. These foods and drinks are destroying us rapidly.

Alcohol is a real no-no and the warnings are there every day, but somehow, we do NOT take notice of them.



I maintain, that if everyone in the world would be in an ALKALINE STATE, the world would be more peaceful and there would be less anger and violence.

Alkaline people are more placid, relaxed, calm, peaceful and reasonable.

Acid people are the angry ones, those who hate and want to fight and cannot reasonably discuss things; they are argumentative and often very angry. They are not very peaceful as a rule, they are tense and are the ones who wear black all the time.

Look at this clothes line and see what I mean.

There could be some work clothes amongst them (I did not inspect them) as it is also popular these days to wear black in business. (Read: 'Waging war on black'.)



Again, acidity is rife in society today as the foods we eat and the drinks we drink are mostly all very acidic. Alcohol, sugars, smoking and eating a lot of animal products, such as meats, makes us acidic.

The balance between acidic and alkaline foods, should be 20% to 80%. In most cases it is the other way around, which is much too high.

This is a big statement to make, but everything points to this being correct. This is not just my statement.

I think you got the drift and I will stop talking about it for now, but please take notice of these warnings, as I am very serious about them indeed. There is more to come later, during the recipe section. It makes me so sad, to see people who are sick, over-weight etc. and cannot do the things they should still be doing at an OLDER age, not necessarily OLD AGE. It is everywhere and some people seems to be proud of their beer-bellies.

I WORK ON MY HEALTH EVERY DAY and people so often ask me how I do it. Well guys, I cannot give you an immediate and short statement as to how I did it, but basically it is following the above and following suggestions.

As we age, or maybe better called 'change' (right throughout our life), we have different needs and nobody is the same at any time. So, it is a challenge for all of us to find out what WE need, something a diet book can't do. I really think that diet books can be quite dangerous, as we think that what is written does suit us, BUT WE ARE ALL DIFFERENT. 'Listen' to your body. Take note of what it wants at any particular time and follow nature's way. Drink water* when you feel thirsty, eat something you long-for and are not addicted to. (like binging on chocolate). All throughout the day we will feel something telling us what we want to consume. Stop for a moment and let that sink in. You will find that the food you are thinking of, is just what you need.

Eat what your body NEEDS. I did an experiment years ago, when my friends, who met once a week, came to my place. I dressed a platter with fruits in season and asked my friends to tell me what fruit they would like to eat. I noted the preference of each of them on a pad.

The next time they came over, I did exactly the same and even had the same fruit in the same place on the platter. I would ask them again what fruit they would like to eat and wrote that down again. I did this a number of times and then compared the outcome.

It was interesting to see the results, as they were so varied. It was not that one person was really keen on oranges or whatever. They chose a different fruit each time, so at the moment they were offered and saw the fruit in front of them, the message to the brain was such, that they chose a fruit of the day.

Looking at food, will trigger a response in the brain. This response is really what you should eat at that moment.



Mmmm? What will I choose?

When you go to a smorgasbord type restaurant where they display an array of dishes for you to choose from, you glance at them all and make a decision, choosing one or a few dishes you want to eat.

Next time you go to this restaurant again, your choices will very likely be different. This is interesting hey? Looking at food, triggers a message in the brain and that message makes you chose the food you need at that moment.

**It is generally accepted, that we should drink 2 litres of water a day. Well, I am NOT convinced of that and in fact I think this is a ridiculous statement, as we are all different in size and we also do different work during the day. A small lady, who is sitting down a lot and who does not much physical work, needs a lot less water than a burley tradie, who sweats a lot.*

☸ Too much water will flush necessary minerals from the body and we don't want to do that.

Not enough water, will de-hydrate the body with all sorts of consequences, too many to write here.

The best way to get sufficient water into your body, is to get used to feeling the thirst in your mouth and then drink some water. Always have water handy, wherever you are, so you can get a sip often.

A small framed lady-friend of mine would drink 2 litres of water, before going for a walk every day and she would take a bottle of water with her as well. WRONG! Too much all at once. She was never very well, as she flushed so many minerals from her body.

MY INTRODUCTION TO HEALTH.

My Mother was a gem in preparing foods and drinks from home-grown produce. She had a small but great garden in which she grew a lot and also had chickens, rabbits, a pig and a goat for milk.

Once a year the mature pig had to be sacrificed to supply the family with meat and another pig would be fattened for the next year. Mother used EVERY TINY BIT of this pig and turned that into food for the whole year. She made sausages using the small intestines, smoked parts of the pig like ham and salami; she even used the brains, the stomach, the pig's trotters (in pea soup) etc. Nothing was wasted.

The goat was a beautiful milker and gave enough milk for our family every day. The rabbits (good breeders) also supplied us with meat and the chickens gave us eggs and eventually meat as well.



Mother also taught us to recognise the edible herbs along the country lanes just around our area in Holland and how to use them. This knowledge came in very handy during the war, when not much food was available in shops.

So, I followed her ideas as much as I could throughout my life and finished up having a farm, which supplied me and my family with the necessary foods and milk from my own goats as well. Today, at the age of 88 and having a bad back, I cannot grow my food anymore, so I rely on buying the best I can, but I realise that I need to supplement a little here and there. My 5 brothers did not follow these guidelines and they are all gone. They suffered heart problems and cancers.

Supplements I use:

1. I add Vit. C to my daily diet. All people over 50 should do this too, as the foods we buy are NOT AS nutritious as we are told (read above). Vitamin C rich fruits like citrus for instance, are picked half ripe, so they can be transported for thousands of kilometres and during this period of time they lose a lot of nutritional value.

A bought orange will only supply you with 5 mg. of Vit C., but when ripe and eaten beside the tree, it would give you 25 mg.

5 mg. is NOT enough to keep your immune system* strong and prevent you from getting attacked by diseases. We need at least 250 to 500 mg. daily, depending on who you are, your age etc. Vit C is a daily requirement and is not stored in the body.

**As explained later, other herbs and spices are added to my diet to boost my immune system. I use my pendulum to find out what and how much I need to take.*

2. I sometimes add oxygen to my diet as well, in the form of diluted 'Hydrogen peroxide food grade', a special formula I make myself, as the oxygen levels in the air are so low these days. This is noticeable during hot, steamy day, especially in my climate and at my age.

3. I try and get some sun daily to get the free vitamin D, so very important. And NO, NO, I do not use sunscreen*, something I do not have to pay for and I do not have to buy Vit. D tablets either. Great profits for the Big Pharma; they sell both of them!
Who is advising us to use sunscreen and Vit D? You got it again!

Sensible **SUN-BATHING**, instead of SUN-BAKING is the answer and a natural thing to do.

Important notice: As I began my story and told you that EVERYBODY IS DIFFERENT, this also applies to sunbathing, or at least getting a dose of daily sun, as well. I can hear the screaming doctors now and saying that I am irresponsible, writing this down, that sunbathing is healthy and a natural thing to do, as it always has been. This world would not exist without the sun; period!

Skin cancer is more prevalent these days, since we are covering up ALL THE TIME.*

ANOTHER BIG PART OF THIS PROBLEM IS ACIDITY.

**An alkaline person is much less likely to get skin cancer than the acidic one.*

I watched a TV program, where 2 professors were discussing melanomas. They told the audience to keep out of the sun, 'slop-slop-slap*', cover up etc.

But they did not take into account, that everyone is different and that our acid/alkaline balance is important. They probably don't know this and as I stated above: "A student is only as wise as the teacher." If you do not consider ALL the facts, you should not speak.

The thing to remember is that 'your' body needs special care ALL THE TIME, IN ANYTHING YOU DO TO IT, BE IT EATING, DRINKING, SKIN CARE PRODUCTS, SUNNING, BATHING, EVERYTHING.

It is up to every individual to work out, what is the best for you, but you cannot do without some sun on a regular basis. Vitamin D is VERY important indeed and we are short of it these days. People who cover up all the time, office workers etc., need to be aware of this fact. To supplement with tablets is the modern way and not natural.

Vitamin D is essential for building strong bones (osteoporosis) and optimising calcium absorption from the gut. Also important for maintaining a healthy immune system, skin and muscle strength. 31% of Australians are vitamin deficient. That is amazing in a sunny country!

A friend of mine went to live in Norway at the age of 22 and in a very short time, he was assessed for Vit D. He needed supplementation, as he was very short of this vitamin. A lot of people, living in those climates, take supplements. I remember taking cod liver oil as a child.

The story that is going around, that you should stay out of the sun during the middle of the day. However, at that time we can synthesize greater amounts of Vit D. Pale skinned people can synthesise vit D faster than dark skinned people. One study assessed the synthesis rate in older women with fair skin. It founds that exposure to sunlight on the face, hands and fore-arms for 15 to 30 minutes, 2 to 3 times a week, provides the equivalent of 15 µg per day.

** Some toxic chemicals in sunscreen are oxybenzone** , octinoxate/ ethylhexyl methoxycinnamate, homosalate, octisalate and octocrylenen.*

***Just to analyse one of them; a study found that oxybenzone is 180 times the FDA's recommended level, **after a single application** of sunscreen. It is also up to 500 times higher after 4 days of regular use. Studies also found that the use of Oxybenzone may affect breast development, infant birth weight and sperm function. It also stops you from getting ANY Vitamin D. hormone disruption, organ system toxicity, it is toxic to coral reefs. (Hawaii has banned this chemical, as it was destroying their coral reefs). Please look them up on the net, because there is so much more to know.*

The FDA states:"... that while the UV filters in chemical sunscreens can't be considered safe, that doesn't mean they are unsafe..."(fence sitters).

4. I also make sure I get iodine* daily, as this is the forgotten mineral.

I sometimes supplement with LUGOL'S IODINE 5%.

Special instructions are to be followed.

Unless you partake in eating foods containing iodine on a regular basis, you may need to consider a supplementation as well.



To test for iodine, you can put some iodine on the soles of your feet before going to bed and if the colour has faded away overnight, you need iodine. If there is still colour there, you are ok.

Iodine rich foods are the seaweeds, (nori in sushi rolls) kelp, some fish like cod, prawns and canned tuna. Lower doses are found in cranberries, hard boiled eggs, navy beans, baked potatoes with the skins on and prunes. I use kelp granules in soups, stews and any other meals that need cooking.*

There are a number of places where you can purchase seaweeds. Look them up on the net. Some supermarkets stock them also.

***Ask your Sushi shop to make sushi with BROWN rice. One shop I go to on occasions does that for me.*

5. I drink pure, alkaline water Ph. 8.0 to 8.5 and sometimes an herbal tea or a Miso drink, when I feel cold.

Apart from at least 1 piece of fruit, I may make one fruit/vegetable juice a day and a coconut water.

6. Now I have settled down again, I have started to sprout my own sprouts. Sprouts are so healthy. It is found that sprouts are 600 times more valuable than the seeds they come from. Not bad hey? It is so easy. All you need is an open-neck jar. (You do not need a 'sprouting gadget'). Put a small amount of the seeds you want to sprout into that and cover them with clean water.

Leave them covered with water overnight to start, covering the jar with a piece of gauze or open-weave cloth. The following morning, turn the jar up-side-down and allow the water to drain away completely. Cover the seeds again with water for 20 -30 minutes in the afternoon and turn the jar over again to drain. (If it is a very dry day, you may want to repeat the watering more regularly).

When the sprouts are the size you want them to be, take them out of the jar and start eating them and put the remainder in the fridge to be used later and start-up another batch.

Some seeds do better than others, so have a try and see which ones you like best. My favourite ones are the Mung Beans and probably a good bean to start with.

Some people like the Alfalfa sprouts, but in our hotter climate, they are inclined to go bad quickly and start to smell. Other people like to use a mixture of seeds, which are a bit harder to control, because they sprout at different times. Maybe you can have a few jars going at the same time.

Sprouts may be used in salads, sandwich fillings and all sorts of wraps etc. Even eating them by the handful as a snack, is a good habit.

7. Zucchini noodles or Zucchetti. Most of you will have heard of Zucchetti, as an alternative to grain noodles. Any tapered vegetable like zucchini, carrot etc., can be made into strips, using a SPIRALISER, available from most hardware stores and at markets. By turning the vegetable into the end of this spiraliser, it creates long strips of zucchini, resembling spaghetti. These strips may be used as a RAW base for a Bolognese sauce and eaten as is, or they may even be cooked a (very) little first.

8. Nuts are part of my daily diet as well. I make sure I have a variety of them. (especially Brazil nuts* which are high in selenium, to aid my immune system). I can vary them on a daily basis. Nuts are also a good vegetarian way of getting protein.

The seeds are so good too, so I have them at least 3 to 4 times a week, as mentioned below in the recipe section.

**If you just eat 3 to 4 Brazil nuts daily, you will be loaded with selenium, something we have in it. Selenium may reduce the risk of from disease, helps in*



nuts daily, you will be loaded our Australian soil does not important as an anti-oxidant, cancers, protect your heart mental decline, good for

thyroid health and boosts your immune system. Nuts are also full of minerals. These are a pretty good reason for eating them daily.

Eating properly, will supply our bodies with all the necessary components to be healthy; healthy organs, healthy skin, healthy elimination of toxins etc.

If you feel the need to moisturise your skin, you should use creams and oils, made from natural, plant derived products available from a good health food store, who employs a Naturopath, who can advise you. These non-chemical products will at least not destroy your skin and your body generally. So many body and skin products contain very nasty chemicals, such as Sodium Laurel/laureth Sulphate (SLS/SLES)*, which are foaming agents and very alkaline (Ph 7.5 to 8.5). The skin is approximately Ph 5.5. By putting something like SLS or SLES on your skin, will take away the natural oils and protection.

Many soaps are also very alkaline and the ones I have tested were all around Ph 12 to 14. This is VERY, VERY HIGH. You do NOT need to use soap every time you shower or bathe, especially when your body is clean inside naturally. Your wastes are also less odorous. Using a natural bristle brush or loofah and scrubbing your skin, should be/is sufficient, unless you are very dirty or dusty. I never use deodorant. I don't need it.

I have started to use Castile soap, which is 8.9 Ph, a lot lower than most soaps on the market, which register 12 to 14 Ph. See article below.

I asked a chemist in one of the larger stores*, why they were still selling skin products with SLS in them and his answer was "a shrugged shoulder". He OBVIOUSLY knew how bad this chemical is. In other words, it was the money they made from this or these products, like so many others. PLEASE BE AWARE OF FALSE ADVERTISING AND DO NOT BELIEVE WHAT YOU HEAR OR SEE ALL THE TIME. And READ THE LABELS carefully.*

**I live on the Sunshine Coast near Maroochydore and there are 3 'Chemist Warehouses' in town, all within a few kilometres from one another. There are of course many more independent chemists as well. Did you ever think about that? Why so many chemists?*

*** How do we know that the beautiful ladies advertising the chemist wares are taking these products? (Something we are meant to believe). Earlier on, I mentioned the skin conditions of these models. (Iridology). This makes me sad.*

Your skin is the largest organ of your body and anything that comes in contact with your skin is absorbed directly into our bloodstream.

Yes, even chlorine* from the chlorinated water from your shower, something not many people ever consider, is quite dangerous.

Have short, cool showers**, to alleviate the following:

**While you are showering with hot water, you breathe in chloroform, which can cause shortness of breath, irritation of the nose and throat. In acute cases it may cause excitement, nausea, vomiting followed by ataxia, dizziness and drowsiness.*



Chlorine filters and are very valuable

** The hotter the shower, the more chloroform it creates.

People who have used rain water* for years for showering their body and suddenly go onto town water, will find that their skin dries very badly and have to use body lotions or oils to combat the problem for ever after. I am one of them.

**Rain water is usually around Ph 5.5 to 6.5; acidic and skin friendly.*

Any further information you may require, can be found in my book: "Victory over dis...eases", a book available from me personally at present. (I am trying to get it published soon, but there always seems to be a delay somehow, somewhere.)

Contact me on my email address: jostlinsen@gmail.com

Before I start with some eating ideas, rather than recipes, which are quick and easy to put together, but healthy, I want to point out to you a TV program, which was aired on Saturday 26/6/21, called:

" WHAT ARE WE FEEDING OUR KIDS." (You can probably see it on I-view).

The guy who presented this program was a 42-year-old doctor, who suddenly realised that he and his young family were starting to eat 'crap' food, something that slowly happened over a few years.

As an experiment, he (himself only, not his family) decided to follow a "take-away" diet for 1 month and he was horribly surprised what happened to him during this short period. He developed a beer belly, put on a massive 8 ½ kilos

in weight, had problems sleeping, slowing of brain function and became constipated etc. etc.

After coming off this diet, it took him a while to get back to normal again and he really concentrated on life-giving foods and drinks after that. He found also that he was “hooked” on these foods and it took him a lot of willpower to keep away from them. He realised that there must be addictive drugs in them.

The recipes that are written here are some of the dishes I eat and I hope they will help you. I keep them simple and natural, without too much cooking and heating if possible. The garnishing is often left out, as that is your own choice.

Also, quantities of some ingredients are up to you and your imagination.

Be a bit inventive and daring.

FOOD IDEAS. BREAKFAST.



Spinach and/or rocket 'omelette'.

Ingredients: Baby spinach, rocket, Sprouts (maybe), oil, eggs and a touch of herb salt.

Method: In a small 200 mm frypan, pour in a littlcoconut or vegetable oil. (NOT olive oil*). 1/2 Fill the pan with the greens and break 2 eggs over them. Put on the lid and cook till the eggs are just cooked on a very low heat. Serve with a very small amount of vegetable salt only.

If you like, you can always add some tomato or sprouts of your choice. Serves one.

** Not known to me before, Olive oil and spray on oils, damage the non-stick quality of your fry pan.*

Check with your kitchen supply shop.



Paw-paw and seeds.

(Observe the dark green pepitas in the bowl.)

Cut a paw-paw in half over its length (I like the red ones: papayas). Take out MOST* of the seeds and fill the cavity with 3 tablespoons full of freshly ground seeds**. Eat and enjoy! (Ground-up seeds do deteriorate quickly and become rancid if left for a few days, so grind them fresh daily.)

Serves one and is particularly great during the summer months.

**I suggest you eat some of the paw-paw seeds, as they will help you with your digestion. (Papain).*

***I recommend buying your seeds from your bulk food store. The following list are the seeds I use; mix them together in equal quantities and grind them as you need them in a small coffee/seed grinder or mortar and pestle.*

Millet, sunflower kernels, chia, quinoa, pepitas (dark green), linseeds, desiccated coconut, sesame seeds, hemp seeds, almonds and buckwheat.

Note: Some people are allergic to sesame seeds.

Keep the seeds in the fridge for freshness.

Oats 'porridge-plus'.

The above seed mixture may be used as an extra to an oat porridge.

Boil your natural rolled oats* as per normal (watch out for additives in packaged foods; minute oats?). When the porridge is cooked, sprinkle 3 tablespoons of ground seeds over them and mix together. The seeds make the porridge quite sweet and you should not need any sweetening. A small handful of sultanas while cooking the oats will sweeten them also. Don't use any sugar or even honey** if possible.

** Oats are naturally gluten free, BUT some oat mixtures are not. Read the label carefully.*

***Xylitol or honey preferred over sugar.*

Seed and grain loaf (Gluten free)

On other days, you may like a few slices of a seed and grain* bread, toasting them very well and instead of using butter, I use coconut or olive oil. Next cover them with a tree-nut paste (no peanut butter) like almond paste, macadamia or whatever. Be inventive and try the good foods, like a little 'Red Miso' on top of the nut paste.

NEVER EAT WHITE BREAD and try to keep your grain carbohydrates to a lower level. We are so used to eating a lot of wheat products and nearly always white or refined (Refined carbohydrates), which make us FAT.*

Some breads made with coconut flour, rice flour, potato flour, etc. are a nice alternative.

