

Old times will revive...

They still exist...

Gardeners, growing their products with love and attention.

Hobby gardeners, professional gardeners... you can notice it from the way they treat their crops or the way they talk about them. It's beaming of the products!

Allotments can be found all over The Netherlands. Looking at them nowadays brings back memories from my youth. My grandfather had his own and he grew all kinds of fruit and vegetables for their own use. As a small child I followed every step he made in his garden when I stayed with my grandparents during the holidays.



I was so proud of my own small garden there. I can still remember how fast radishes grew and nothing tasted better than the curly kale I grew myself! A gooseberry bush stood next to the pole that held the clotheslines. It

produced the best tasting berries! Many years later I bought them from the fruit stall at the market and I recalled how they used to taste. What a disappointment *that* was... when I tasted one from the market: a blow in the face... man, they were sour!

Products that get the chance to grow in a normal way and ripen on plant or tree give us the vital strength we need.

Not too long ago my husband and I took the dog for a walk and we passed by some of those allotments. I just *had* to take a look! The atmosphere, the products... beautiful tomatoes, a wheelbarrow as



a subject for a painting... the onions drying in the sun... an old shirt in one of the small hothouses, waiting for its owner to return and put his energy into his garden again. You just want to cherish this atmosphere and hold on to it!

Your own allotment?

I'd like to have one, but it demands a lot of work if you want to do everything right from the beginning. Thinking of this an idea crossed my mind: when you're in the situation that you want to eat organic food, but you don't have enough time to spend in your own allotment, try to find a hobby grower with the same passion for, and the same ideas about gardening, as you have. He can take care of your allotment and you share the crops. You provide the allotment, the plants, the tools, etc., he the energy and together you use the results. In this way, you help each other.





Just some thoughts, while I was walking between the beautiful gardens. Fennel, parsley, lettuce, beans, berries; I 'stole' many fruits and vegetables with my camera. Enjoying all these pictures at home, behind my computer screen, I realized that a lot is wrong with our food!

For example: cattle farmers in The Netherlands are forced (by law) to inject the manure into the soil. They don't want to do that, because they know this is bad for the environment, the animals and crops, but they MUST! Even biological cattle farmers, who produce far less ammonia than 'regular' farmers that use artificial (chemical) manure and other 'goodies'.

Artificial manure is widely used, while so many other solutions are available! Think of Celtic sea salt and lava!

A lot is wrong with our food, we are certain of that! That's the reason why it's necessary to use extra nutrition, supplementary to our food. The word 'Supplements' is current in our language. What many people don't know, is, that you have to be very careful not to buy the wrong stuff! You have to read the labels and check the contents. Not every vitamin C is the right vitamin C!

Not too long ago, while visiting some people, the conversation was about the ingredients of vitamin C. The lady had bought a jar of vitamin C tablets at a shop that belongs to a well known chain of

'Health' stores that pretends to sell ONLY the right stuff (only natural ingredients!). But... is *Polysorbate 80* natural? Why do they use *Methylcellulose* in a vitamin C tablet?

In The Netherlands we have a booklet called: 'What's in your food?', written by Corinne Couget. In this book you'll find every food additive the EU has admitted on the European market. These additives are divided in three categories: red, orange and green.

'Red' means: 'certainly to avoid' (dangerous to your health), 'orange' means: 'there is a doubt about this additive, try to avoid, if possible'. 'Green' means: 'it's safe to use'.

There are THREE RED additives in this vitamin product, and another THREE ORANGE additives!!!

The brand name of this vitamin is: 'Ester C'. Vitamin C should be what the name already indicates: vitamin C... our body doesn't need all those additives! Furthermore... check the book about what harm those additives could do to your body and you've had it with the stuff...

Additives, you'll find them everywhere; many people think: 'Oh well, they're part of the game, do I really have to mind *them* too?'

Before, during and after the Second World War...

Before the Second World War, many people, especially in rural areas, grew their own fruit and vegetables. Often, they had an allotment or a garden behind their house. They ate what area and season offered. You always had fresh food on your plate, full of nutritional value!

All food and vegetables that are picked (too) early haven't had the chance to build up enough nutrients and vitamins; when transport takes a long time, they lose nutritional value



too. So all you've left is a nice decoration in the supermarket or in your fruit dish at home but they won't support your health anymore.

