

10 + 17 April 2009 • R12,55 (VAT inc)
Other countries (Botswana, Swaziland, Namibia) R11,00 (excl tax)

farmer's WEEK

THE ART OF
BREEDING
HIGH-VALUE

complementary health ■

FOOD AS MEDICINE

THE GENERAL COMPLAINT ABOUT the high prices of food is not unfounded. But, since we must eat, we should also look at food as preventive "medicine" and save money on doctor's bills later.

A book which discusses everyday food items for health and their medicinal qualities is Sue Visser's *Illustrated Guide to Healthy Happy Eating for All Blood Types*, published by Anderson.

Sue has a no-nonsense, user-friendly approach to the relationship between food and health. If you really take your long-term health and quality of life seriously, this is the book for you.

Some may regard her approach as somewhat spartan, but you'll come to appreciate a greater degree of wellness. The subtitle to the book says it all: *Food*

Therapy for Allergies, Healing and Energy. Although Sue's primary focus is on eating according to your blood group, as introduced to the world by Dr Peter D'Adamo, there's much more to it.

And you don't have to agree with the concept of blood groups and their allergens to benefit from the general information.

Throughout this colourful, illustrated book you will find gems about using food as medicine. For example, she suggests chewing a small piece of raw sweet potato – related to the yam – to alleviate hot flushes in menopausal women, to increase progesterone levels.

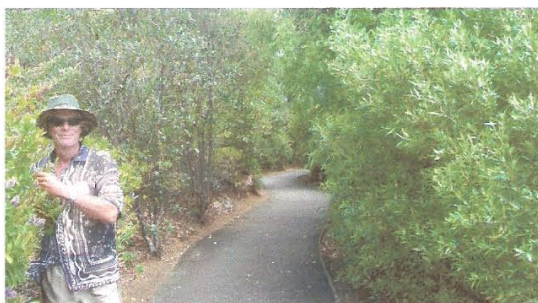
The strongest point in favour of the book is the combination of detailed recipes for ailments attractively laid out

with explanations and tips scattered throughout. You'll find you have a wealth of useful information literally at your fingertips, which is great considering that it's difficult to find well-informed shop assistants in most chemists.

This book will definitely save you time and money. Suggestions for eating nutritious foods coupled with practical recipes that are actually healing to eat are hard to find in one volume and most typical health issues are dealt with.

An additional advantage is that the book was written from a South African perspective, using local ingredients. Visit Sue's website www.naturefresh.co.za, or contact her to buy the book either by e-mailing info@naturefresh.co.za or calling (021) 709 0050. – Johanita Louw |fw

We teach and share herbal remedies on the islands we visited in 2009.



NEW ZEALAND: Wild olive trees

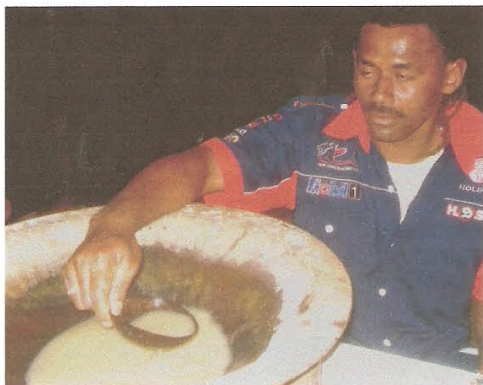
Up North, in the temperate regions of the Bay of Islands we saw Wild olive trees (*Olea Afra*) At home we use the leaves to make our olive leaf tablets and tinctures. We also include the active leaf extracts in many of our products because of the anti-microbial properties. We also use this remedy to control blood pressure, keep blood free flowing and to boost circulation. To prevent colds and flu, add a few fresh leaves to your morning juice that you make. But in New Zealand, this plant is slated as an unwanted "ALIEN"!