Almond flour is successfully used in making a beautiful cake etc. (sorry, I don't have the recipe, but there are some on the net.)

It is NOT FAT that makes you FAT, it is the carbohydrates from refined grains, sugars and alcohol, which are the culprits. Hamburgers, subs, pizzas and alike are 'sooo' fattening. Grain carbohydrate should always be COMPLEX, the whole

grain, just the way it grows in the paddock. Birds eat grains like that! We however, eat far too much of these breads etc. Reduce the intake a lot and you will reduce your waistline as well.

***The better and more easily digestible carbohydrates for good health are obtained from root vegetables, such as sweet potatoes, potatoes, carrots, swedes, pumpkins, beets, etc. I will cover them in the dinner section later. I use them a lot.*



Eggs and asparagus.

Boil 2 eggs and add a bunch of asparagus (cut into 3 pieces) to the boiling water towards the end, using the same water.

Smash your eggs, adding a dribble of olive oil, ghee or a dab of butter, a tiny amount of vegetable salt and some capers if you like.

(or scramble the eggs).

Eat this without bread. DON'T OVER-EAT! You should always be a little bit hungry after a meal. People generally eat some sort of bread with a meal like this, but that is a habit we have got into and should be stopped as a general rule. Don't fill yourself up with grains all the time.

This recipe can also be used as a light lunch.

LUNCHES.



Avocado and Miso or thousand-island dressing

There are some nice rice crackers on the market made from WHOLE rice and seaweed (see above). Maybe you would like to use them at lunch time instead of bread. There are some breads on the market these days, that are reasonably good, made with other than wheat flour and have added seeds in them. Have a good look around. Make your own as well from beautiful ingredients.

As I was talking about seed breads, we can have a slice or two of them, toasted* preferably at lunch time and top them with smashed Avocado or nut paste, salads, etc.

Sprinkle a very light sprinkling of vegetable salt and/or pepper on the avocado or maybe a touch of Miso, mayo or 1000 Island dressing**, or just lemon juice.

This dish could also be used as a breakfast meal.

**Bread TOASTED, is much more digestible than fresh bread. Therefor the buns we eat in hamburgers and subs for instance, add to poorer digestion, hence weight producing.*

*** Home-made mayo is the best of course and commercial Thousand-Island dressing* is a bit suss.*

**I have made a Thousand Island dressing, using mayonnaise, tomato sauce and a little chili sauce.*

Fruit and nuts.

There is nothing wrong with having a fruit lunch. We generally eat too much food and fruit is so nourishing and cleansing.

A banana or two, an apple, some grapes, paw-paw, a few slices of pineapple in season, anything really. Eat some tree nuts at this time as well. Especially when you run a little late.

Fresh (I must stress FRESH fruit) Fruit and a small handful of tree nuts (not peanuts all the time) are very satisfying and filling. Nuts are a bit of a forgotten food these days and they are so valuable. They are packed with minerals and vitamins. Rotate the nuts, so you will get a variety of these goodies. Most of the time people will consume peanuts*, which are even more acidic than tree nuts, especially when they are salted. Have some of them occasionally. Nuts should be consumed in small quantities and NOT TOGETHER with dried fruits.

**Peanuts are a legume and grow under the soil. Use them sparingly.*

Cheeses

Camembert, brie and some other fermented cheeses, can be used in various ways. Soy cheeses, soy yoghurts, coconut yoghurt etc. (for vegans) will be satisfying at lunch time, especially as we are so busy and do not give ourselves

the time to really enjoy a real meal, sitting down, without looking at the TV or playing around with our beloved mobile phone.

Pancakes.



Something my Mother was very good at was making pancakes.

I use Buckwheat flour or Besan flour (chick pea), an egg, a sprinkle of herb-salt, a pinch of Bi-carb of soda and water only. A little honey or maple syrup may be added, if you want the pancakes as a desert, topped with a ripe banana. These also serve as a basis for your cheese with added salad vegetables and herbs. You can use them as a pizza base as well, although a bit soft and not crisp. I like smashed avocado and red miso as a topping, when I want a savoury dish.

Sweet pancakes* can be made by putting pre-soaked sultanas or even thin slices of apple in the batter as shown in the photo. Add a little spice to them also, like cinnamon and ginger powder.

**Desert suggestion.*

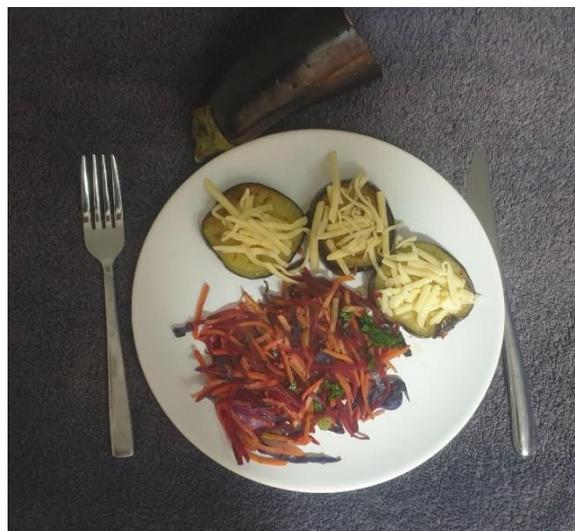
Method: I put together 4 heaped tablespoons of wholemeal buckwheat flour, $\frac{1}{4}$ level teaspoon bi-carb of soda* and a touch of herb salt. Mix them well. Then add an egg, some little amount of water and some honey or maple syrup. Whisking the mixture till it gets to be a paint-like consistency without lumps.

Watch the amount of water. You can always add more if necessary. Leave this stand for ½ hour if you can, whisk again and start making the pancakes or pikelets. For pikelets, add a little extra water, so the mixture is a little thinner.

**Make sure that your bi-carb is well mixed with the flour first.*

Pre-heat your frypan **well** on high heat, add some vegetable oil (NOT OLIVE oil as mentioned above), rice bran oil, vegetable oil, coconut oil or ghee and start. Pour some of this mixture in the frypan and as soon as there are lots of little bubbles and the mixture looks a bit dry, flip the pancake and fry the other side till deep brown.

DINNERS.



'Aubergine au gratin'. (Good name hey?) I was going to call them 'Aubergine cheese melts'???

Cut 3 slices of aubergine (egg plant) about 12 mm thick with the skin on*.

Fry them in a regular frypan (not a non-stick one) using a good amount of olive oil. If you do not have one of those frypans, use a non-stick, but now DO NOT USE OLIVE OIL. Turn them over once. When cooked, put them on your dinner

plate and cover each slice with some strong, grated cheese while still hot to melt the cheese.

Serve with a tossed salad of your choice, using lemon juice and olive oil dressing.

Lettuce, rocket, tomato, cucumber, capsicum, grated carrot, fennel (*the forgotten vegetable, but 'soooo' healthy*) and whatever you fancy.

These aubergine slices may also be the accompaniment to a baked dinner or stir-fry. (See photo)

Again, I do not recommend any breads or other grain carbohydrates, but if you like, boil some sweet potato, pumpkin and/or potato, let them cool and mix them in with your green salad as a filling, if you feel very hungry.



Tuna, rice and veg.

In a cooking pot, put 2 small hands-full of (I like) whole meal basmati rice and a tablespoonful of kelp granules. Bring to the boil. At that point add some vegetables like peas, beans, corn, broccoli, cauliflower, carrots and maybe an onion or (part) leek and a dash of tamari/soya sauce, which makes the dish complete! *

**Towards the very end of the cooking, add a number of cut-up cloves of garlic*.*

As soon as the rice is cooked, the vegetables are ready as well. Drain the juice into a mug and drink that vegetable water with some extra added water, whenever you feel like it, or use it as a stock for your next vegetable soup. This is a very alkaline drink.

Add a tin of tuna (I like the hot stuff, so I use tuna in oil and chilli, but the Italian style is really nice too).

Mix well and serve with a dash of mayo. You can have this dish either hot or cold. I make enough for 2 days.

Don't over-do the rice portion.

** Most people put the garlic in a dish at the beginning of the cooking, but that destroys the Allicin, which is the most valuable part of the garlic. Even in cooking demonstrations this is done. The foods they make are very delicious, but not necessarily healthy. TASTE BEFORE HEALTH!*

Vegetable soup. See photo below.

In a large pot, half filled with water add a few good handfuls of pre-soaked lentils (I like the red ones), soaked chick peas and a good dash of Tamari or soya sauce plus a tablespoonful of kelp granules*. Put on the stove to boil. While these are starting to get hot,

Cut-up: Sweet potato, potato, carrot, pumpkin, fennel, beans, leek, parsnip, broccoli (storks as well), celery, beetroot tops anything really and add them to the pot as you go. I add peas as well.

Boil them together with the lid on the pot for a good while and turn down the heat after the soup starts to boil and simmer till tender, but not sloppy.

Add some turmeric, chilli, ginger** while it is cooking and some cut-up garlic*** towards the very end.

Serve with a good dash of coconut cream.

You can cream the soup as well.

Any extra soup can be frozen for another day.

**Kelp in any form, has a massive amount of ALL the minerals we need, especially iodine and iron. I recommend the use of kelp on a daily basis. It may be incorporated in stews, cooked breakfasts, soups and any of these cooked foods.*

***I use these spices all the time, as they are so valuable in keeping the immune system strong, so we can combat all these so-called winter diseases like colds and flu and any others coming your way.*

**** As mentioned before, the Allicin in garlic can be destroyed by boiling/cooking.*



Soup

Sauce

Sauce for spaghetti or rice

So far, I have not mentioned any animal meats.

(There are many reasons for not contributing to animal meats, as the animals are often cruelly slaughtered and secondly, the way they are grown, is VERY UNFRIENDLY to our Mother Earth.)

This sauce can be made with or without meat.

Cut up 3 or 4 ripe tomatoes and sauté them down in a large frypan adding a cut-up onion and a dash of Tamari or soya sauce. Then celery, fennel, grated (or finely cut-up) sweet potato, potato, red capsicum, broccoli heads, mushrooms, beans, peas etc. (I like lots of veggies). Choose your own. AND KELP!

Use herbs and spices to your taste, especially Basil. My spicy additions are usually turmeric, chilli, ginger and garlic* and I add a slurp of Shiraz red wine to make it taste like bolognese sauce. By the time I eat this food, the alcohol has been evaporated anyway.

**Add the garlic last.*

(If you want to eat meat, add some mince steak to the dish early.)

When all these are tender, turn off the stove and stir in a jar of 'Providore' pasta sauce (my favourite) or your own favourite brand of sauce.

I usually make a big pot of this sauce as you can see above and freeze some for later use.

When pasta is used, I use spelt*often or a gluten free variety. I don't like using wheat all the time.

When eating this sauce, I prefer to use Basmati rice or chick peas as a base. I prefer more sauce (vegetables) than rice or pasta.

Serve with a good, tasty cheese, parsley and some more basil on top.

**Spelt is a gluten grain, but has a lot less effect on celiac sufferers as a general rule.*

Sauerkraut bake.

In a cake tin or similar container, spread a layer of about 40 mm of sauerkraut.

Then use 2 saucepans.

In one, boil some vegetables, like peas, corn, cut beans, onion, small broccoli heads and cauliflower heads, garlic and add some tamari/soya sauce.

In the other pot I boil enough sweet potato and potato to make a mashed potato mix.

When these are cooked, drain the liquid off them and save that as a stock for your next soup or drink it.

Mash the potato mix, add a good dab of butter, some spices like turmeric, ginger, garlic and chilli and then add the vegetables, mixing them together.

Layer this mix over the sauerkraut and top that with a little cheese.

Preheat the oven to 180C and bake for 20 minutes. Serves 3 to 4.

Tofu or tempeh or prawns or chicken mayo salads.

Cut some tofu or tempeh into squares. (vegan) You can marinate them if you wish.

Or: Peel the number of cooked prawns you need, de-vein and wash them. Marinate them in some tamari/soya sauce for about half an hour.

Or: Cut a chicken breast and marinate. Cut them up into bite size pieces

While they are being marinated, prepare a salad of tomatoes, cucumber, fennel, lettuce, rocket, celery, capsicum or any vegetables you like.

Put them in a mixing bowl, add the tempeh/tofu or prawns or chicken and top with a good dab of mayonnaise. Mix them together and let stand for a little while in the fridge to cool and serve when needed.

Here again allow for the very hungry ones and sometimes I add some finely cubed sweet potato, real potato and/or even pumpkin. Cook these separately till render and allow to cool.

NOTE: Eating fish. When you choose to eat fish, please do not buy the crumbed or battered variety. These coatings are always fattening, as they are made from white, refined wheat flour. But I have a little secret and sometimes I dip my fillets in some beaten eggs and then cover them with wholemeal Buckwheat flour* or just grill the fish as is and serve that with lemon juice etc.

Simple eating is usually the most valuable way of getting nourishment.

**Buckwheat has nothing to do with wheat by the way. A very different grain and very nutritious and tasty.*



Pumpkin and celery soup.

Ingredients: ¼ pumpkin, 4 full stalks of celery, 1 potato, ½ average sweet potato, broccoli, lentils, garlic, kelp meal (granules), tamari/soya sauce, olive oil and spices.

Method: Fill the cooking pot ½ full with water and/or stock. Put the pot on the stove and add the kelp, tamari/soya sauce and pre-soaked lentils.

Cut up all the vegetables and add them to the pot (except the broccoli and garlic). Add the spices like turmeric, chili and ginger and olive oil, to your taste.

Boil together till tender, turning the heat down when the boiling starts.

Just before you turn the heat off, add the garlic and allow the soup to settle a little.

Then use a stick blender to make this a beautiful cream soup. After blending add the broccoli heads about 5 minutes before turning the stove off.

Serve with a good dash of coconut cream and some garnish like parsley. Some people love coriander, but I don't, so I won't mention it, ok?



8. Asparagus soup.

Boil 2 grated potatoes (skins on), a tablespoon of kelp granules, a dash of tamari/soya sauce, and bring these to the boil for about 10 minutes. You can also add some more vegetables, such as peas, cauliflower, cut carrot, capsicum and even corn.

If you like this soup to be a bit creamier, mix 2 tablespoons of buckwheat or besan flour, mixed with a little water, stirring in slowly.

Add at least one bunch (maybe more) of Asparagus, cut into 12 mm pieces and further boil them for about 5 minutes.

Add some coconut cream when serving.

The taste of the asparagus will improve, if you can leave the soup stand for a while and reheat a little before serving. Made the day before use is even better.

9. "??Un-named Dish". Last night I was watching the Olympics and I forgot what time it was, as I like to eat my dinner early. I jumped into the kitchen and found:

1 potato, ½ a sweet potato, ½ aubergine, 1 onion, frozen peas, kelp granules and some garlic.

I knew I was a bit short on ingredients for a massive dinner, but I thought I would put them together and see what else I could find.

I cut them up into small pieces and put them in the frypan with a good amount of rice bran oil. Lid on and allow to start cooking.

I put a sprinkle of turmeric, a dash of hot chili sauce, some soya sauce and topped it off with a can of coconut cream.

I decided that that looked about right.

I allowed it to simmer, till the potatoes were done and had a taste.

'Yammo', another creation, without a recipe and I got rid of everything vegetable I had in stock.

Next time I make this dish, I will add some broccoli heads and chick peas.

I don't know what to call this dish, but it tastes a bit like a curry.

This is a great vegetarian meal, but makes a good base to add fresh prawns, meatballs or chicken pieces* as well.

** If you use chicken pieces, I would braise them a little first, before adding them to this mixture.*

OIL BALLS (My accidental recipe)

Ingredients:

Potato

Sweet potato

Celery

Onion

Broccoli

Kelp granules

Soya sauce

Chili powder

Turmeric

Butter

1 egg

Baking powder (bi-carbonate of soda)

Besan flour

Buckwheat flour

Method:

Boil all above, except the butter, egg and baking powder, besan flour (chick pea) and buckwheat flour.

Mash well with the butter. Add: chick pea flour, buckwheat flour (50-50), 1 egg, baking powder.

Let stand for one hour or more.

Heat rice bran oil* in a deep pot for deep-frying. (very hot).

Drop table-spoon size balls into the boiling oil and quickly flatten a little.

Deep fry for a few minutes, turning once till darkish brown. Do NOT over-cook.

Serve with soya sauce dip.

**Rice bran oil, makes them a little crispy.*

DESSERTS.



Apple strudel.

Ingredients. 3 green apples, a handful of sultanas, some spices like cinnamon, ginger, cloves and nutmeg. I do not use (very seldom anyway) sugar*.

Thoroughly de-wax the apples, by using a scourer and some organic detergent. Rinse them well and cut up the apples, skins and all and core them properly.

Put them in a small cooking pot together with the sultanas and only 2 tablespoons of water.

Add a sprinkle of cinnamon, a little freshly grated ginger or powder and cloves and a touch of nutmeg. Our tastes do vary so you will have to experiment a little with the amounts of spices, so it suits your pallet. Go easy on the spices the first time!

I sometimes have this 'mixture' as a desert if I feel like a snack after a main meal, without making the mix into a strudel and serve it with a good sprinkle of coconut cream or you may like to use a good quality yoghurt or custard** also.

For those who are better cooks than what I am, (that means there are lots of you), you can make a very nice strudel, using flake pastry, fill them with the above mixture and seal them with a little beaten egg or milk and also brush some of that over the top, before baking them in the oven.

**Sugar is something I normally do not use, but a TINY sprinkle on the top does make a difference. Xylitol* can be used instead of sugar.*

*** I found a beautiful custard made by the Maleny dairy company at the IGA store.*

If we have enough to eat from our main meals, we should not need a sweet desert.

If you eat sweets** within an hour from eating proteins and calcium, you will not get the value from them as you would normally expect.

2.Pear jelly (Apples or even mangoes I have used so far.)



1 or 2 pears, apples or other fruits in season. Cut into slices, cored, but skin on.

Boil approximately 500 ml water with 2 tablespoons of sugar or xylitol. 1 cinnamon quill (or 1 level teaspoon of ground cinnamon) and 4 cloves (or some cloves powder). As soon as the sugar has been dissolved, add the fruit pieces. While that is stewing, fill a mug-full of boiling water from the jug and add 3 or 4 heaped t/spoons of gelatine crystals*. Dissolve the gelatine and add this to the pear/apple/fruit mixture. Mix together and as soon as the fruit is stewed, take the pot off the stove and allow to cool, or put the contents into a jelly form (s).

NOTE. When I used mangoes, I only bring them to the boil, before adding the gelatine water. In other words, I do not stew them any further.

Refrigerate these and enjoy later.

- *Gelatine is a great digestive aid, reducing food sensitivity and also helps the condition of your skin. Helps wrinkles too.*

Use gelatine often. Make your own jellies and eat them instead of bought deserts, which are filled with sugar.

Vegetarians may want to use:

1. *'Jel-it-in' from the supermarkets or.*
2. *Agar-agar made from seaweed.*

These 2 will react a little different to beef gelatine, but follow the instructions on the package and all will be well.

Yoghurt.

Have you tried coconut yoghurts? I love them. Good yoghurts are hard to find*, so maybe you can make that at home as well. It is very easy.

**XYLITOL is a sugar substitute, obtained from the Birch tree and is actually a healthy product. It is sweeter than sugar and tastes like sugar. Xylitol made from the birch tree may be used instead of sugar. (Some of the newer brands, make their xylitol from corn, which probably has been genetically modified).*



Stevia is a plant,

which leaves, when dried and ground, makes a green powder. It is a little aromatic and has a similar taste as liquorice. There are a number of stevia products on the supermarket shelves, that are not recommended, so please buy the green powdered variety only.

You should grow a stevia plant (sometimes called 'sweet leaf') at home. I did for years and harvested half of the leaves twice a year, dried them in the shade and pulverised them before storage. Use that powder, as is for sweetening. I bought a plant at Bunnings a few years ago.

*****NOTE: Sugar.** Over my lifetime, the sugar consumption in the world has gone up from 2 kg per person per year, to over 30 kg per person a year on average. Yep, that's correct! In the USA it is even higher. Young people in Australia between 14 and 19 (especially boys) consume up to 58 kg per year as found in the last survey by the World Health Organisation in 2016.*

Most of this sugar is in those nasty drinks!

Now for the good/bad news.

Sugar consumption is going down and this is because ASPARTAME IS BEING USED in most of these 'sports drinks' and colas* now, so heavily advertised in ALL SPORTING EVENTS. I think I would rather consume drinks, sweetened with sugar, as ASPARTAME is a neuro-toxin. Look it up and get shocked properly. I dare you!

Sugar also feeds cancers, so could this be the reason, why so many people die from that disease these days, something that did not happen in my younger days? Cancer research should have a look here.

I use Xylitol or stevia for sweetening IF I need it, but I am always trying to find an alternative such as sultanas.

Green Stevia powder, as against some other advertised stevia mixtures, should be chosen. Some manufacturers are producing other mixtures called stevia, but they are not pure. Just to remind you again.

**NOTE: This is an interesting fact. Normally a product is advertised with the ingredients IN it. These colas etc. are advertised with WHAT IS NOT IN THEM. (No sugar!) Strange that hey? Why don't they tell you about the nasty and dangerous additions that are in their product like Aspartame (already mentioned)?*

Eating your dinner at an early hour, say 6 pm. for instance, allows you to digest that food, before you go to sleep and usually you will sleep better. Vegetarian foods generally digest within about 2 hours, while meat dishes take up to at least 4 hours. People eating late and eating hard to digest foods like red meats, chicken etc., together with drinking at the same time, will often suffer from reflux and cannot sleep because of it.

NOTE: Don't get involved in taking a chemical drug, to stop indigestion. Please prevent this from happening in the first place. These ads, showing you a barrier in your stomach, so you won't get reflux.....come on! Eating slowly and masticating your food, in a peaceful surrounding, will stop indigestion as well. Slow down folks! Eating is an act to supply you with a nutritious mixture, feeding you with the necessary minerals and vitamins etc. you need to live on, not just to fill your stomach as fast as you can. Enjoy each mouthful!

We should be aware, that man is naturally supposed to go to sleep when the sun goes down, when there is no light available, like the animals in the wild. That is normal! How things have changed!

What? Can't we go out and have a ball till all hours of the morning?

Well guys, you do what you like and I am not going to TELL YOU what to do, but if you want to be well, you should have a decent sleep of about 8 hours duration. That is normal too. Just another suggestion.

Sleep is still one of the best healers of them all and if you don't feel well, go to bed!

FERMENTED FOODS.

Following is a list of foods that are almost forgotten in the community, but they are so valuable in supplying us with pro-biotics. We hear about them, but do not take notice of the fact we need them daily, for good gut-health*. Some people will buy supplements containing pro-biotics, but eating them as a food, would be much more advisable.

**'Gut health' is another modern word, used by healers today, BUT a healthy gut has always been necessary for life. When I was starting off in healing in 1952, another mentor of mine always kept on telling me about this. He insisted on having a strong bowel system and also keeping your abdominal muscles strong; a six-pack as we call it today. (see gelatine above).*

Eating WHITE, REFINED FOODS, is always bad, as we do not get the roughage for good bowel function. Adding roughage to your diet as a separate item, like bran is NOT NATURAL.

White flour products are like glue and coat the bowel walls, stopping another phase of the digestion sequence. THIS IS VERY IMPORTANT TO REMEMBER.*

**As grains are grown, they are a total package of nutrition.*

However, before you get these grains to your table for you to eat in whatever form they come, being it bread or whatever, many different processes have been performed beforehand. The bran is taken away, the germ (wheat germ) is removed and a lot of the starches are also removed to make all sorts of other products. What is left is 'glue', a good-for-nothing product. That is why we should NOT feed animals bread, especially ducks, as they are weed and vegetable eaters.

Even WHOLE MEAL bread, is made with only a maximum of 25% whole meal flour. This has been approved by the government. And you thought you were doing well hey, eating whole meal bread? Sorry friends, more tricks of the trade.

White bread has nothing to offer you, except a painful gut.

Note: Sauerkraut*, Kimchi and other fermented foods are very important in our diet and should be used regularly. In European and eastern countries, these

additive ferments have always been popular and found necessary for good health. I would like to suggest to you, to start using them on a regular basis.

**See sauerkraut bake above.*

Truly brewed Kombucha* is also a very valuable drink and is best made at home. It is so easy, once you have done it a few times. Get a 'scooby' (some people call them a kombucha mushroom) from a friend and start. Truly, it is worthwhile, but don't over-do the use of Kombucha. A small glass per day, is all you need and should drink.

**Most of the Kombucha brands in the supermarkets are NOT true Kombucha and will only give you another expensive drink, but NOT the valuable one you are looking for. You are wasting your money, thinking you get some value for money.*

Yoghurts in supermarkets are almost all sweetened and should not be used. A little bitterness in our foods is good for the liver, so don't sweeten everything, please! Try the coconut yoghurts!

Kefir*, Tempeh**, Natto***, Miso**** are all to be used regularly.

I love some Red Miso on my nut butter toast. Miso is also nice as an addition to smashed avocado on toast or crackers. (see photo above).

**Kefir is a liquid form of fermented milk, which is 3 times higher in probiotics than yoghurt and you drink it. A water kefir can also be made for those who do not like milk products or are lactose intolerant. I want to tell you about milk products a little later.*

Note: The original formula for yoghurt is also much more liquid than the yoghurts we buy today, which are very stiff. I believe milk powder is added to make them thick, as people like it that way. You can taste it.

***Tempeh, made from fermented soya beans, is usually eaten fried. Then used as the protein part of your dinner.*

****Natto is a Japanese formula of fermented soya beans and very high in Vit K. It is a good source of probiotics, great for bone-loss and therefore helpful in osteoporosis; prevents kidney stones, dementia and Alzheimer's disease, chronic fatigue, uterine fibroids, thins blood*, the natto-kinase helps in the recovering after surgery stopping blood clotting, skin health due to the vitamin PQQ. It lowers the risk of cancers. It helps those suffering Celiac disease and symptoms of constipation. Good to help in weight reduction cases and is anti-cholesterol.*

**NOTE: Beware of the vitamin K factor, if you are on blood-thinning medications.*

*****Miso (there are various forms of it) can be used as a spread, soup addition or as a warm drink* instead of tea, coffee or chocolate.*

**I like the Red Miso for a WARM drink. As miso is made with live bacteria, you should NEVER heat these too much and destroy the cultures. Just have them WARM INSTEAD.*

NOTE: I mentioned above, that I want to tell you about milk, something you have probably never thought about.

In “Victory over dis...eases”, I wrote an article about milk; what it is and what it is for.

OKAY, WHAT IS MILK?



Milk is the food a baby mammal drinks, when it is born. This baby will drink his mothers' milk till about the age of 12 months to 2 years. After that, the enzymes to digest milk in this baby mammal DISAPPEAR for good. WE ARE MAMMALS!

This young mammal doesn't need milk any longer for survival and will automatically go onto other foods for sustenance. Nature at its best!

Why do we drink cow milk as humans? It is an easy food to get hold off and we are so used to it, that we will drink milk for the rest of our lives.

Is milk good for you?

Mother's milk, although no longer digestible, would be the only milk we should drink, as the formula (suits)/suited humans as babies.

Why do we drink cow milk?

A cow, something like 10 times heavier than an average human, produces milk for her calf. This cow does not produce human milk.

As I said, at the age of 2, we lose the enzymes to digest milk, so why drink milk? In my opinion, that is first reason not to drink milk, but it is another habit we have got into over many years. The second reason for not drinking milk is that in these modern times, milk has been bastardised by pasteurising and homogenising it, making it even more useless, as the Calcium is locked up and does not get used by the drinker.

All the advertising of how good it is to drink milk is not true. RAW MILK may give you some benefits, but they are only minimal. Milk producers add calcium to the milk, to make it worthwhile drinking and giving us some calcium.

I am glad that we can purchase nut milks and grain milks today, which are far more useful and they are plant based.

Fermented milks are definitely more beneficial, as the bacteria used, help with the health of our gut.

BE! MY FRIENDS; JUST BE!

Don't ever change yourself from what or whom you are, as I dare you to be



different. You have a right to be that person. If others don't like you for that, that is their loss.

Herewith I am not trying to change you to be someone different by the way. I only want to help you to be well and healthy, something we have not been educated to know. Just some hints and directions are given to support you. As I mentioned that we are all different from the next person, so there is NO ONE WAY to tell you what to do exactly. The information herein is a guideline only and you can use this to suit yourself.



It is a well-known fact, that you will only have a handful of close friends (if you are lucky) in your entire life, those who you can rely on at ANY time. Just count them, but you might be disappointed with the outcome of that count. There may NOT be as many as you thought there were. We all have many 'Facebook friends', 'mates' and 'drinking partners' etc., but these don't always count.

Good, close friends may sometimes live a long way away, but they are always there for you. Also remember your faithful dog. (and goats of course).

This brings in the responsibility we should have towards others. We are responsible for our actions, which affect others around us. Positive ones, the 'being there for others' in need, driving carefully and considerately, I have touched on them before, allowing others space and stop them from being crowded, be it on the beach, road, footpaths etc., as well as the negative ones, such as making a lot of noise, polluting the air, storing of junk in our gardens etc. Consideration and respect, is always needed!

Be at peace with the whole world and even the whole Universe. It is so good!



Having lived a long time has taught me so much and I am still learning every day. I have no time to die, as there is so much to share and writing this down is such a pleasure. I know that there are many people, who are reading this, will disagree with me, only because they don't want to change their life-style. It is a pity that they won't even try, as the results are amazing and I promise you a better life, but....that's the way it is and it is your choice of course!

I would love to hear from people, who have taken the plunge and did something about their lifestyle, be it change of diet, exercise program or your thoughts on whatever part of living. I want to learn more too.

There is something I would NEVER suggest to you, is to CHANGE ALL YOUR BAD HABITS AT ONCE. Start thinking about it and that alone is a great first step to take. Then change one or 2 things and get used to them. Then change some more old habits when you feel comfortable. Slow but sure and KNOW you will improve.

I sincerely hope that I have made an impact on society by writing this message. I know first-hand, that what I have written does work, BUT IT TAKES GUTS, TIME AND A LOT OF WILLPOWER TO CHANGE.

YES, it is NOT going to be easy, as habits are hard to break.

I wish you the very best of luck and courage!



The road to a happy life. Take the turn now!

TIPS, IDEAS AND HANDY HINTS.

I was asked to include any tips and ideas I may have and have experienced during my life time. Here are some of them.

1. How to remove a tick from your skin.

TICKS can be a real problem for some people, but can be removed very easily.

As soon as you notice a tick, DON'T SCRATCH IT OR EVEN TOUCH IT. Dab a small amount of Teatree oil, Eucalyptus oil or even Olive oil* on the tick. Leave it there for a few minutes till the tick starts to back out and with a pair of tweezers**, grab the tick low-down and carefully move it sideways

and pull gently. Squeezing the tick too hard, puts more poison into your skin. Put some more oil on the bite site after removal.

**Any oil will suffocate the tick and it will want to back out itself.*

***Special tick removing gadgets (tweezers) are available.*

I had the 'pleasure' of removing 126 small 'grass ticks' from my wife's belly one day, years ago, after she came back down from our back paddock. She was really allergic to all bites, especially bee stings.

2. We are told that we should **KILL ALL BUGS**. Many sprays, powders and wipes are available in shops to do just that. They all claim to destroy 99.9% of these creatures, BUT in my opinion, this is SO wrong. There are certain bugs we need in our life, to keep us strong and help our immune system, plus they are all part of creation and have a purpose.

I NEVER use these chemicals. The chemical manufacturers are once again doing their best to make 'BIG BUCKS' at your expense, by using scare tactics. There are shelves full of these sprays and powders in the super markets.

QUESTION: Who lives longer: The mongrel dog, living in the back streets and feeding on offal and scraps, or the purebred one, being fed on special diets and who is immunised for all sorts of diseases?

Your answer please.....

I bought my first feral goats from the Department of Primary Industries. They were originally living on the Byron Bay Lighthouse hill side, where they lived for years, without human intervention. These goats were tested and found to be healthier than most commercial goats that farmers bred for milk or shearing and were immunised for all sorts of worms etc.

On the farm, I did not worm my goats with chemicals. They were fed "Diatomaceous Earth food grade" in their diet, something we in our family eat as well, so my children never had worming medication.

To stop lice and ticks on the goats' skins and on the chickens, I rubbed D.E. into their fur and the feathers of the chickens and geese. Your thought

.....

3. **KEEPING FOOD FRESH** is a tricky job and often not necessary, however if you need to keep some carrots, broccoli or asparagus for instance, for a few days, wrap them in a plastic bag and keep them in the fridge. They will stay firm.

4. Another thing to remember is keeping half an **AVOCADO OR CUT PAWPAW**. **DO NOT remove the seeds** and wrap this half in some baking paper and plastic **immediately**. Keep in the fridge for a few days only.
5. How important is **ALCOHOL** in our social life? When I watch TV, I so often see people carrying a glass of an alcoholic drink. In most shows, the participants are holding a glass of wine or beer in their hands. Even when they were kissing or cuddling, they still hang onto their precious glass of alcohol. This is everywhere and every time you see a social scene on TV, alcohol is present



Alcohol is toxic and should not be consumed. There are warnings everywhere, telling us of the dangers, especially where it involves pregnant women. The dangers also lie in the fact, that we loose mental control. DRINK DRIVING.

People on dating sites are always introducing themselves carrying a glassful of something alcoholic. (No, I don't go on dating sites, but a friend of mine used to and she showed me these scenes).

6. **EXERCISE IN GENERAL**. (I covered this quite well at the beginning of this paper). We know how important it is to exercise, so we go walking, running, swimming and we go to the gym etc. All very good indeed, as long as we do NOT OVER-DO them. Other forms of exercise, such as yoga, chi-gong etc. are very valuable, especially for the elderly.

BUT some parts of our body are forgotten when we get older and become less active. The muscles in our arms, our chin and throat, our eyelids are parts where a lot of people suffer. We see the double chin syndrome, the floppy arm muscles and the droopy eyelid I mentioned before, which are not being exercised to keep them firm. Some exercises can be done for our facial muscles to stop wrinkles, by "pulling funny faces", laughing, grimacing etc. Our chin and throat can be exercised similarly. So, we have to think about these things ourselves and we can do them just sitting down watching TV, or even on the toilet. Nobody tells you to do these and if you go to an 'expert', you often get creams or other goods at an enormous cost. The problem with

the creams etc. is, that most of them are chemically based and these chemicals enter our bloodstream, poisoning our whole system.

Healing comes from within, by using good quality foods and supplements if needed and then you can aid this process with a natural oil or cream. Gelatine taken in food, is a great supplement for wrinkles etc.

7. **BABIES**. What about babies? I have seen the smallest babies, only days old at sporting events, where there is a massive amount of noise caused by the crowd, cheering the teams on the field. This baby is raised up and shaken, because the parent is happy about the outcome of the match or even after a goal that was kicked.



At least these ones above, are protected from the noise. But look at the poor little sweetheart on the right, will you! Sound asleep amongst all this.

A little baby has spent 9 months in the womb, where it was warm, cosy and quiet, nurtured by the mother. Here this baby was happy and comfortable, but suddenly it gets born and WHAMMO ***“welcome to the world kid, like it or not”***.

In “Victory over dis...eases” I have covered this well and truly and I am asking parents to be more considerate in baby’s name. As adults we are used to these noises and wild scenes, but I am so glad, that I am almost deaf, so I can turn off these noises, by adjusting my hearing aids. Living here in Bli Bli, next to the main road, noises are incredible at times, especially when these hoons open up their throttles on ‘open exhausted vehicles’, after waiting for the traffic light to change to green. I have measured the sound level and from where I am, this exceeds 90 decibels. (dB). Sometimes it is noisier, but I cannot get to my dB counter in time of course.

A normal conversation is about 60 dB.

An average car 70 dB.

Helicopter 100 dB.

Police siren 110 dB.

Jet engine 130 dB.

The measurements are on a logarithmic scale, so each time the sound goes up 10 dB's, the noise level is actually 100 times more. That is massive!

8. A small warning to those people who use **BEETROOT** in their diet. If you eat a good feed of beetroot, as in borscht soup for instance, or a salad with a lot of beetroot in it, like in one of my dishes, you may find that the next time you urinate, your urine is quite dark and a beetroot colour. This could frighten some people, thinking they have blood in their urine, but no problem. It will soon stop and has NO ill effects at all. In fact, beetroot is good for the kidneys and cleansing as well.



9. **CHEWING**. Yeah, so what? Well, there are 3 reasons to chew your food. The one we know about, is to make the food particles small enough, so we can swallow them down easily. The second one however is not often given much thought. Chewing is producing saliva, the juice to digest carbohydrates, such as grains and root vegetables. Just chewing to make food small, is not really enough. The saliva should be THOUROUGHLY mixed with every part of the carbohydrate for good digestion. It is estimated that we should chew at least 50 times per small mouthful. I have done experiments in this and found it NOT ENOUGH at times. You may say that you will be at the dinner table all day, chewing like a cow, to get fed properly. Not really, but it will surely take some more time than to what you are used to. Chewing also stops you from belching, as there is no gas produced while digesting your food. Don't just shovel your food down your mouth, but chew and enjoy every small bite you eat. You will also find, that you do not eat as much, when you re-learn to chew properly.

A third and massive benefit from chewing, is that the reaction of your food will be more alkaline, which is so valuable indeed. I have covered this in "Victory over Dis...eases."

10.VEGETARIANS or would-be vegetarians often wonder where they will get their **PROTEINS** from, to be well. Your worries are over as there is plenty of protein in beans and also the pulses.



Following is a short list of the highest to the lowest vegetarian protein foods:

Adamame beans (are young Soya beans, green and still in their pods), an East Asia product: 18.46 gr., Lentils: 17.86 gr. per cup boiled, Pinto beans: 15.41 gr., Chick peas: 14.53 gr., Mung beans: 14.18 gr., Fava (broad) bean: 12.92 gr., Lima bean: 11.58 gr.

The following foods are below 10 gr. per 30 grams: Green peas, Quinoa, Wild rice, Pistachios, Almonds, Brussels sprouts, Chia, Sweet corn, Potatoes, Asparagus, Broccoli and Avocadoes.

The average male needs at least 56 gr. of protein per day. Females need a minimum of 46 grams. These figures are the absolute lowest amounts we should take in daily.

Comparing the above figures with animal proteins, 850 gr. of animal meats will supply us with: Chicken: 28 gr., Steak: 26gr., Lamb: 23 gr., Pork: 22 gr., Ham: 14 gr., Eggs: 6 gr. per 1 large egg of protein.

NOTE: 850 grams of meat is a fairly large piece of meat. We should never eat such an amount of animal protein in one sitting. This is too hard to digest.

Remember also, that the stomach's capacity is about 1 litre. Look at a container which is 1 litre, like a yoghurt tub or similar container and imagine what you eat and drink in a sitting. Can you fit all that in that amount of space?

Most of the time, you will be stretching the stomach and feel uncomfortable. Try to reduce the AMOUNT OF FOOD AND DRINK you eat in a meal, especially hard to digest foods, such as meats.

I hope this will help some of you, who were worried about getting enough protein from the vegetables, without resorting to eating meats or fish.

If you like rissoles, like a lot of people do, you can make them without meat by using beans or pulses, tempeh or tofu instead. Good news?

We can also purchase products made from plant material, that resemble meats. It seems very important for some people to have that piece of meat on your dinner plate. These products taste and even look just like meat or chicken etc. and have the same texture. They are plant-based!