FIJI ISLANDS:

Tribulus terrestris

We teach the islanders how to make their own potent "VIAGRA". It is also an excellent remedy for prostate and bladder problems. It causes profound enlargement to the penis. No, we don't have the antidote! But here they only use it to cure Malaria.



FIJI: The Kava Kava tradition

In the Western World, people take tablets made from the root of the Kava Kava vine. It is a member of the morning glory species and has been established as a relaxant of the central nervous system. It is also used to treat insomnia – but is not without some side effects.

On the Fiji Islands, they do it differently. In the evenings, the large wooden bowl is filled with warm water. The pounded root is tied into a cloth and soaked in the water. After a while, it is squeezed out and the resultant muddy looking beverage is offered around in coconut shells. It seems to keep them very relaxed, happy and chilled out for the next day. They are friendly, laid back people and love to sing and laugh. There is little motivation, even to grow vegetables or to make handicrafts. The Kava Kava seems to dull more than the nerves.

BALI : INDONESIA Gotu Kola / Centella

Also known as pennywort this creeping ground cover thrives in Bali. We taught our guide how to grow it and use the herb as a tonic, for strength and energy. But the most valuable application for him is as a skin remedy. It is good for treating acne, rashes and skin inflammation, cuts and lesions. It also assists collagen. He can apply fresh juice or make a tea. They just walk all over it!



Research 2009 THE SWEET POTATO TRIP

For the past 12 years we have been investigating the properties of the Red sweet potato (*Ipomoea Batatis*)
The results have led to its use as a remedy that can increase levels of the hormone: **PROGESTERONE**
As such, it is a revolutionary way of helping to restore progesterone deficits in a totally natural way that has no adverse side effects at all. It is a remedy that can be accessed by people of low income, providing the raw material is available to them. Our search around the world continues as we seek out and test the progesterone activating properties of the sweet potato and related species. So far, we have established sources in every region we have visited: China, Malaysia, India, South America, Mexico, Europe, Egypt, Turkey and Southern Africa.

Sweet potato report: SINGAPORE, NEW ZEALAND, FIJI, BALI & LOMBOK



In Singapore it's called: Japanese sweet potato

Boosting progesterone during menopause relieves hot flushes. This is an already tried and trusted technique we developed during the past 10 years. It involves chewing a small fistful of raw sweet potato very slowly. This allows the actives to be absorbed by the buccal mucosa and it reaches the pituitary gland via the bloodstream. The big problem with trying to take progesterone orally is that the hormone is broken down by the liver and rendered useless. John Lee pioneered a way to absorb progesterone trans dermally, but till now, nobody has utilised the mouth absorption technique. This is because his raw materials from the Mexican yam are toxic. The non toxic sweet potato is very similar in structure to progesterone as well as the yam. Proof that this new technique is effective is that it can suppress the follicle stimulating hormone and thus halt the menstrual cycle for the duration it is consumed each day.



In New Zealand the Kumara can be used.

The Kumara is similar to the sweet potato but the flesh is denser. Trials used the same amount to relieve a hot flush and it proved to be more effective! A smaller amount could be used. We did not make tinctures out of the specimens as we do in South Africa to make the Nature Fresh Sweet Potato Tincture. This remedy can be taken by the drop. To boost progesterone in the case of amenorrhea or infertility only 5 drops are required.

In Fiji and Lombok we tested cassava (see above)

The islanders cook and eat their natural progesterone booster. Like most people, they are as yet unaware of its potential to deliver a natural and potent hormone to their bodies. Instead, like all women they report to the doctor and request HRT for relief of their symptoms or they suffer through the discomfort, not being able to afford treatment. Luckily here their diet is very simple and healthy. They eat copious amounts of fresh fruit and vegetables with their rice and fish.



Monkeys in Bali eat it too!

Monkeys fed on raw sweet potato in a reserve are affected by hormonal activity. The females do well on it but the male now prefers a banana. Perhaps he needs it, judging by the unusual testicular enlargement he has?