11. Some advice on **HOT AND COLD DRINKS**. Generally speaking, we are told to have ‘THAT CUPPA’ as hot as possible. Well, my friends, that is not good advice at all. All drinks should be drunk at a comfortable temperature. I touched on this before.

Firstly, it is advisable to steep your herbs, be they medicinal or social, in hot water but never in BOILING WATER. Allow the teas to brew slowly with a covered top for 5 to 10 minutes, drawing all the good elements from the tea. Then strain and drink the tea, being ordinary tea or herbals.

The research I’ve done suggests, that very hot drinks are inclined to contribute to tongue and throat cancer. It makes sense too. Any irritating thing we do to our body anywhere, is NOT doing us any good.

Cold drinks, like the iced drinks or those which come straight from the fridge are doing much the same and irritate our throat. Apart from that, icy cold drinks are very hard to digest, as the body needs to equalise the temperature first. It slows down our digestion a lot. So here are 2 solid reasons NOT to drink icy cold drinks.

Drinking icy-cold drinks on a HOT day is about the worst thing we can do. It is NOT hydrating you as much as a COOL, to room temperature drink. Honestly, we have learned to do some strange things. In nature, going back to the original beings, there was no refrigeration or extreme cooling. Now I can hear all the arguments from some of you who strongly defend the drinking of cold drinks, but you cannot argue with me about the past. Yes, at times you may want to drink cold drinks, but....let them warm up just a little please. Slightly warmer drinks actually have a better flavour.

12. As I am talking about drinking, another habit we have formed over the centuries, is **DRINKING WITH MEALS**.

When we eat, our saliva, which the body produces at a certain strength, should NOT be diluted with another liquid. Diluting saliva* makes the saliva fairly useless in trying to digest carbohydrates, especially when eating sandwiches, subs, hamburgers, pizzas and alike. This means any of those foods, made from either whole grain or refined (white) flour. We MUST chew these foods a lot and mix the saliva well before swallowing that mouthful. You say:..." that these foods are TOO DRY, so I want to wet them to swallow them down".

DRINKING WITH FOOD

That is JUST WHAT I AM TALKING ABOUT. Chewing will produce saliva, to make this mouthful wet enough to be able to swallow it down. This mouthful will be digested properly and you will feel so much better after. Gassy drinks, like cokes, beer, ginger beer etc. are the very worst for your digestion, when drunk during a meal.

Eating must be a pleasure and rushing a meal is ALWAYS WRONG. While eating you should be at peace and not be involved in TV watching or anything else. Take your time and enjoy every bite, concentrating on the event of eating and the tasting; you are feeding your body foods to live on and to gain valuable nutrients to get every organ working properly.

If you are fast eater, you really must learn to slow down and put your fork or spoon down between mouthfuls. Pick your fork up only after you have masticated and swallowed your mouthful and put it down again, as soon as you have filled your mouth again. This is a great habit to get into, which slows you down for good health.



The recommended times to drink at meal times are ½ hour before a meal and not till 1 hour after you have finished. Filling your stomach with liquid within these times will hinder digestion.

**Diluting the saliva may be compared to putting some water in your petrol tank of the car, to make the car go further.*

NO, NO the car is going to STOP instead, as the fuel is no longer the right strength for proper combustion. Get it?

13. I bought a **NON-STICK FRYPAN** and started to use it, but not too long after, it became sticky. I could not work out what I was doing wrong. I did not use metal utensils or scratched the surface or anything like that. In the end, I could not get the baked-on residue from the pan and had to stop using it and throw it out. I went to a kitchen shop and asked the lady what was happening and she immediately realised that I was using OLIVE oil to grease the pan.

She told me that Olive oil and spray-on oils should NEVER be used in non-stick pots or pans as they burn at a slow heat and damage your pan.

Oils to use are: Rice bran oil, coconut oil or vegetable oils, grapeseed oil, avocado oil, peanut oil, macadamia oil.

\$40 later, I am now the proud owner of a new non-stick frypan and it works well.

14. **BI-CARBONATE MAPLE CANCER TREATMENT.** (This article is also mentioned in my second book: "Victory over dis...eases #2 ...there is more, much more.")

International Medical Veritas Association

The bicarbonate maple syrup cancer treatment focuses on delivering natural chemotherapy in a way that effectively kills cancer cells, but significantly reduces the brutal side effects experienced with most standard chemotherapy treatments. In fact, so great is the reduction that the dangers are brought down to zero. Costs, which are a factor for the majority of people, of this particular treatment are almost nil. Though this cancer treatment is very inexpensive, do not assume it is not effective. The bicarbonate maple syrup cancer treatment is a very significant cancer treatment every cancer patient should be familiar with and it can easily be combined with other safe and effective natural treatments.

This cancer treatment is similar in principle to Insulin Potentiation Therapy (IPT). IPT treatment consists of giving doses of insulin to a fasting patient sufficient to lower blood sugar into the 50 mg/dl. In a normal person, when you take in sugar the insulin levels go up to meet the need of getting that sugar into the cells. In IPT they are artificially injecting insulin to deplete the blood of all sugar then injecting the lower doses of toxic chemo drugs when the blood sugar is driven down to the lowest possible value. During the low peak, it is said that the receptors are more sensitive and take on medications more rapidly and in higher amounts.

The bicarbonate maple syrup treatment works in reverse to IPT. Dr. Tullio Simoncini acknowledges that cancer cells gobble up sugar, so when you encourage the intake of sugar it's like sending in a Trojan horse. The sugar is not going to end up encouraging the further growth of the cancer colonies because the baking soda is going to kill the cells before they have a chance to grow. Instead of artificially manipulating insulin and thus forcefully driving down blood sugar levels to then inject toxic chemo agents we combine the sugar with the bicarbonate and present it to the cancer cells, which at first are going to love the present. But not for long!

This treatment is a combination of pure, 100% maple syrup and baking soda and was first reported on the Cancer Tutor site. When mixed and heated together, the maple syrup and baking soda bind together. The maple syrup targets cancer cells (which consume 15 times more glucose than normal cells) and the baking soda, which is dragged into the cancer cell by the maple syrup, being very alkaline forces a rapid shift in pH killing the cell.

The actual formula is to mix one part of baking soda with three parts (pure, 100%) maple syrup in a small saucepan. Stir briskly and heat the mixture for 5 minutes. Take 1 teaspoon daily, is what is suggested by Cancer Tutor but one could probably do this several times a day.

"There is not a tumour on God's green earth that cannot be licked with a little baking soda and maple syrup." That is the astonishing claim of controversial folk healer Jim Kelmun who says that this simple home remedy can stop and reverse the deadly growth of cancers. His loyal patients swear by the man they fondly call Dr. Jim and say he is a miracle worker. "Dr. Jim cured me of lung cancer," said farmer Ian Roadhouse. "Those other doctors told me that I was a goner and had less than six months to live. But the doc put me on his mixture and in a couple of months the cancer was gone. It did not even show up on the x-rays."

Dr. Jim discovered this treatment accidentally somewhere in the middle of the last century when he was treating a family plagued by breast cancer. There were five sisters in the family and four of them had died of breast cancer. He asked the remaining sister if there was anything different in her diet and she told him that she was partial to sipping maple syrup and baking soda. Since then, reported by a newspaper in Ashville, North Carolina, Dr. Jim dispensed this remedy to over 200 people diagnosed with terminal cancer and amazingly he claims of that number 185 lived at least 15 more years and nearly half enjoyed a complete remission of their disease. When combined with other safe and effective*

treatments like transdermal magnesium therapy, iodine, vitamin C, probiotics and other items like plenty of good sun exposure, pure water and clay treatments we should expect even higher remission rates.

It is very important not to use baking soda which has had aluminium added to it. The Cancer Tutor site reports that Arm and Hammer does have aluminium but the company insists that is not true. One can buy a product which specifically states it does not include aluminium or other chemicals. (e.g. Bob's Red Mill, Aluminium-Free, Baking Soda). Sodium bicarbonate is safe, extremely inexpensive and unstoppably effective when it comes to cancer tissues. It's an irresistible chemical, cyanide to cancer cells for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen. Studies have already shown how manipulation of tumour pH with sodium bicarbonate enhances some forms of chemotherapy. [iii]

"The therapeutic treatment of bicarbonate salts can be administered orally, through aerosol, intravenously and through catheter for direct targeting of tumours," says oncologist Dr. Tullio Simoncini. "Sodium bicarbonate administered orally, via aerosol or intravenously can achieve positive results only in some tumours, while others – such as the serious ones of the brain or the bones – remain unaffected by the treatment."

The maple syrup apparently enables and increases penetration of bicarbonate into all compartments of body, even those which are difficult or impossible to penetrate by other means. These compartments include the central nervous system (CNS), through the blood-brain barrier, joints, solid tumours, and perhaps even the eyes. IPT makes cell membranes more permeable, and increases uptake of drugs into cells. The maple syrup will make tissues more permeable, too. It will transport the bicarbonate across the blood-brain barrier and every other barrier in the body for sugar is universally needed by all cells in the body. The essence of IPT is that it allows cancer drugs to be given in a smaller dose, far less toxic to normal cells, while building up lethally toxic concentrations in cancer cells. Both IPT and bicarbonate maple syrup treatments use the rabid growth mechanisms of the cancer cell against them.

Dr. Jim did not have contact with Dr. Simoncini and did not know that he is the only oncologist in the world who would sustain the combining of sugar with bicarbonate. Dr. Simoncini always directs his patients to dramatically increase sugar intake with his treatments but has never thought to mix the two directly

by cooking them together. Because his treatments depend on interventionist radiologists who insert catheters to direct the bicarbonate as close to the affected area as possible, or physicians willing to do expensive intravenous treatments, I pushed bicarbonate up into the number six slot in the IMVA cancer protocol. With the discovery of Dr. Jim's work bicarbonate comes back into our number three spot right behind magnesium chloride and iodine.

Dr. Simoncini says that, "In some cases, the aggressive power of fungi is so great as to allow it, with only a cellular ring made up of three units, to tighten in its grip, capture and kill its prey in a short time notwithstanding the prey's desperate struggling. Fungus, which is the most powerful and the most organized micro-organism known, seems to be an extremely logical candidate as a cause of neoplastic proliferation."

sodium bicarbonate therapy is harmless, fast and effective because it is extremely diffusible. A therapy with bicarbonate for cancer should be set up with strong dosage, continuously, and with pause less cycles in a destruction work which should proceed from the beginning to the end without interruption for at least 7-8 days. In general, a mass of 2-3-4 centimetres, will begin to consistently regress from the third to the fourth day, and collapses from the fourth to the fifth," says Dr Simoncini.

There are many ways to use sodium bicarbonate and it is a universal drug like iodine and magnesium chloride. Raising pH increases the immune system's ability to kill bacteria, concludes a study conducted at The Royal Free Hospital and School of Medicine in London. Viruses and bacteria that cause bronchitis and colds thrive in an acidic environment. To fight a respiratory infection and dampen symptoms such as a runny nose and sore throat, taking an alkalizing mixture of sodium bicarbonate and potassium bicarbonate will certainly help.

The apple cider vinegar 1/4 teaspoon and 1/4 teaspoon baking soda taken 2 times or more a day is another treatment as is lemon and baking soda, or lime and baking soda formulas. Perhaps honey could be substituted for maple syrup for those who live in parts of the world where maple syrup is not available but to my knowledge no one has experimented with this.

Mark Director Sircus International Medical Ac., Veritas OMD Association
<http://www.imva.info>

<http://www.magnesiumforlife.com>

<http://www.winningcancer.com/>

This article is from the 850-page e-book [Winning the War on Cancer](#).

- **There are MANY inventions, which were accidentally found. Not everything needs to be scientific, to be good.*

15. BURNS.

As soon as you burn yourself, you can do 2 things, which are very effective indeed.



1. Always rinse the burnt area with cool water for about 20 minutes, to stop the 'cooking' of the flesh. Immediately after that, start putting beaten EGG WHITES on the burn and keep doing this for a long time, yes keep doing it and don't stop.

The results will amaze you.



2. Another very valuable method is the use of Aloe Vera Barbadensis.

Again, rinse the burnt area first with cool water, immediately after that, cut a large leaf of the aloe vera plant in half and lay this on the burn, sappy side on the burn and hold it there, with a bandage. Replace this ½ leaf with the other half, before going to bed and 'hey presto', the wound has healed. I did this for my son, who burned his hand and overnight his skin healed and there was no sign of the BAD burn in the morning.

16. PENDULUMS, DOWSING RODS AND MUSCLE TESTING.



For thousands of years, man has been using pendulums and dowsing rods, to find water, gold and other precious minerals, oil, malign 'earth vibrations', grave sites and more. I like the 'rough' crystal idea used here. This is a fancy, but very pretty one.

This practice is often referred to as divining or 'doodlebugging' (in the USA.)

The purpose of using a pendulum is to speed up the finding of any of the above, with really good accuracy. In matters of health and finding the right foods for us to eat, even their quality, a pendulum is an amazing tool.

You can make it any way you want to.

I will give you some examples of how you can use it first, to whet your appetite.

1. I was walking around a local market one morning and saw a man carrying a box of mangoes from a large fruit stall, (who buys his fruits and veggies from the markets in Brisbane, which are grown the modern way with chemicals etc) to his own stall, marked “organic mangoes” and placed these mangoes on his bench for sale. He then put one sticker on the middle mango in the box, saying “Organic”.

I waited a little while and stopped at his stall and asked him if these mangoes were indeed organic. He answered with a positive “Yes”. Out came my pendulum and I tested these mangoes, which were NOT ORGANIC, by my pendulum. I asked him again:” Are these mangoes organic?” Again, he answered Yes. I told him there and then that he was a liar, as I had proof of seeing him getting these mangoes from the other dealer, watching him put a sticker on ONE FRUIT only and also the result of the pendulum. He naturally looked at me and realised he was caught red-handed.

I told him he was a cheat and suggested he remove the sticker for one and also to take down his banner reading ORGANIC MANGOES. He did and I walked away, pretending to leave the markets, however I waited a while and returned, only to find he had put everything back the way he had it, before I interfered. I told him that I was going to report him to the market manager.

He was banned from trading at these markets from that day on. I hate cheats and liars, as local people going to these markets, trust the local stall holders, to sell what they advertise.

(Another instance, involving this same man. My partner and I were looking for a block of organic land to grow some foods and live away from the town, near a forest and preferably with a running creek. We saw a block advertised. This same man was the manager of this property, for a solicitor, who lived in Brisbane. He drove us around the property in an old jeep and at one point I saw a patch of dead weeds, still yellowing, the result from a toxic chemical spray. I asked him what had happened there and his answer was that he could not be bothered pulling these weeds out manually, so he decided to spray them with ‘Round-up’; but he said, the owners don’t come down anyway, so they won’t know. Again, he cheated the people he was working for and this amount of spray rendered the property NON-ORGANIC.)

I am glad I found him out in the first place.

2. At the above-mentioned markets, another trader was selling paw-paws. I asked him if these paw-paws were organic and he told us NO, BUT, no chemicals have been used in their growing stage, only a small amount of sulphur powder was used to dust them, to stop them from getting a fungus growing on their skin as they were ripening. This sulphur powder did not penetrate the fruit at all and would not affect the quality. He said that you could call them organic, but rightfully they weren't. I asked my pendulum: "Are these paw paws organic?" It answered me "NO". I asked another question: "Are these paw paws safe for me to eat?" It answered: "Yes". So, this trader was correct in telling us what he did. We used to buy his produce weekly, before we grew our own paw paws. He told us the truth.

The use of a pendulum for health problems.

3. If you have a problem with your health, (and I hope it is not serious) and you are prescribed medication, being natural or chemicals, you should ALWAYS check and confirm with a pendulum if the medication is what YOUR body needs. What that means is that *'you are you' and a very special person indeed*. There is not ONE other person in the world, just like you in any way, so your needs are different to any other person, be they foods, drinks, clothing, needs such as love, mental needs and a whole host of things. Don't take this for granted, that you and everyone else can be given the same attention.

When you are given a script from your doctor, natural health professional or who-so-ever, ALWAYS check **the need** of this supplement for starters. (ask the pendulum: "Do I need this medication?") Then **the quantity; the best time** of the day to take this supplement; **whether to take it with meals; with or without water**; if you can take them **together with other prescriptions** you may be taking and so on. Quite a few questions, but worthwhile.

Our bodies like to have things done a special way and your body, as I stated, is different to the next person's. This means that a chemical company, who produces a drug for instance, does NOT know who you are and therefore cannot possibly make a drug to suit you and everybody else alike.

It is different, if the health professional sits down with you and checks ALL the possible needs for YOU, like the real Chinese herbalist. These Chinese doctors work out what your body needs by feeling your various pulsations. In other

words, they check all the vital organs via a pulsing in the wrist area of your arm. Then he gets the ingredients together from his dispensary for you to boil at home. Doctors in the old days did that also and the apothecary then mixed the various components, in the form of tinctures and/or mixtures together FOR YOU to take. NO 2 SCRIPTS were alike. Today the 'Big Pharma' get away with 'blue murder' and every patient gets the same chemical drug, generally doing more harm than good, since the components are chemicals (artificial) and not herbs from the field. In cases like this especially, (DRUGS FROM A MEDICAL PRESCRIPTION), we MUST check OUR personal needs by using the pendulum and asking the correct questions. In actual fact, the health professional SHOULD REALLY DO THIS FOR YOU while he prescribes the medication. You can and should, also look up the various components of this drug and see how dangerous these chemicals are and to find out their contra-indications. You will be horrified!

I carry one of my pendulums with me everywhere, so I can check on all sorts of things immediately. I have a number of them, made from various materials.

What is a pendulum? A pendulum is a piece of natural stone, crystal, piece of wood or metal, like my turned brass one, about 25 to 30 mm long and between 5 and 8 mm in diameter, hanging from a string, about 5" long (125 mm), made also of natural material, such as wool, cotton, hemp, silver or gold chain, a strand of hair, but nothing artificial.

This 'string' may be made into a small basket, woven from this material, rather than glued together with a NON-natural glue. See the picture above as an example, but it does not have to be fancy.

It is important that this natural pendulum, is cleansed before you use it. In the case of crystals or stones, I prefer NOT to use polished ones, as some of the vibrations from the polishing, are hard to remove. After you have put the pendulum together, cleanse it by washing it in seawater and leave it in the light of a full moon overnight. After this, let nobody touch your pendulum, as you do not want anyone else's vibrations in your pendulum.

Prepare your pendulum for use as follows:

Remember that the pendulum can only answer you in a positive or negative way. Your future questions MUST be so formulated that the answer can only be "yes" or "no". There are no "maybe's" ^). As all of us have our own

vibrations*, the way the pendulum will swing for you may be different to the next person, so let us start programming the pendulum.

**That is why we get on with some people and NOT with others.*

Hold the pendulum 'string' between your index finger and your thumb of your dominant hand. DO NOT CROSS YOUR LEGS. Have your arm free from any arm-rests like the chair you sit in and slightly forward from your body. The best position is about over your knees. As the pendulum hangs there, (over your knee, in a quiet place without music or noises) ask it a question you know the answer to, such as your call name, your first name:" Is my name ???_{your name}???" and wait a few moments, NOT thinking of what the pendulum will do. It may react immediately and swing in a clock-wise circle. That is and will be in the future, the positive swing for you, in other words, clockwise is "YES". Next, move is to repeat the questioning and ask the pendulum:" Is my name ???_{not your name}???" . It should swing in a different direction and that is your future swing for "NO". Most often, the "NO" swing is opposite to the "YES" swing, so in this case an anti-clockwise swing is likely. Some people find the pendulum swings left to right or even forward and backward. Whatever it is: IS!

This sounds so easy, reading this statement, but most people are worried, that the swinging is you, who makes it move in the direction you would like the answer to be*. That happens, but be persistent and keep trying, KNOWING that the pendulum is going to do the job for you. If you do not get an answer straight away, put it down and try again in a little while, but be convinced, the pendulum makes the decisions. All of us can use a pendulum, as we have the right vibrations, connected to the Universe. Once you have programmed the pendulum, you are a VERY RICH PERSON, with a powerful and useful tool.

*I have had young girls ask the pendulum a question about their boyfriend, like: "Is Billy my boyfriend?" Since this girl wants this boy to be in her life, she puts a lot of influence into the question, almost demanding the pendulum to say: "Yes." This is NOT the way to go and we should allow the pendulum to make the decision. ALWAYS!

^) There may be times, when you are not getting an answer and you may wonder why. Example: We had grown a box-full of paw-paw seedlings. At that time, awaiting the contract to be signed for a property we were buying, we were looking after a couple's house and we thought it would be nice to plant some paw-paws in their garden. Normally you should grow 1 male paw-paw to about 10 female ones. That is sufficient to pollinate all of them.

How do you know which ones are male and which are female?

THE PENDULUM of course. My partner and I, individually went over the top of every single plant and asked the question: "Are you male?" If so, this plant was put aside. The next one: "Are you male again?", The answer was NO. next question: "Are you female?" If yes was the answer, that plant was put in another row. Doing that to every plant, we were able to come up with 10 females and 1 male very quickly, BUT (there is always a but). Some of the plants did NOT answer to our questions at all and both our pendulums just hang there motionless. We could not work out what it was. Since it was late in the afternoon, I said to my partner: "We will try again in the morning" and we went inside.

As I get a lot of information from the Universe early in the morning, just after waking up, I was questioning our plight and the answer from the Universe was: "Ask the question, are you bi-sexual?" (Paw-paws can be male, female or bi-sexual). We went out after breakfast and started again, and soon the problem was solved. This proves, that the right questions MUST be asked all the time, to get the correct answer.

My partner used her pendulum for healing, when working with the Australian Bush flower Essences very successfully.

A friend of ours, used a pendulum also. She used it to contact the departed for their families

From time to time, cleanse the pendulum again, by leaving it out in the moonlight and remember, that nobody should touch your pendulum EVER.

DOWSING OR DIVINING RODS.

These tools are often used by water diviners, gold prospectors, gem fossickers and many more. The possibilities are endless. In healing as well, these rods are used a lot, especially among our senior healers. They, like the pendulums, give us an immediate answer.

There are 2 types, as far as I know. No.1 is the bent wire type and the second one is a Y-shaped forked stick. See pictures.



See how the forked stick is being held? As soon as you find what you are looking for, the stick will bend downwards very forcefully. You cannot stop it from bending.

The wire types below, will cross over each other, being the signal that what you are looking for is just there, below the cross-over. Some users have different ways to tell them exactly how deep the 'water' (or other) is and may be found. Some users have notches filed in their rods to indicate depths or whatever. It is so interesting to see these people use their individual tools so successfully. Trial and error taught these users, what the various signs mean. Some users put a small nugget of gold in their mouths, whilst divining for gold, etc.



I wanted to find water on my farm, as the new trees, would need a good and reliable supply. I had a dam, but it was not very large. I quickly made 2 metal- wire ones from 2 wire coat hangers. It did not take long to make and away I went, walking all over the farm paddock and found NOTHING. That was rather disappointing, so plan 'B' was called for. (you must always have a plan B.) I went into the bush at the back of the farm with a pair of secateurs and looked for a

forked stick from a bush, that would suit. I had never physically seen one of these forked sticks before, so I had to guess what size and thickness of timber I was going to use. Realising that the stick had to bend upon finding the water I was looking for, I cut one, I thought was about right, trusting my Guide and trimmed it to the size that felt comfortable.

The wire rods shown above, are professional ones, possibly made from copper wire.

SO often we must go with our gut feeling and since I was on my own, in the bush, where it was peaceful and quiet, being in touch with the Universe made it easy to concentrate.

Ready to go again, I walked into the front paddock and “BINGO”, I got a great pull. I marked the spot and traversed the area from a few different directions and indeed, the rod performed the same way each time I came across that marked spot.

Why did plan “A” not work for me and plan “B” did?

Well, I am a person who loves trees and all things made from wood. Where metal leaves me cold. I just don’t like metal things; I don’t like working with metal, but love woodwork, carpentry, wood turning etc.

I came to the conclusion, that the wooden forked stick was reacting to my feelings, where the metal rod did nothing. It was interesting to note that, as I was going around the paddock, my neighbour happened to come over and he asked me what I was doing. I told him about dowsing and he asked if he could have a go as well. I gave him the wooden forked stick, which I still had in my hands and he followed my instructions, but NOTHING happened for him, even though he walked over the spot I had marked with a small stone.

Next, I gave him the metal rods to try and “YEP” he too found the spot. I showed him the small marker stone. He was right above the stone also. Well, my neighbour was a ‘metal man’. He made everything out of metal, did welding and used a lot of wire etc. What do you think now?

Then there are other ways of finding out what is going on by:

17. **MUSCLE TESTING.**

You know, that when you are told some bad news, you feel weak and defeated almost? As opposite to that, when you get good news, you feel elated and strong and want to jump and yell for joy?

That is because your body reacts to these emotions. Negative emotions weaken you and positive emotions strengthen you. Your whole muscle system weakens or strengthens in these circumstances.

We can make use of these emotions and use them to find out reactions from certain influences, using a pendulum, a dowsing rod or muscle testing.

1. You may have seen demonstrations done by a practitioner, muscle testing a person, standing behind him. The practitioner asks the person to put his arm out, horizontally to the side, while he tests the NORMAL

resistance in the arm, without excess pressure on his wrist. Registering that; he then asks the person a question to which there is only a positive answer and tests the pressure again. Normally this muscle's resistance is much stronger. By asking the person a question with only a negative answer, this muscle weakens considerably.

Other muscles can be used, such as your fingers. If you do not have a pendulum handy try this, but it takes a bit of practice.



2. Lock your index fingers and thumbs of both hands together like the links of a chain (see picture) making a figure eight. Test your normal strength, by pulling them apart, un-locking them. You register this strength and next, by asking a question, to-which you want an answer, pull them again and see what the difference is. If the answer is negative, the pulling power is DE-CREASED, in other words, you have become weaker. Ask a positive question and you find that the power to unlock the chain is IN-CREASED.

3. Another 'finger one' is the following:



Put the tip of your middle finger on top of the nail of your index finger of your dominant hand. Push the middle finger down and test again for strength to start. Register this and start the questioning. Weaker means a negative answer and stronger a positive one.

I have used this last one at times, when sitting down to have dinner in a restaurant and wonder if I should eat a certain food on my plate. I place my hand on my knee under the table (un-seen), while I do the testing. No-one knows I am doing this, so no embarrassment. Tricky hey! I then ask the question, by looking at a particular item on my plate:" Should I eat this? If the answer is negative, my finger will be weak and cannot hold the pressure I put upon it or visa versa.

So, IF there is something on my plate I should not eat, I can conveniently leave it there.

Nature works wonders in our lives, but we very seldom give it credit for the power it has, influencing our daily lives. We are too busy doing all sorts of mundane things all day long, without consulting Mother Nature.

BE QUIET AND JUST 'BE' for a while every day. Have peace in your life. Get off the band-wagon for a time as often as you can; hang on:

" DO IT OFTEN AND MAKE TIME."

18. BOOSTING YOUR IMMUNE SYSTEM.

1. Eat up to 4 Brazil nuts a day. This is full of Selenium for building the immune system plus added vitamins and minerals.
2. Take Vitamin C, (Melrose brand, Calcium ascorbate is what I take*.) at a rate of ½ a level teaspoon in some water or fresh juice, every *MORNING*. *Start with a smaller amount, as you may become a bit loose in the bowels, taking the full amount.*

**Use your pendulum to test which type of Vit C is best for you!*

3. Use raw garlic and add this to your cooking, like soups and stews, adding the garlic at the last moment to preserve the Allicin, which is destroyed by cooking.

4. Vitamin D. Sun **BATHE** every day, and if you cannot do this, get vitamin D tablets.

Use the following spices often:

5. Turmeric, chilli, ginger, lemon grass. (Garlic of course.)

6. Green tea

7. Use coconut oil twice a day, at a rate of 2 table spoons and use it exclusively for your frying for now (especially).

8. 'Natto', available from the Asian store and eat up to one portion every day. Remember that Natto is a blood thinner, so if you are planning to use it, taking it at the same time as your prescribed medicine for your blood thinning,

it would be best to consult your doctor. Maybe you can change your medicine for Natto, after all it is a natural product.

(Natto is a pro-biotic and helps the bowels work better, plus a heap of other positive things. Mix the 2 small plastic bags enclosed, or part of them, depending on your taste buds, with the soya beans as much as possible, to get the most out of the ferment. It is a bit streaky, but stir the beans as much as possible, maybe 50 times.

Look 'Natto' up on the net for more information on how to eat it. You can eat it direct from the package, but mixed with rice or similar food, is maybe more palatable for you.

9. Reduce the intake of GRAINS, especially wheat and even more especially WHITE FLOUR PRODUCTS. Go gluten free for a while if you have digestion problems. Use whole, brown rice and think of Besan flour or buckwheat flour for pancakes and chick peas as an addition to some of your meals.

10. Cut out the intake of meat, chicken, fish for the time being, as they are hard to digest. Use a lot of fresh vegetables, at least twice a day, maybe lightly steamed or make omelettes for breakfast with baby spinach, rocket, freshly sprouted mung beans and other veggies such as tomatoes, asparagus and mushrooms. When coming back to meat, half the portion you used to eat.

11. Stir fry cabbage, red cabbage, carrots, onions, leeks, fennel (extra good), beans, peas and broccoli. A nice splash of soya sauce to give it some flavour. (anything really)

Add some chick peas, butter beans and then garlic (at the end of the cooking).

12. Have long rests and sleeps in well ventilated areas or even on the beach or in the bush, as sleep is a wonderful healer. Have a hammock in your trees.

KEEP AWAY FROM ELECTRONIC GADGETS AND THE E.M.R. FROM THEM. THEY DESTROY YOUR IMMUNE SYSTEM.

You will be well soon!

Remember that prevention is better than healing, so I would start now, while you are well.

Sweet pancakes can be made by putting pre-soaked sultanas or even thin slices of apple in the batter as shown in the photo. Add a little spice to them also, like cinnamon and ginger.

19. OUR HAIR.

A lot of attention is given to healthy hair, which is understandable, but what is it, that really makes your hair healthy?

It is NOT the additives we put in the rinses we are putting on our hair, but hair-health should come from the natural source, THE HAIR FOLLICLE, the part of our skull, that produces the hair and should keep it growing like that plant in a pot, you treasure so much.

Let's see what we do, when we grow a plant in a pot?

We know that there are a few things we have to do, to make this plant grow, from a small seedling to a fully grown plant and beyond.

Firstly. The plant or seedling should have good, nourishing soil to grow in.

(We should be healthy and well, by keeping up the natural ways of good nourishing food, sufficient exercise, a healthy mind; being peaceful and in touch with Mother Earth and the Universe, with love in our hearts. THAT'S LIFE! That's living!)

Secondly, we must be sure, that the soil this plant is growing in, is water holding. *(We should be properly hydrated, by drinking sufficient WATER.)*

Thirdly, the soil needs fertiliser, to make this seedling grow to a fully mature plant. *(We should be eating nourishing foods).*

Fourthly, the climate this plant is growing in, needs to be considered. *(We must always consider the circumstances we live under. Our lives are so varied and the way we live has a lot to do with our health. Dust, heat, cold, dryness and even constant wet conditions must be taken into account.)*

Finally, regular maintenance is needed, to ensure a long life of this plant. *(Maintenance in our lives, NEVER stops. It is an ongoing job. We MUST continue to monitor the circumstances right through our lives. Remember the car you drive also. Without maintenance it will soon stop.)*

Our hair is similar to a young plant. It grows from the hair follicle to become a new strand of hair, to be on your head for a long time. Yes, we need to cut or trim our hair from time to time, similarly as we trim plants, to keep them healthy and discard any parts of the hair that are no longer healthy. This happens when these parts are not receiving sufficient nutrition, to keep on living properly. (e.g: Split ends).

We all experience hair loss from time to time, as we brush or comb out hair. This depends on our health and that normally is a natural discarding of strands of hair, which are no longer being fed properly and need to be discarded.

However, if this loss is massive, we do have a problem. It generally is a sign of UNHEALTHY HAIR, and is usually caused by poor maintenance of our scalp or general health primarily. More gelatine, agar agar or kelp in your diet will help.

If we listen to the advertisers, who tell you that all you need to do is put some of their products on your hair AND PRESTO, all is well, you are wrongly advised and putting harsh chemicals in your hair and NOT giving attention to the scalp, is NOT going to solve your problem. The results may LOOK alright, but this is patch-up treatment. These products will make your hair shine and LOOK great, but underneath it all, the scalp is in need of some real attention.

If your plant in the pot is looking sad, washing the leaves with an oil or something else, is NOT making the plant healthier. You need to check the soil this plant is growing in and very likely, it needs fertilising or something.

Scalp maintenance is vital and just 'combing' your HAIR on a daily basis, is NOT enough. We need to 'brush' our SCALP (not just the hair) with a good quality, **natural bristle brush** daily. Modern, plastic, spikey brushes will only put your hair in a style you like, but do nothing much for the scalp. There was an old saying, that you should brush your hair 100 times every night. And during those days, the brushes were natural, bristle ones. You just cannot overdo this practice.

There are also some herbal mixtures, which may be used to "fertilise" your scalp and the hair follicles, if there is a problem and you can make them up yourself.

However, the first thing to do is to stop hairstyling practices. Hair dryers, curlers and any other gadgets I am not familiar with, using **heat** especially, as they are very hard on the hair BUT also on the scalp's health. Mmm! (I know. You are mad with me again, BUT...I am only ADVISING you).

The second, maybe another first thing, is to make sure your overall health is tops.

For a weekly habit, when washing your hair, you should consider using Castile soap*, with lukewarm water (NEVER HOT) or use an herbal tea made from the following herbs, which are hair-growth herbs:

Ginko biloba, Rosemary, Aloe vera, Peppermint, Lavender, Horsetail, Burdock or Stinging nettle.

Massage the scalp from the top of the head in circular motions, towards the sides and from the sides to the nape of the neck, to increase the circulation as well as making the best use of the mixture.

A very good, natural product you can mix yourself, to stimulate the health of your hair follicles is the following:

¼ cup raw sugar; 2 tbsp baking soda; 1 tsp fresh/dried organic herb of Mint, Lavender buds, Calendula petals. Mix all ingredients and spoon into a clean container; massage into scalp for 2 to 3 min. using circular motions; rinse well, but DO NOT SHAMPOO!

Rosemary is a well-known hair care herb by boosting the circulation. of your scalp.

**Look up 'Castile soap' FURTHER DOWN or on the net for so much more info*

Dandruff:

1. 2 tbsp organic apple cider vinegar or fresh lemon juice; 2 tbsp water. 2 tbsp organic olive oil. Mix and massage into the scalp; leave for 20 min. before shampooing*.
2. 4 tablespoons of castile soap liquid.
20 – 30 drops of clove oil.
200 ml distilled/de-mineralised water

But remember always, that your general health must be 'tops' to start off with. Local management is generally a secondary consideration.

**Please be aware of the artificial and strong chemicals on most of the shampoos and conditioners.*

20. KEEN TO BE WELL?



Being well, is our own responsibility. We, as individuals have that responsibility to care for ourselves, our bodies, the best way possible and PREVENT illness. We have been given a beautiful body and it is worth looking after. This responsibility comes in many forms, since LIFE is NOT just physical. Remember that our

emotional, mental, psychological, sexual and spiritual sides are just as important as the physical.

THIS IS LIFE! AND WE CANNOT SEPARATE THEM!

I have given my body the best attention I could and I am now teaching people what to do also. I have written books to guide you and they are available. I may not know it all, but what I profess is proven, by the way I look and get around. Even though I had a massive tractor accident in 1977, I am still able to do most things for myself, but it has slowed me down a lot.

The wake-up call came, when my son David, at the age of 10, contracted leukemia in 1974.

At that time, we were eating, what we thought was good, nourishing food. We NEVER use(d) the take-away outlets for sustenance, as we realised that their 'food' was not for human consumption, especially on a regular basis.

(I mentioned some of this above as well). When David became ill, we had to go along with the medical profession's way of treating the disease, as we were not knowledgeable to attack this ourselves at that time. So, David had the chemo and radiation treatment, but as soon as he came home from hospital, we tackled his problem with vigour and started to feed him the purest of fresh, organic vegetables, fruits, herbs, seeds and nuts, which re-built his immune system and gave him strength again. We made sure he was loved dearly by the whole family and friends, something that was not hard to do, as he was such a beautiful child anyway.

In the short period of 3 months, he was declared free from his disease and the specialist congratulated us on the result. He told us to keep going with what we were doing, as it obviously was the right way.

From that day on, we studied hard to find the best ways of being healthy and I even bought a small farm of 40 acres, to grow our own foods bio-dynamically. I worked this farm hard and had things growing within a very short time indeed. However, David did not really get the benefits from that, as after 3 years of being well and leading a normal life, going to school and everything, he succumbed to a massive tumour in the cerebellum of his brain and this was not operable in those days. He passed over at the age of 13. It was thought that the tumour was caused by the radiation he received during his treatment.

Looking back at this event, God only knows, why he had to move on, but his legacy lives on. I know now, that he was my 'spiritual mentor', something I had not thought about during those days. I say those days, the days of hard and constant working many hours in my practice and on the farm, mostly from 5 am to 9 pm most days. My spirituality was not taken into consideration at that time. A terrible thing to admit, but when one works physically so hard and so many hours, providing for a family of 7, there was no thought of anything else really.

Today, during my days of physical relaxation and retirement, I spend a lot of time meditating and praying for the world and everything in/on it. There is much healing to be done there and most people do not seem to realise the need to find peace and quiet, something we all deserve and can achieve. However, being relaxed and peaceful, allows you to achieve a great deal more, than when you are stressed out.

A lot of people spend their time being entertained by the means of TV, computers, other gadgets, watching sport, dining out and drinking alcohol, smoking poisons, etc., but most of us do not know how to entertain ourselves



without '**these means**'.

If we took away these means, what would you do? Especially after we have worked all week. We cannot wait for the weekend to arrive, so we can again start our entertaining routine. **At least this family is together!**

The very young ones think they are invincible and do things that are not to the best benefit to society, like stealing cars and driving like maniacs. In the news this morning it was reported that 5 teenagers, between the ages of 13 to 15 were killed in a car accident in western Sydney. Why are these kids on the streets at night? Do their parent know that they are there? Should they not be in bed and asleep, being loved and cared for and getting ready for the next day at school?

But that seems to be their entertainment. I could go on, but you know the rest anyway.

Could you imagine yourself without the above gadgets etc? Suddenly you are in a void, with NOTHING to do!

What would you do? Yes, the lawn has to be mown. The car may need to be washed on the weekend. Maybe even a little housework would take some of the time you have on hand, but that is not really satisfying, is it?

This would be the perfect time to use your imagination and re-invent things to do, the sort of things you also like doing, without being led by the masses.

I look back to the days, when there was NOT anything like the modern entertaining available. Instead, we sat around the table at night as a family and played games, played musical instruments ourselves (not recorded stuff) and told each other many stories and jokes. Played board games and things and our family even made woollen rugs, all working on one corner or end. At times we did "piece work" for an electrical company, putting things together as a family around the table, as we were conversing and making some money on the side.



We also walked in the forest as a family on weekends and observed the things of nature and made ourselves available of the knowledge of the many intricate ways, in which nature works. We respected the way things were and gave thanks to God for the beautiful world we lived in and are part of. We

respected the ways of our family and friends and especially we respected the older generation, by sharing their feelings and goods. We visited our grandparents weekly as a family, if not more regularly individually. We were

brought up to be loving, caring and not destructive. Mother taught us to be healthy and showed us how to grow food in the garden and on our walks in the forest, she pointed out the edible herbs, which were growing wild. Father was a handy-man and taught us to use tools and make things from scrap wood often. Fortunately, there were no horror movies shown on TV, because TV did not exist. Nowadays, we are made to watch these negative things on a daily basis and it has become the norm. I watched one program of 'Border Patrol' on TV one day and a young father, who just returned from overseas, brought back a whole stash of weapons, like knives, a taser, a laser, knuckle duster and a hand gun (replica). When he was asked by the officers who the hand gun was for, he answered: "For my 2-year- old son." Well, this horrified me no end. Surely a 'baby' doesn't need to be educated this way. Why not buy him something positive? Anyway....., his weapons were confiscated and destroyed.



We all need a hobby, a constructive hobby, where you can spend time creating a piece of art, like wood turning, painting, sewing or knitting. Woodwork in general is creative and you can make some of your own furniture and ornaments, instead of

buying everything. I even built a lathe for my wood turning from parts I found in a second-hand shop and some steel components welded together. It worked really well and cost me \$50.

Jewellery making is not only interesting, but can be profitable as well.

Some people are attracted to do metal craft, another profitable hobby. To create a hobby early in life is great, because when you retire, you can spend your free time doing that a lot more. You can spend a lot of time doing what you really like and really enjoy it and you won't be bored. While you are involved in doing a hobby, you wonder how you ever found time to go to work. Doing a hobby also keeps you away from the dreaded TV, drinking and smoking sessions. Your health will also benefit. And turn the mobile phone off for a while. If someone wants to speak to you, THEY WILL RING BACK LATER!

Being at peace is for everyone. You are NOT strange, when you can sit and meditate! TRY IT!



JUST BE!

I remember one day, getting stuck into a piece of wood with my lathe early in the morning. It was a fascinating piece indeed and as it took shape, I kept on creating. At 2 pm, my wife came into the shed and said: "Did you have any lunch?" I answered that I did not even ate breakfast. *(We don't need to eat 3 meals a day anyway, especially when you are not working physically hard)*. I was so engrossed in creating this piece of art, that nothing seemed to matter. What I am driving at is that doing YOUR THING, BEING, is peaceful, positive and relaxing. Watching TV, where you see all the violence and anger*, is so damaging and just about every show on TV, has this element of negativity. You probably don't realise this, but it is affecting you badly. I hear from more and more people, that they have stopped watching TV. They find it boring and not very entertaining anymore.

**Do you really think watching some sports is relaxing? Have you ever really watched the people reacting to a goal scored? Have you ever noticed a parent, tossing their little baby in the air when he/she gets excited? Why take a baby to a sporting event, where the noise alone is enough reason not to! I have noticed some parents being considerate and place ear muffs on these toddlers. Good on you guys! (see pictures above)*

I prefer to watch some nature shows, science and educational programs. We are never too old to learn. I used to watch sport often, but even that is becoming a bore to me. Quiz shows I may watch, to teach me some new stuff, but there are so many questions, relating to modern music, the artists, movies etc., something I am totally ignorant about.

I find music today has little to offer as far as peace or relaxation is concerned. It is loud and the performers are screaming and seem almost angry. The people in the audience yell and scream throughout the performance and surely, they don't hear anything the artists are singing about. The volume of the loudspeakers are always at maximum setting. You can hardly hear the songs and certainly not the words.

In concerts of classical music and ballets, the audience is quiet and they listen till the end and then they applaud, having heard and enjoyed the show.

Very few people today have ever been to a concert, where classical music is played. This music, is MUSIC!

The sounds of all the instruments individually and then together, creating a beautiful aura around you, embracing your consciousness in all the various parts of your body. It makes your hair stand on end and you get tingles in your heart. It affects your emotions in a positive way.

Yes, I also went to a particular concert once and walked out, as the music was NOT having that effect I was looking for. It was heavy and to me; boring. A friend, who was a concert pianist, asked me to accompany him to a Bach concert. That is how we as individuals react to anything. We have a right to feel either, that what is 'nice to you' or what is not acceptable.

What percentage of people today, have ever seen a ballet? Danced to a rhythm of a composer's music, who composed the music with so much feeling. It took some of them years to finalise such works, putting all the artistry together; and then for the choreographer to put the right steps together, to make it a successful masterpiece. The dancers add to that and perform at their utmost, to translate the composer's art into a beautiful delight for you to watch and listen to. Modern music seems to be written in a few hours; and you

can tell! It doesn't seem to have any soul.



When was the last time you went to a ball? A dress-up occasion, where you danced with your partner in a (often borrowed) tuxedo and the lady in a beautiful ball-gown wearing a corsage, dancing ballroom dances, like the various waltzes, fox trots, tangos the rumba and alike. All night long. Enjoying the occasion, dancing cheek-to-cheek, feeling that special feeling of romance, that only such an occasion will provide. I remember the last dance of the night on these occasions. It was always a bit of a let-down, knowing the evening had come to a close. But the feeling lingered on, as we as partners enjoyed the rest of the night. We were “pumped” as we say today.

We see people dancing in clubs and outdoor music festivals, but that is only jiggling around and very seldom cheek-to-cheek. There is a sort of mass-hysteria about these events. Hundreds of young people jumping up and down, hands waving above their heads and often under the influence of drugs or alcohol.

Yes, I am 89 and am thinking of the old days now, when things were a lot different. But the difference is so great in all departments. The electronic age we live in today, has changed all that.



I walked down the street the other day and observed the people walking around. EVERYONE, BAR NONE, was using a mobile phone or was listening to some music, showing an earphone. Not just young people, no, older folks as

well. It was fascinating to see. People often don't see other pedestrians on the footpath and almost bump into them. I am sure this happens regularly in the big cities, where there are so many more people in a small space. Wow!

As I started to say: "We don't seem to be able to entertain ourselves any more, without a 'gadget'. We cannot just sit still and observe nature and listen to the birds singing or the clouds moving past in such beautiful harmony. We don't appreciate the air we breathe, the warmth of the sun and the beautiful moonlight at night. Most of us don't pop out at night, just to have a peak at the



moon and stars,

because we are glued to the TV or whatever. This really came to my realisation, when I travelled around Aus. for 6 years and camped out EVERY NIGHT under the stars and observed some amazing things. If you cannot go into the bush for whatever reason, maybe you should set up your tent in the backyard at times and sleep out. Have a campfire, cook some bush food and enjoy the kids out-doors. I guarantee they love it! AND WHY NOT?

Seeing and smelling the flowers in the trees; touching the white bottle brush flowers of the paperbark trees and licking the honey-like dew they produce.

Generally,



'smelling the roses' is a lost art.

Watching and hearing the birds sing, especially early in the morning and before the sun goes down.

Seeing young life...



wow, how amazing!

This should be all part of being at peace and appreciating nature AS IT IS, since we are an integral part of it all, without the forced, introduced way of entertaining we are experiencing today. Children are very often chasing animals away for some obscure reason, instead

of making friends with them. All life on Earth should be integrated in a peaceful balance, such as the penguins in Antarctica, who are not afraid of man.

I can see the other side and I am not saying that 'my way' is the only way, but it is certainly a lot more positive and peaceful. Progress is great, but as long as it is not too fast for us to absorb.

And keeping up with the 'Joneses' is bulldust! Be yourself!

I believe in progress, BUT who is forcing this progress onto us? The money sharks! You have heard of the wealth of these giants? They talk in figures we have never even thought of. Billions, no trillions of dollars-worth, is the wealth of some of them and you have given them that wealth by constantly buying new and up-dated gadgets, because you were told by the advertisers on TV that you NEED A NEW 'ONE' AGAIN. When was the last time you bought a new mobile phone? How old was the one you just replaced? Was it really so necessary to get a more updated version, with more possibilities to spend your valuable time, which could be spent doing more important things?

People get caught by the police, using their mobile phones, while driving in traffic, with a child in the car and in one case (I heard about in the USA), a

mother was feeding a baby on the breast, as well as texting, all at the same time as driving. She must have been a whizz!



Haven't we got time to stop for a few minutes along the way and send a TXT message and/or feed the baby quietly and peacefully?

Feeding anyone, should be a relaxing affair. Eating at the table, without background NOISE or the TV going is the way to slow you down, makes you chew longer and help you digest the food. Rushing a massive meal is not going to do that. Soft relaxing music is fine of course, but it must be background music.

A friend of mine told me the other day that she bought a new mobile phone and '*she can ring up people, she can receive calls and it even tells her the time of the day*'. That is a great phone indeed! It did not cost her an arm and a leg either and she is NOT holding the thing in her hands all day. She prefers to do art during her free time.

I hope I have enlightened you once more with some truths, we often forget. Make your life easy and healthy, peaceful and loving by slowing down and

REALLY, DO YOUR THING!

I am not telling you what to do, just suggesting to you to think for yourself and lead a healthy, happy, loving, enjoyable life. I got the argument the other day, where the person said she was all of those, but she appeared a very stressed-out lady indeed.

Good quality food, which is life giving and maintaining, regular exercise, lots of sleep, a positive attitude with love in your heart especially towards others and peace; lots of peace!

If there is a time when you feel, that you need a gadget to entertain you and you don't have one, go and lie down and have a really good rest on your bed or in your hammock under the tree outside. Resting and sleeping are amazing healers and NOT time wasters. Believe you me, this is good advice.

Remember that positivity is in itself a healer or better, a preventative to any sickness.

In this world we live in, there is so much negativity all around us on a daily basis. These negative influences are very destructive and are tightening our circulatory vessels, being blood vessels and/or lymphatic ones. These vessels are not allowed to work freely and efficiently, carrying the body fluids around the whole of our body.

That brings me back to the hair. Tension, causes tightness and a tight scalp, cannot supply enough blood, carrying life-giving nutrients to the hair follicles, supplying the hair with the growing needs.

Much love Shanti.

GUIDED MEDITATIONS.

Now something very different indeed, but ever-so important, needed and relaxing.

I have decided to guide you through a meditation, as we are all living a hectic life and some real peace from time to time, won't hurt you at all.

I suggest that a spiritual friend of yours will recite this message quietly, softly and very slowly in the background, as you lie down on your bed or somewhere really relaxing, like a hammock outside under a tree, imagining the situation you are led to be in.



Maybe lie on this Heavenly cloud.

GUIDED MEDITATION #1 (20 – 30 minutes)

Close your eyes and relax-----pause-----Take some deep breaths----p-----.

I am walking alone in the bush, which is really peaceful and full of amazing sounds of birds, crickets and the wind in the trees, I am really at peace and happy being there.....p..... I am looking up into the tree canopy and see the leaves moving in the wind ever so gently. I see some birds eating from the flowers of these trees. It is so peaceful and restful. -----p----- Here I am walking along for a good while and I come across a very high, stone wall, which seems to go on forever.....p..... I look left and right and this wall is amazingly long. -----p----- I walk along this wall for a while and I come across a door and I wonder where this door leads to. It seems so strange, that there is a doorway just there, in the middle of this wall-----p-----.

Anyway, my curiosity gets the better of me and I decide to knock on the door. The door opens gently and I see an angel standing there. She says to me:” please come inside, I have been expecting you”. -----p----- As I enter, a magnificent vista appears and there is so much peace. The feeling is not like anything I have ever experienced. -----p-----I go in and feel amazingly happy and at home. -----p-----



The angel tells me that this is the paradise I have been looking for, for a long time -----and I agree. -----p----- We start walking slowly along the lush, green grass, interspersed with flowers growing in abundance in this green carpet, passing many small animals grazing-----p----- In the bushes and trees, hundreds of birds are chirping and singing, making me even happier. -----p----- There are flowers galore, coloured leaves and amazing trees all

welcoming me into this paradise. -----p-----

My angel speaks softly and ensures me that this place is for me to come to, anytime I feel a little blue-----p----- . We walk along slowly together, taking in the scenery, allowing me to relax and breathe deeply of the beautiful clean, life-giving and fragrant air. -----p----- In the distance I see a pond and a waterfall coming from the mountain behind-----p----- . The pond has water lilies, water birds, fish and the ever-present dragon fly-----p----- --. As I am coming closer, I realise that these animals are not frightened by my presence. -----p----- . The dragon fly comes to sit on my hand and stays there for a while-----p----- . There is such peace-----p----- I go on, walking slowly along the lake side further and further, observing the fish,..... the various waterbirdsand the water liliesand decide to finally stand under the waterfall, where I am showered with fresh, clean and cooling water-----p----- . It feels so caressing, something I have never experienced before. -----p----- . The water is soft and fragrant-----p----- ----. I stay there for a long while and really enjoy this magical feeling..... The water is cleansing me and the longer I stay, the better I feel-----p----- ----- .

After a while my angel suggests for me to lie in the grass and dry off in the warming sun-----p----- . There is no time limit, she assures me; this is your session in our paradise. -----p----- . I fall asleep. -----long pause----- ----- Eventually I wake up, relaxed and complete. -----p----- --I have shed all my worldly worries and am renewed. -----p----- I know that Mother Earth has taken all my worries away and dealt with them completely. -----p-----

Getting up, my angel takes me by the hand and walks me slowly towards the gate, while I am still taking in all the beauty by seeing and hearing the peaceful scenery all around me. -----p-----"You will always be welcome to come again and refresh", says the angel. -----p----- . "Don't wait too long, before you come again", the angel assures me. -----p-----She embraces me and allows me to go through the gate, for me to go home and enjoy the lingering feeling of absolute bliss-----p----- ----- .

Now I feel I want to stay still some more on my bed (or hammock), go to sleep and remember my adventure to allow the peace and love to really settle inside my body, into every cell, before I walk away. -----sleep---and have a nice drink of fresh water when you wake up.

Your walk will be so extraordinary. It will be as if you are walking on air.

Shanti with love.

The second meditation.

This meditation is especially valuable to balance your chakras, when you are down, disturbed and uncertain about the future or if you are trying to get rid of some stress in your past and need the chakras working at their best.



“I am standing on a very small sandy island with only one palm tree on it, in the middle of the ocean.....

I am naked and feel very comfortable being there.....

The day is warm and comfortable with the sun shining.

The ocean is so blue and inviting.....

I am looking into the distance and wonder what lies beneath the ocean.

I walk forward and stand in the water about knee deep. The water is pleasantly warm also, just the way I like it.....

As I stand there, I lift my arms above my head and clap my hands loudly, calling the dolphins.

I do this a few timesand suddenly I see two dolphins in the distance....., swimming and jumping out of the water.



They are happy and are coming closer to me every minute. This scene is making me very happy and I cannot wait for them to come really close.....

Soon they arrive at where I stand and they ask me if I would like a ride..... I said: “ Yes please”

They invite me to hold onto their dorsal fins, one dolphin on each side of me and off we all go, away from my island.

This alone is an amazing experience, as they dip and jump and zigzag everywhere.....

This play goes on as long as I want it to.....

The dolphins are very happy, to make me happy for as long as it takes.....

Soon I cannot see my island any more as the distance they have travelled is quite a long way off shore.....

After a while these dolphins ask me if I would like to see their special castle.....



I agree to that and they start to dive down.....

They tell me that I do not have to worry about breathing air, as they can arrange it so, that I can breathe via gills, like a fish.

I can take my time. There is no hurry.....

Arriving at the base of the castle I let go of the dolphins' fins and I go inside.....

The bottom floor is all bedecked in RED walls and beautiful paintings. Red is the colour of my 'Base chakra'.....

There are a lot of little coloured fish swimming around and I admire them.

Even the fish swimming on this level are mainly of a red colour.

.....
I am staying here as long as I likeand admire the scene. It is very peaceful..... balancing..... and healing.....

After spending some time there and I am getting my Base Chakra balanced, I slowly climb the stairs and come to an ORANGE coloured floor.....

Similarly, this floor is mainly coloured in orange, including the fish. Orange is the colour of my 'Sacral chakra'.....

I find peace here as well meaning, I am doing what I have set out to do and balance each Chakra at the time.

After another little while, I climb the next set of stairs and come to a YELLOW area.

As before, most things on this floor are yellow. Yellow is the colour of my `Solar plexus`

The solar plexus is important to me, as it controls my emotions and if I am not balanced, I can be in trouble.....

I spend some extra time here and don't want to rush, before moving on to the next level.....

Again, I hold conversations with the fishes of yellow colourations. It is all so friendly and easy.....

Up the stairs I go and into the GREEN area.

Green is the colour of my `Heart chakra`. I know how important it is to be balanced in my heart.....

Together with the solar plexus, I don't want to rush leaving here and spend some good time, enjoying the peace I am receiving at this level.

I take it all in and let it sink in into my heart.....

Up I go again and now I arrive in the LIGHT BLUE area.....

This level deals with the `Throat chakra`.....

My voice and expressions are controlled by a clear and free throat chakra.

I talk to the fishes and clear my voice.

Listen to them answer me and I say: " I love you as creations of this wonderful planet I live on"

Up I go another flight of stairs and I come to the DARK BLUE or magenta floor.....

The same colour as the evening sky.

The chakra here is the `Third eye`, our wisdom chakra.....

Slowly but surely, having a great time balancing my Chakras, I now move to the top floor of the castle and I reach the PURPLE floor.

The area called the "Crown chakra".....

This chakra allows me to communicate with the Universe and the Cosmos.....

I want to clear all the chakras to be free and open to have the `Chi` or life force move easily between them.....

Once I have travelled right to the top and have enjoyed the journey, I start climbing back down, floor by floor and reflect on all the things on each level again.....

I am taking time to do solong pause.....and once I arrive at the bottom floor, the dolphins are there to greet me again.....

They take me back to my island via a different route and I am enjoying the ride again in their presence.....

This return ride is even better than the way over from the island,as now I feel so clean and relaxed and I can really enjoy myself.....

I arrive back at the island.....

I give the dolphins a big kiss of love on their snout and thank them as a brother/sister for the experience.....

I now imagine myself lying down on the beach of this island and going to sleep, resting and filling myself with the love of everything you have experienced.

Stay there as long as it takes.....

This is your time!

Next time you need to balance your chakras, go back to your island and clap your hands again.

The dolphins will be coming to get you soon.

As I said, these guided meditations are so good, especially if you do not meditate regularly and/or find it difficult to concentrate on nothing.

You can get someone to guide you very quietly in the background, saying these words and all you need to do is follow the directions you are given.

I remember doing these for the first time with a guide and I refused to come out of the meditation, as I found so much peace. I wanted to stay there in this happy

place(s). I am not a water person and was at first a bit worried about the breathing under water, but I had complete trust in the promise of the dolphins.

I was asked only a few days ago, what I did when I first started to meditate. I told the lady I was so frustrated at times, as my mind is always busy, but I persisted and with help of these above guided meditations, I managed to be quite a good meditator (most of the time).

I am a planner and my brain never stops working. I wake up during the night and I could be working on the most complex problems, trying to solve them and I have solved some amazing things, especially during the early morning hours, just before sun rise.

I hope these meditations will be beneficial to you as well and I am sure there are even more of these we can think of. Whatever suits you, you should familiarise yourself with that situation. Find a happy situation where you would like to be and meditate on that. Just relax somewhere and put yourself in a beautiful and peaceful setting, whatever you like for yourself.

Think of a happy scene like a flower, a beautiful coloured bird and listening to its song, a happy child, a beautiful* partner, etc., all worthwhile scenes you can create within yourself.

*A beautiful partner is a person who is not only beautiful to look at, but has a beautiful heart and disposition, loving and caring for you, as you would for her/him in all circumstances.

Beauty is only skin deep, remember!

I hope and wish you luck in this venture. These have certainly helped me.

MY LONG AND FILLED LIFE.



I, Jos (Shanti) Linsen, have written these pages for you to read and see, if you are as happy and rewarded as I am. I have written a whole book, about me “finding the Pot of Gold” at the end of the rainbow. Life for most people is like a see-saw and there will always be ups and downs, BUT if we can accept them as lessons for us to learn from and strengthen us, they will help us in the future to be positive, when similar events occur, to ourselves or to others.

Right through my life this has been so and even today, I am learning from some of the things that are happening to me, either physical or emotional, mental, psychological or spiritual.

Living longer for me and I am sure the same will happen to everyone, is more challenging today and it takes more effort, to maintain a good and healthy life, especially living on my own. I have to do the work around the place and I had to learn to prepare food, something that was always done for me.

There are always ‘little surprises’ that need to be addressed, but now I have retired, I handle them myself. I have even consulted a doctor recently, to whom I can talk about my life. To find that special someone (a doctor who is not one-sided) I found very hard, but fortunately we work very well together and she realises that I have a lot of knowledge and she allows me to air that knowledge for her to evaluate. After more than 60 years of being away from the “sickness industry”, so far she hasn’t had to do anything for me, but it is nice to have her there, just in case.

People are often asked, what the contributing factors are to their long life.

All sorts of interesting reasons are forthcoming, when they explain their personal experiences, so here I write my own version.

I feel very sure, that *my life* so-far, was spent by using my senses and enjoying the amazing things the Creator has placed on this Earth for me. I felt that I needed to use my brain to enjoy a happy life, something that cannot be taught, or is not taught. Modern education is not geared for people to be individuals.

It is and always was, the peace and quiet I was looking for. I was always a loner and I always planned things well and truly before an event to protect myself. For this reason, I can claim, that I have never broken a bone in my body or had an accident that killed me. I have had a tractor accident however, which left me with a lower back complaint. This was a pure accident.

When I retired from work, at the age of 76, I decided, with the help of my Spiritual Guide, to travel around Australia alone, where I found myself even more at ease. I walked many trails, sat and camped beside billabongs and bathed in them, talked to the animals and I slept outside at night under the stars and enjoyed the smells, sounds, visions and the feelings of nature and I always felt protected. **I was part of this 'nature'**. It was SO AMAZING and things were always different each day and night. Then seeing the stars and man-made satellites and smelling the night smells, which were carried on the breezes, touching my face and into my nose.

HEARING



Early on in life, I learned to be quiet and hear the sounds of nature. On my trip at night-times, I heard the 'Dingos' howling or the 'Night jars' and 'Owls' grunting. The wind rustling the leaves of the trees; the bird sounds, (day and night) so often totally

ignored and put in the back-ground; the sounds of other animals; the sound of the waves on the beach; the magic sound of a musical instrument; (I just remember the lonely bag-piper at a funeral, playing in the distance on a foggy morning); the mouth organ or the guitar at a campfire: WOW!

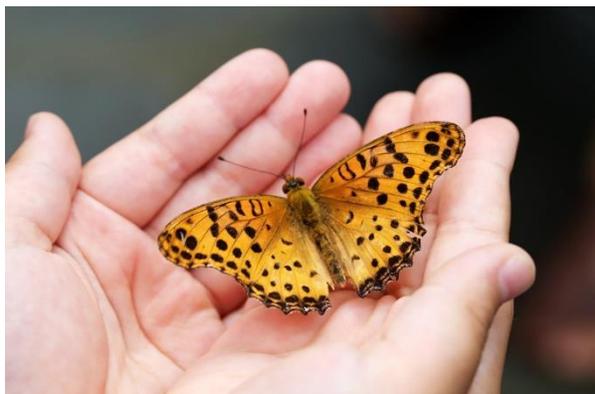
I played the piano and organ for hours and made beautiful music, without a score. Just improvising whatever came into my head. This was MY music and meditation.

SEEING.



To see and appreciate the colours of nature; the greens, so varied in the trees and other plant-life; the colours of flowers; the colours of birds, butterflies, fish and beetles; the colours of the ocean waters from greens to blues and the white caps of the waves; the various blues in the skies, the clouds, the stars at night; the colourful sun-rises and sun-sets; to see new life; seeing my babies' first steps. Seeing all these things, gave and still give me those *magic feelings*.

FEELING



The feel of the skin of my new born baby;

to feel the softness of the fur of any animals and pets; the feel of the bark of trees, so varied; the soft breeze on my face of the wind; to feel the emotional and amazing caress of a hug from my loved one(s). Then I add to these:

EMOTIONAL FEELING



The amazing positive emotions of elation after winning a competition or game; being awarded a special prize; wedding day; child-birth; other achievements. All these positive feelings give me 'strength' and hope. I want to feel them often, to boost my ego. Happiness is golden! It strengthens our bodies in every department. POSITIVITY!



Experiencing the more difficult emotions experienced by the loss of a family member or friend. These are the 'deflating' emotions and are the NEGATIVE and weakening ones. However, they are all lessons I learned and had to overcome and somehow turn them into positivity, to go on living.

All these feelings were and still are amazing experiences for me, just the same.

I do not want to be remembered on an annual basis when I die, as that may make some people sad continually. No grave site. When the time arrives, please allow my spirit to be at rest, as I have finished my tour of duty here. My body will go back to Mother Earth, from where it came. We must move forward with the times and leave the past be.

SMELL



To smell the amazing scent from the flowers so varied;
the smell of fresh air; the smell of the un-spoiled bush; the smell of the ocean; the smell of cooking food. Wow, so powerful!

It is a pity, that we do not get the opportunity too often if we live in a city, to smell these, as the smells from modern living are always so pungent and overpowering.

TASTE



the school bus at the farmgate.

The taste of freshly picked produce like crispy lettuce or carrot; a ripe tomato; the taste of a piece of fruit directly eaten beside the tree. Who has had that opportunity? My children picked their lunch fruit, walking through the orchard to meet



The taste of fresh, natural spring water. Not many people have ever drunk fresh spring water like this in their entire life. Try it!

I used to drink our river water when I was a child. We can't do that now!

And people carry-on about "The Good Old Days."? Not too bad!



Then the taste of beautiful food, *lovingly prepared*. These are great experiences, health-giving and fulfilling.

You can taste the “love”.

See the happy face of the recipient.

She is already benefitting from the gift, before she even has tasted the food.

I am sure, that using our senses comes from using our brain. We have to think about them.

It tells me that these experiences are there for me to enjoy and help me to *relax and cope*. This is something I have always pushed hard, because society is often trying to stop us from doing so, as they want us to conform to their way of thinking. A thinking man or woman is hard to control.

So therefore, I believe, that we must be quiet often and *remember* to use our senses.



I myself, just like this young woman, often sit and meditate in a beautiful spot and enjoy the natural qualities of our planet, created so beautifully, for us to

enjoy. I do not need to have music blaring into my ears, but rather listen to nature's 'music'.

*As I am sitting here writing these words, the sounds of various birds can be heard AND I LISTEN TO THEM, **because it is beautiful.***

OUR WORLD IS A MAGICAL PLACE AND ALWAYS HAS BEEN, BUT MAYBE NOT FOR MUCH LONGER, AS MAN IS TRYING TO DO HIS DARNDDEST TO RUIN IT FOR MONEY! (I hope I am wrong!)

'It is the LOVE of MONEY that IS THE ROOT OF ALL EVIL' (1 Timothy 6:10)

'LOVE MAKES THE WORLD GO ROUND' (quote by: W.S Gilbert, philanthropist)

My life was spent on caring for others with love. I really LOVED MY WORK and sometimes wish I could go back to it, as I see the need for complete treatment. Maybe I should have taken a break, instead of retiring. Money was NEVER my master. I fortunately made enough money through hard and constant work, to raise a family and now care for myself, but I realise that: "LESS IS MORE".

I have been lucky to have seen a lot of the world and made friends wherever I went. I have enjoyed meeting people and seeing beautiful places world-wide. I have smelt, seen, heard, touched and tasted things everywhere and I am very grateful, that all these experiences happened safely. I thank my Maker every day, for the 'wealth of knowledge' I have gained during my life and having been able to use this knowledge usefully.



Now I have withdrawn from society somewhat, due to my poor hearing, I spend a lot of time, writing down my experiences for you to peruse over and maybe learn from. There are several books ready to be printed and hopefully marketed soon. I do not need the money myself, as my life is very simple and personal, but if there is money forthcoming from these publications in the future, I hope that these funds will go to the right places, where it will do some good, helping those in need.

P.S. You know yourself, that some people can smoke, drink alcohol, eat 'crap' foods and drink these 'dreadful drinks' and do all sorts of negative things to themselves and live till they are one hundred years old.

The next case may be a super-athlete, who eats and drinks the very best of everything, exercises daily, sleeps well etc. and he/she drops dead at the young age of 45.

THIS IS IMPORTANT.

*Please remember that we are all different and have different constitutions, meaning, we can never compare ourselves with any other human being. So, be careful and don't be 'cocky' and do what another person **gets away with**.*

YOU ARE YOU and you need special attention. It takes a lot of constant monitoring and you should always be aware of changes that may be taking place. Then we must react immediately and investigate what to do about this. Always try and prevent negative things to take place, rather than having to cure them afterwards.

The medical system should be an educational system, to teach people how to prevent sickness, rather than treating sickness. (OH YEAH!)

Doctors should become teachers and many hospitals may become learning places and would only be used for accidental cases, such as broken bones.

This is my belief in life in a nut-shell.

I hope that this message reminds you, that YOU are the most important person on this planet and that you MUST love yourself first and foremost. With that love, you can then go forth and love others like yourself.

May God bless you and keep you well and safe and please be HAPPY always.

Shanti with love.

THE BEGINNING AND CONTINUATION OF LIFE.

The word sex, in the context of procreation has been a word sparsely used, as it seems to have a bad connotation to it. Even the body parts which deal with sex are shunned and other words are used to indicate these.

The male organ or penis, the same as the vagina of a woman, have now many different names. It is no point mentioning all these names, as there are so many and it seems that almost every family has their own interpretations for them. If your family has a pseudo name for penis or vagina, please change that now, yes right now and bring them back to what they are anatomically called! These are the proper anatomical words for them. It is all too complicated, inventing names for them, since every family does it. Your nose is called ‘nose’ etc.

Let me explain what I am trying to do in this article. I am trying to open up your mind to the most natural act, devised by Mother Nature and to teach your children what sex is all about.

Firstly, a penis is a penis and a vagina is a vagina, let us get that straight.

Don't worry about all the other words out there; they are a sign that you are ashamed to utter the proper name and there is nothing to be ashamed of; **THAT IS WHAT IT IS CALLED, OKAY!**

Some religious teachings are at fault here. They taught SHAME for anything that has to do with the sexual organs and act of procreating.

Sex, or the act of combining the sperm of the male of the species and the egg of the female, is the most natural thing ever. We can have intercourse for pleasure and release of sexual tension, or we can have sex for the procreation of the species. Later I will go into the latter version of creating that beautiful creature we want in our life; our little baby.

Parents, do you have difficulties explaining to your children, how this is done and what is actually happening?

Well let me give you an example to start.

My family and I lived on a farm, when the children were growing up. We had goats, sheep, chickens as farm animals and there were of course a number of native animals as well, such as koalas, wallabies and various birds. Even small creatures like beetles and things were often observed procreating. (I say procreating here, as in the animal kingdom, we don't see sex used as a release of

sexual tension as a rule. In some ape species, a casual sex act is observed, but this seems more of a friendly greeting.)

When a child lives in a natural environment from a very young age, he/she grows up with animals mating.

I mentioned koalas above. The reason was, that after we had only lived on the farm for a short while, and lived in a caravan, we heard this amazing screeching high up in the trees, during the hours, just after dark. We all had different explanations of what could have been happening, but nobody was right.

I picked up my very powerful torch and shone into the trees. After a short while, I spotted 2 eyes and then 4. Soon we realised that 2 koalas were mating and it was confirmed the next day by a neighbour, that they make a lot of noise when they mate.

I also remember my little daughter calling out one day: "Look Daddy, the rooster



is in love with his chicken", as

the rooster was on top of this chicken planting his sperm.

For years my children saw the Billy goat mounting the does and they thought nothing of it.

I know that not everyone is brought up on a farm or so close to nature, that this becomes a regular occurrence, so these children need to be taught, what is actually happening. I have seen parents take the child's attention away from a male animal mating with a female, because of???

This would have been a great lesson to learn what goes on in nature, without having to explain things in detail.

I had to explain mating to a city child one day and I attacked it in the following way.

I told this boy that males have sperm in their body and females have eggs inside them. For a baby to be made these two components had to be brought together somehow and Mother Nature had devised the most amazing way of doing this. It varies a little from animal to animal, but in the end the results are the same.

Take the goats. When they decide to make a baby (without going into the proper cyclic time etc.) the male, or buck in this case, uses his penis to put his sperm into a special little hole in the female called vagina, where the sperm finds the egg.

Once these two have joined together the little baby starts to slowly grow inside the female. This baby (foetus) slowly grows larger all the time inside the mother's

tummy. The tummy of the female starts to get larger of course and we see this in our own mothers as well, when they are waiting for the baby to grow big enough to be born, when it is completely formed.

The act of putting sperm into the female by the male is called having sex or mating. It is as simple as that!

Depending on a child's age and their lust for knowledge, we must always answer their questions honestly, BUT the answer should be such, that this child is not bamboozled with stuff he/she doesn't understand. SO, if a child is very young, tell him/her in a simple way, what is going on and later when they get a bit older, they will ask a similar question and then, you can go a little further, explaining what is happening. Tell them what they can understand and do not frighten them with TOO MUCH INPUT, BUT BE HONEST. No cabbage patches or storks please.

I find it rather sad, that so many young people have, through bad teachings or no teaching at all, a shameful thought put into their minds, when it comes to the most natural act ever invented. Without sex there would not be life, so why shun it?

It is all in the mind and if a child grows up with the proper words for our sex organs and the knowledge of what sex is really all about, he/she would not be so prudent and be a normal child/creation of Mother Earth.

Thank goodness animals don't have this “shame” when they have sex.

Maybe if this was taught to children at school and they realise, that when they have casual sex, **a baby will be born**, they might be more careful when engaging in casual sex, rather than suggesting to the children to use condoms etc. This teaching in my opinion is encouraging casual sex and it is alright “*as long as you use a condom*”, something often forgotten or not used anyway.

Having sex is very sacred or at least it should be. It should not be a feeling of release of sexual tension alone with just anyone. It should be considered as a very special act of love in



producing a child being in love,

between a man and a woman, considered as a privilege in a marriage, a bond between a man and a woman. It should not be considered lightly, as the child to be born

must be considered as the number one player in the game.

The child needs a father and a mother, a male and a female. There are no substitutes. **The influence of a male as much as the female, are important for**

the growth and development of a child. For that reason, I do not believe that same sex partnerships should ever raise a child. It is NOT right and completely against nature. If people want to live together that is fine with me, but not raise a child. Think of the child for goodness sake!

Then, also remember, do you want a child to come into your life? This is often overlooked and may become a burden to your lifestyle or a hinderance to your finances etc. A casual, pleasurable meeting could last a few moments only, but the end result will be years of hard work for those, who don't really want a child. On the other hand, when you consider producing a love child, both parents should be in an absolute loving agreement and work on your love for one another and the child to be. This “foreplay” may take as long as 3 to 4 months or more of spoiling one another with ‘love things’ and a lot of touching and special considerations. This should be a very special time for the two parents.

When the day comes to make the move, this sexual intercourse should not be a feeling of sexual release, but a final act of the game of producing your newborn to be. The sexual act this time, could be a very disappointing moment, as you have had all the pleasures of being so much in love before, over the last few months and really, the baby is actually born the *moment you decide to have it*. It is born in your spiritual mind.

Often when we have sex, it is just that, a release of sexual tension, without having any consideration of producing a baby. That's why it is so dangerous to have sex, when we are drunk or under the influence of drugs, as all we want is that feeling of sexual release only. So many babies are born this way and they are very seldom wanted. But once the baby is there, it is there to stay and you will have to look after it. Looking after it is all the baby might get and usually, it becomes the job of the mother, as the father is long gone.

Is this child really cared for properly? Look around you and listen to the news items on a daily basis. How many children are ignored and are on the streets at any hour of the day and night?

A child and even teenagers should be cared for at home and be entertained with family matters, especially after dark. When you hear about young people being out at 1, 2 or 3 o'clock in the morning, being drunk and getting bashed up, instead of being in bed, resting their bodies from a good day's work or school; there is something very wrong here!

Nature wants us to work and be awake during the daylight hours and take it easy after dark and go to sleep for a good rest.

The Sun is lighting up the day for us to be able to work and the darkness is for rest time. In true nature this is happening. The animals go to sleep after dark and when man did not have electric lights, he too went to sleep. Things haven't changed all that much you know and sometimes I wish that there was no electricity at all.

Next, a few pages for the children to read and be educated in sex, without the normal weird ideas some people have about the subject.

It is true and simple and must be understood and accepted as Mother Nature's way of giving life to everything.

THE WONDERS OF LIFE! This is for you children.

Hi kids. **This is especially for you.** I want you to know how seeds grow in nature and how babies are made and born and all these things, as nobody wants to talk about it, for no real reason at all.

When I was a little child, I was lucky to have a great mother, who grew everything in her garden to eat, from vegetables to fruit trees and even have animals, like rabbits, chickens, a goat and even a pig.

Mother wanted to be self-sufficient as much as possible and have quality foods, which she could gather instantly from the garden, foods which were healthy and fresh.

Each year, mother used to get some seeds from the lettuces, carrots, cabbages, and many more vegetables, then save them for next year and plant them again*. She always had enough food for the whole family of 6 children.

When we first came to our house, when I was only 2, she planted various fruit trees as well, so there was going to be fruit to eat in the future, from our own trees.

The chickens gave us eggs, the rabbits were for meat, the same as the pig and the goat gave us milk to drink.

As you see, even though the suburban garden was very small, there was enough to feed us all, the whole year round. Only some foods had to be bought, such as flour, sugar, nuts (although we had an established hazel nut tree), butter and oils for cooking etc.

One neighbour had a big cherry tree and another neighbour had a pear tree and we had a beautiful plum tree, which was already there. So altogether we were well provided with food.

I was always fascinated by the way things grew; the tiny seeds that became a lettuce for instance or the even smaller carrot seeds made beautiful carrots for us to eat etc.

There always were little rabbits born and the chickens always had little chicks, something I loved so much. The eggs were always so beautiful and tasty too.

So, I thought that you may be interested in finding out how all this happens and I decided to write these pages for you younger children, to give you some insight of what is happening in nature, together with the way everything is born/created and growing.

Buying food from the supermarket doesn't make you realise, where food really comes from. The grains grown in the large paddocks; the fruit from fruit orchards; the milk from living cows, who are milked every day (twice) by the dairy farmer and the 'meat' from animals that have to be killed for our pleasure. (Not so nice, hey?)

Had you ever thought about these things? Have you ever been on a farm, where they grow any of the food items, or on a dairy farm, where the milk comes from?

I think you should ask your Mother and Father to take you to these places, so you can be educated in real life situations. Maybe your family should think of having a farm holiday, instead of going to the beach in another state, or doing things you do all the time, just somewhere else.

It is so good, to make friends with animals. They give you so much love.

I have been lucky to have had these times and animals are my best friends, even the ones in the bush.

I travelled around Australia for 6 years and camped out in the bush every night. I stayed in some places all on my own for days sometimes and just got involved with the wild life. Yes, even the ants or beetles. The birds became so friendly after a few days, when they realised that I was a FRIEND, who came to their place to enjoy their company. I would ask them out aloud, if I could stay in their territory and share the beauty of the bush or creek etc.

Where I live now, I have crested pigeons come into my cabin every day to share my place and have a small helping of millet seed, just to share my abundance and my 'casa' ('house' in Spanish).

I have a sign in my cabin which reads:

"Mia casa es tu casa". A Spanish saying which means: "My house is your house". I love to share and make people and animals happy and welcome.

Life, is a wonderful thing and should be understood by all. Unfortunately, there is not much of it taught in school. It is very complex and at the same time it is very interesting to know how it all works.

It is miraculous, how a plant in nature begins to grow when a seed falls onto the ground and touches the soil or how birth happens in animals, when a female seed is fertilised by a male sperm. We will often wonder, how and why these things are occurring, but there is usually an answer, if we look for it.

Life is very complex and when you go into the much more intricate details of it, later on in life, when you are ready, you will have an amazing time finding out all these beautiful things, which will fascinate you.

Life is a God given thing, we should treasure and appreciate. We should be at one with nature and be friendly towards everything living. We should be grateful, to have all the other creatures and creations around us, for our and also their enjoyment.

We should NEVER chase an animal, like the seagulls on the beach. The beach is their home and we are encroaching on that land or water. We should be grateful to be able to share that space.

In places like Antarctica, where the wildlife hasn't met PEOPLE before, the penguins for instance are not afraid of people, because nobody ever chased them or made their life difficult. Man lives with them there, in a very peaceful manner indeed.

Look at a tree, which once was just a seed, so very small and now this tree is massive and tall. I am still wondering at my age, how this is possible. I am now 88 years of age.

There is a reason for the existence of a tree, a fish, any plant, any animal, be it a bug or an elephant, all the creatures in the sea, the fungi, the mosses, the mushroom family, algae in the waters, the corals in the oceans, yes and even the mosquitos, who add to the bio-mass, giving food as larvae to fish and frogs in the water and when they grow into mosquitoes as adults, the bats and birds love them. They even fulfill a role in pollinating plants, the same as the bees. Did you know that? So, they too are important

Yeah, I know what you are thinking! I don't like them either*!..... This is nature though and we must accept it to be correct. Some trees have thorns,

other plants sting you when you touch them and so on, but that is for a special reason.

For a long time, I thought, God made a mistake in creating mosquitos, who can be so annoying, but alas, they form part of creation and balance after all.

**See below about Mosquito bites pg. 151.* Nature should be in perfect balance and we should never kill anything, just for the sake of killing. Everything needs every other thing to survive. The Buddhist philosophy is such, that nothing ever should be killed. I am talking here about plants, as well as animals. Some people will destroy some plants, they call weeds, but these plants too, have a reason to be here and we should find out what their role is in the balance of nature, before we kill them and so often, they are killed with toxic poisons. That will NEVER DO.

Some people kill animals for sport, by shooting them, so they can have the trophy, like the skin or antlers of deer for instance, to satisfy themselves, but that is NOT correct. Why don't they use targets and let the animals live?



Why do some fishermen catch a fish and then hold it out of the water for ages, take some pictures and then throw it back? They have feeling too. A fish hook is a nasty piece of equipment, that hurts the fish. This is called sport, mind you!

I will try to explain life in simple language for now, so you learn to understand the principles of life and living.

LIFE.

What was first: “The chicken or the egg?”



What do you think? Yes, think about it for a while; that is very good practice for your brain.

That is a question that still has not been answered, but really it does not matter in the end. The fact is that every seed, be it a plant or animal seed, must be fertilised, to become a new-born member of

that family.

Let us start with the plant seeds.

Nearly all plants produce flowers, which when pollinated by bees or other flying insects, produce a seed. This is a fairly complex process, which I will not go into here. You can learn about that later, when you want to know more.

Seeds are the beginning of a new life. Nature has organised everything so beautifully, that each seed is a complete package of life; a package that will sprout forth to become a completely new member of that family.

When you plant a fertilised seed in the soil, this seed will sprout to become a new plant.

In nature, a pollinate seed will fall from a tree or plant and lie there till the conditions are right for it to sprout and grow. Some seeds may lie dormant for years sometimes, waiting for the conditions to be just right, before they will sprout. Then suddenly, the rains come, or whatever and away they go!

Together with the moisture in the ground, some amazing things happen. The moisture (water) absorbs some of the necessary minerals from the soil to make the right food, which is then absorbed by the seed and makes it swell-up. It starts to grow and soon it will look like a baby plant. The natural fertiliser in the soil, will eventually make this little sprout look like and be, an identical copy of the mother plant. That is this seed’s food.

Try the following experiment, something that some of you have done already in the past.

Put a viable seed, that has been harvested from a tree or grain, (a seed that has not been tampered with in any way), on a bed of wet cotton wool on a

saucer for instance and wait a few days. (depending on the type of seed, some of them start sprouting very quickly indeed).



The next thing you will see is a very small white/greenish sprout, the root, coming from this seed (see left). Every day this sprout will get larger and larger and greener and during the next few days, some leaves will start to form.

That is how Mother Earth has planned it.

You can put this sprout in the soil and it WILL continue to follow its genes and become a real plant, the way it should be, as there, it will be fertilised/fed properly.

Animals, humans, fish, birds and all living species on earth, all need their seeds to be fertilised, to re-produce the species.

An egg cell, or ovum (or gamete) is the female reproductive cell.

Let us look at chickens for instance.

Chickens lay eggs, which are the seeds or ova (ovum, singular) from the chickens. Chickens will produce and release on average one un-fertilised egg a day when they are young and the chicken does get rid of this un-fertilised egg on a daily basis, as another one will follow it the next day.

In humans, the females do the same, but it happens about every 28 days.

This is called 'menstruating' or 'having a period'. When this happens, there is usually a show of blood as well, but it is not dangerous or anything. It is a natural process. When this happens the first time, a young girl may be wondering why she is suddenly bleeding, so I am just warning you young ladies, that it will happen and you should ask your Mum, what to expect so you are prepared.

In other species of mammals, the period times are different again.

The eggs we buy from the supermarket will never produce little chicks, because they are not fertilised eggs.

This is the reason why mother nature has created male and female plants, animals and humans.

The females carry the eggs within them and the male sperm is the 'fertiliser', like the pollinator in plants, that makes the egg a seed, a viable seed, which will become a new-born of that species.

If we want little chicks from our hens in our own garden, we must have a rooster living with them, a male chicken, as he will fertilise the eggs, before they come out of the hens.

When we allow a broody hen to sit on these fertilised eggs for 21 days, keeping the eggs nice and warm, little chicks will be born. That is how nature works.



Aren't they amazing?

It is also very interesting to observe, how babies from different species behave, when they are born.

Little chicks, ducks and geese for instance are the most amazing birds of them all, I think!

When they come out of the egg shell, they are a bit wet and need to

dry off somewhat, but as soon as they are dry, which does not take very long, they look nice and fluffy and start scratching the soil or start nibbling at greenery in the case of ducklings and goslings. It is just like as if they have done this for a long time. See the chicken above. They really are very good experts at scratching and at looking for food, as soon as they are born. You will observe,

that the mother of these chicks etc., will call the chicks when there is something good to eat. She teaches them how to find food. She gets very excited and the chicks follow her immediately.

They are also fully covered with down. Feathers will start to grow soon after. The wing feathers are the first to appear.



Many other bird species are different however.

Most of them are naked and quite vulnerable and totally dependent on their parents to feed them and care for them, till they grow feathers and can fly. It is only then, when they can start looking for their own food.

This has always amazed me, that there is so much difference between various bird species, even though they are all birds.

Mammals on the other hand are mostly very dependent on their parents for quite a long time after they are born in comparison, but this will vary considerably from one type of mammal to the other as well.



Compare a foal or a calf, with a kangaroo or koala joey for instance. The first 2, as there are many other breeds as well, stand up quite quickly after they are born and start drinking milk from their mothers. They even start hopping around the paddock pretty soon.



The latter ones, stay in very close contact with their mother and they will not venture very far from her at all for a long time.

This little joey is seeking refuge in his mother's pouch, till the time comes, he does not fit in there any more.

Mammal babies drink the milk her/his mother is producing, as the first food for these little ones, which has all the nutrients in it for this baby to survive on.

These babies do not need anything else to live on for a while. The length of time they drink milk, varies somewhat from species to species, but usually it is about up to 1 year or so. By that time, these babies have grown proper teeth and have learned to start eating, whatever the parents eat and soon the milk from mother is no longer required.

The same applies to all animals. We must have females and males. A new member of the species cannot be born otherwise.

Humans, being mammals, are born the same way as well.



You have probably seen your Mother having a big tummy, before a new baby came into your family. Well mummy was carrying her new baby inside her tummy, to make it grow and develop and keep it warm for 9 months.

Then when this baby is completely grown, it will be born as a new baby human.

How did the baby get there in the first place?

This is the question that small children always wonder about and often don't want to ask this question for some strange reason.

Adults, like Mummy and Daddy find it difficult to explain, because we are made to feel ashamed, to talk about the penis and the vagina, but that is what these organs are called. They are there for this reason, as well as for urinating.

As I mentioned above, fathers have to put the sperm into mothers, for the sperm to meet up with the seed inside the mother.

This is why fathers have a penis and mothers have a vagina, just the right organs to make this happen.

When the family wants to have a baby, father puts his penis inside mother's vagina and releases the sperm. This action is not new and has been used ever since man was put on this earth. This sperm will then combine with mother's egg and the egg will be fertilised and grow to be a baby. This takes 9 months and then the new baby will come into our world.

Nature is so wonderful, that this act of having sex, can produce a whole new life, another human being, completely whole and ready to grow into an adult, who in turn will one day wants to have a family when he/she is married and repeat the process.

That is such a wonderful thing and one day soon, when you are ready for more information, you will learn how from one little seed, which is ever so tiny, it gradually divides into 2 cells, than these 2 cells divide into 4 cells and the process keeps on going, till there are millions of them, to make a complete little baby human, with legs and arms, a brain and all the organs as well.

How was that hey? **A BIG secret is now revealed to you!**

Mothers and fathers get a very special feeling, when this happens and it makes them really ecstatic.

This is what is called having sex: Making a baby.

I hope that this information is what you have been wondering about and reveals the true meaning of our sex organs and their use. Don't be ashamed to know all about your body. It is very wonderful and intricate, so the above information is the lesson for you today. Look at these little cuties!





.....and these as well!

I hope that you enjoyed learning about life and how it all begins. When you get older, there are so many more questions you will have to be answered, but let's wait till then.

ANIMALS & THEIR BABIES



Dog Puppy



Pig Piglet



Cat Kitten



Horse Foal



Duck Duckling



Cow Calf



Deer Fawn



Lion Lion cub

I

MOSQUITO BITES

Research recently found, that some people are a real attraction to the female mosquito, looking for blood to survive. We know that anyway.

I am one of the fortunate people, who is not attracted by them, but some people are like magnets and they cannot be outside at all, when the 'mozzys' are around.

Some recent research found, that they are attracted to CARBOXYLIC ACID, a sebum or skin bacteria.

The article did not specify, what to do regarding diet or whatever, but one comments from someone suggested, to increase chilli in your diet. This fellow is getting results, so maybe try it.

Personally, I take garlic, chilli, turmeric, ginger and some spices on a regular basis, to boost my immune system, something some Australians do not partake in as a general rule.

It may pay to experiment, as during the Spring and Summer months, generally during more wet weather times, mosquitoes are predicted to come out in full force. (As well as cockroaches and termites).

As you know I believe in PREVENTION, so therefor try to do something internally, to change the body sebum, so it is no longer an attraction to them.

Try the additions of garlic etc., for your comfort and possible health as well, as the mosquitoes are carriers of many nasty diseases. Many diseases can also be conquered, by adding the above, as they are immune boosters.

AND, adding a bit of 'spice to your life', may be something you are looking for!

Putting mosquito repellents on your skin, is adding to more foreign chemicals being absorbed by our bodies, something we can do without.

I hope this may help you. Good luck and enjoy the great out-doors.



CASTILE SOAP.

What is castile soap?

Castile soap does originate from the Castile region of Spain and it is absolutely natural, made from natural ingredients and often called the Vegan soap.

Ingredients may be; Olive oil, coconut oil, water, potassium hydroxide, Jojoba oil, tocopherol (Vit E), palm oil, hemp oil, glycerine, sodium hydroxide, lye, sodium cocoate.

The main ingredients in the original formula are:

olive oil, potassium hydroxide, water and glycerine.

Often referred to as “Magic soap”, Castile soap is a multi- purpose, all natural, chemical free, vegetable-based soap that is free of animal fats and synthetic ingredients. It is non-toxic, biodegradable and available in bar soap or liquid form.

You can wash your skin, hair, brush your teeth, clean the floor, wash your kitchen benches and use it as a garden spray and is generally alkaline, which in some cases you may have to follow with an acidic wash like apple cider vinegar, to get rid of a very fine whitish film left behind, especially on white, hard surfaces.

I have looked up the above information on the net and there is a lot more information for you to browse over, such as how to make your own hair shampoo, body wash etc. The beauty of this soap is the lack of chemicals, therefor it is not damaging to you compared to the commercial soaps you have been using.

It is gentle on the skin and helps to hydrate even dry scalps and dandruff (see recipe).

The most amazing thing is, that when I started to use it, after many years of using commercially produced, organic body and hair shampoos, my mind went straight back to my youth, as Mother used it.

The gentle smell...so incredible, something you never forget.

I have been getting a dry skin for the last few years, but using Castile soap has improved that a lot. When I decided to get onto it again, I went to the Chemist Warehouse and they did not know about it (or maybe did not want to). I went to my natural bulk food store and 'Presto', she had it in bulk. I immediately bought some of the liquid form and started to use it.

I started to use it pure on a natural bristle body brush, to wash my body in the shower and rinsed it afterwards.

I use it to wash my clothes and do the dishes.

I now make some mixtures for my body as follows:

1. Shampoo: 4 tbsp. of Castile soap liquid.
15 drops of Peppermint oil.
15 drops of Tea-tree oil
200 ml. of purified water*.
2. Another shampoo recipe: Anti-dandruff.
4 tbsp. of Castile soap liquid.
25 drops of Clove oil.
200 ml purified water*.
3. Shower gel: 1 cupful Castile liquid
1 cupful of Aloe vera gel.
10 drops of Vitamin E oil.
2 tablespoons of vegetable glycerine.
20-25 drops of your favourite essential oil.

**The water I get from the supermarket. De-mineralised or condensed water.*

These recipes are found on the net and more info you may need or want. Just google search "Castile soap." Naturally you will get a lot of commercials for products as well, but ignore them and do your own thing.

I found it interesting to read, that your hair will take a few uses, to get used to the alkaline state of this product and you will find that your hair does not feel 'squeaky', something you are used to, but it settles down after a few uses, as most hair shampoos are acidic.

Warning: DO NOT USE ON ARTIFICIALLY COLOURED HAIR!

COLDS AND FLU

I just came in from sitting out in the sun, on my little veranda in just a pair of shorts, even though it is the middle of winter. It is the most wonderful day here “ever”; sun’s out and there is a light breeze, passing me by. “Nothing but blue skies, all day long”.

I was reminded this morning about the so-called flu season, something people accept as fact, but I don’t believe in that at all. The medicos are saying that people may get as many as 3 bouts of the flu during winter. Why? I have not had a cold or the flu for over 60 years.

Okay, what is going on? We are obviously doing something wrong and it really is very simple. We are NOT looking after our immune system, which is not able to fight these germs etc and make us sick.

As you all know, I BELIEVE IN PREVENTION.

Let us look at what we can do. The immune system MUST be looked after right around the year, by consuming quality foods and drinks, that sustain and maintain our immune system. Unfortunately, most people are not aware of this and eat and drink poor quality foods and drinks, which do just the opposite.

The following are the most common immune boosters readily available for every-day use.

Garlic ^, ginger, chilli, Lemon grass, turmeric. These can be used daily in soups, stews, stir-fries etc. Sleeping is a must and since we now have winter and the nights are longer, we should make use of these long nights and sleep 8 to 9 hours. Sleeping is one of the best healers!

Then there are Brazil nuts, full of Selenium*, an amazing immune booster. Just eat 3 a day and you will have more protection than you really need.

We should sun-bathe daily as well, not SUNBAKE, to get Vitamin D, another vital vitamin for health, without using the dreaded sunscreens, which are so toxic. (I looked up some info on these sunscreens and found them horrific, but the Big Pharma pushes the sales of them of course, together with Vit D supplements). Some sunscreens are banned in overseas countries and a number of states in the USA, as they destroy the marine environment, especially the coral reefs.

^) Garlic should be added to your food at the last minute, just before you turn off the heat. That preserves the Allicin, the most valuable component of garlic. Chefs often add garlic to a meal as one of the first ingredients, but they cook for flavour, not necessarily for health.

**) Selenium, a great immune booster, is hard to get from Australian foods, as the soil does not contain selenium, but if you consume 3 to 4 Brazil nuts daily, you get more than you need. Together with other tree-nuts, which are so good during winter, giving you energy and keeping you warm, please consider using a small handful of them daily.*

Keep away from the worst offenders, those foods and drinks which reduce your immune system and they are: alcohol, smoking, so-called health/energy drinks, sweets, white flour foods such as buns, pizzas etc., drugs of all kinds (medicinal as well as recreational).

Not enough sleep and long hours in front of TV's and computers, as well as mobile phones.

So here I have put just a few things together, for you to consider. I cannot come over and hold your hand, but I am willing to help you, whenever you need help. Healing comes from within and we are in charge of our health. Remember Mother Nature! She supplies us with ALL the answers.

NOTES>

1. Oh, by the way; a young mother asked me the other day what she should do if her child gets a fever. She was aware, that fevers were a natural thing, creating an atmosphere to kill off a certain bug, which has entered our system somehow.

What my Mother used to do in the days before drugs, is put us into a lukewarm bath, (NOT COLD) with a ½ cup of apple cider vinegar added. We then were slowly cooled off by Mother, gently pouring water from the bath over our shoulders till the temperature started to drop. She used to talk to us about all sorts of other subjects, to keep our minds off our plight.

Once the temp was down again, she used to put us in bed, comfortably covered and she would read us a story, till we fell asleep. This always worked and my wife and I did this religiously, if one of our children had a

temp. Please don't rush, to put drugs into your children especially. That is the modern way, created by the Big Pharma for money.

2. A CURE for a cold: by grandfather Linsen.

Grandfather told me this, when I was only a child and I have never forgotten it

Add ¼ level teaspoonful of cinnamon, garlic and ginger powder, 1/8 level teaspoon of chilli powder (maybe a little less, depending on the chilli used) and 3 cloves to a 75 ml (approx.) of boiling water. Allow this mixture to steep for 20 minutes and strain into a 75 ml glass of hot RED wine. (And I don't believe in alcohol, but you are having a medicine.)

Sit on the edge of your bed in your winter PJ's and drink this mixture. If it is too strong, dilute with a little hot water, but be sure it remains hot.

Under the blankets you go and stay there. You will start to perspire fairly quickly.

DON'T COOL YOURSELF AT ALL AND ALLOW THE SWEAT TO REALLY COME OUT. If the bed gets somewhat wet from perspiration, move to the other side of the bed, but **DO NOT GET UNCOVERED**. Stay there all night and drink plenty of water, to replace the fluid in your body.

In the morning, change your PJ's and sheets and stay in bed for the rest of the day. You will feel amazing the next day, not like those who take drugs and cough and sneeze for 3 weeks and feel horrible. (And infect others as well).

I did this in 1962 and have not had a cold or the flu since. Must be something in it hey?

Okay, that's all for today. I am delighted to be able to help in some small way, but I love you and as brothers and sisters, I want to continue helping you with the knowledge I have gained during my life. That's what it is all about:" Learn and teach."

Hope to catch you soon, Shanti xxx

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