Before WW II, there were relatively few people with cancer. They had respect for everything nature offered them. Products were treated with love and respect, dried, and sometimes preserved in glass jars. People exchanged their knowledge. Products were traded and people ate seasonal fruits and vegetables. Food from all over the globe, for sale everywhere nowadays, wasn't known then. You could find it neither at the greengrocers, nor at the stall along the roadside at the farmer's home. There was no food from faraway countries, from which you didn't know whether or not pesticides were used.

An industry, producing processed food, was emerging. As a result, all kinds of 'new' diseases arose.

During the war, forced by scarcity, people started eating again what nature provided them. The emerging diseases disappeared again.

After the war, the floodgates opened. Over the years, large-scale wasn't large enough! Supermarkets grew to mega-supermarkets; more and more processed food was sold there and cancer and other illnesses started spreading. Food... in a box, sac, can, plastic bottle is widely used!

Aspartame, used as a sweetener in 'Light' products, but also in children's vitamin C is a brain poison! Still, it is for large and available under various names.

MSG, or: Monosodium Glutamate (E621) is a flavor enhancer that ensures that products have an 'better' taste. It makes you want to eat more and more, because you don't feel saturated. The bag of crisps *MUST* be emptied, the cookies don't see the cookie jar... is this recognizable?

Take a good look when you're on the street. You'll see so many (young) people eating products, labeled 'healthy' while they don't deserve this predicate. This group of people will certainly *not* consider an allotment!

Does this sound harsh? We can't tell it softer and nicer! The average youth is overweight many pounds and it is expected that the average youth will live 10 years shorter than our generation!!!

Isn't it about time to look seriously at what we eat and which additives we accept? The phrase: 'authorized by the EU' is a sham, because: how many products do you eat per day that contain additives? All these additives added up could cause problems!

An example: there is a certain brand of chocolate milk; it contains TWO red additives! (AVOID). Salted cookies contain ingredients as Monosodium Glutamate (MSG = E 621 – AVOID). A 'farmer's cake' from the supermarket contains at least 10 additives; five of them are RED!!!

We could go on and on about this subject. When we should ask others: give us some samples, this list could grow enormously!

We just gave some samples of products we eat throughout the day. And we don't even mention the packets of soup, sauces and other ready-supplied products. See what happens? You continue following this pattern of eating food with additives all day... but in amounts PER PRODUCT, allowed by the EU! How crooked is this remark! It is not stated how many

different products, according to the EU, you can take throughout the day! Add up all the different amounts of additives over the day, and you'll be scarred!

In my mind I see all these allotments again. I remember the fresh lettuce again and the potatoes from grandpa's garden and eggs from their own chickens. Those were the days! No manipulation, but pure and crisp fresh products.

Realize that many diseases will only increase and many people eat things without thinking. In that case it is only normal that we use medications!

Not too long ago, I was at a birthday party. The lady had turned 80 years. The topic of discussion was that old age brings all kinds of health problems. She visited the doctor for this and that and so on... then I noticed her medication: 14 boxes of medicines laid on a shelf in the bookcase!

Good grief!!! 14 boxes!!! (I must add: some were double!)

This means that you swallow one drug to suppress the effects of another one, besides: we know the effects of long lasting use of medicines to your health!



But... synthetic food supplements cause the same! All non-natural supplements don't 'communicate' with our cells, and will not be absorbed by our body.

Synthetic supplements cause more harm than good!

But... we do need extra vitamins and minerals, don't we?

Yes, that's correct! Because of the depleted soil the plants grow on, and various other negative influences, our vegetables and fruit don't have the same nutritional value than they used to have.

But, and this is the good news: this can be restored in a natural way.

I envision the allotments again. Three-course rotation, introduced by Charlemagne, should again be restored! Lava, Celtic sea salt and other natural materials, donated by the earth, should be given back to the earth, thus creating a healthier soil. In combination with natural fertilizer, farmers with a heart for everything that grows and flourishes, will share this passion too, so together we can try to repair our earth.

A primary condition is that we do have to stop buying products that have harmful substances in them. If you really know what's in them, you'll probably shudder!

Buy the book: 'What's in your food?', act accordingly and you will improve physically and you will seriously start thinking about those allotments!

A closer look on Supplements...

Look around you and focus on a plant you see! This plant could be natural, or artificial (made of plastic or silk). The latter variations may be practical in public places. At least, they look like a plant but you don't have to water and maintain them. If you'll ask a child what it is, it will respond with: 'flower' or 'plant'. And it is right! Children go for the looks of things. But, is a fake plant really a plant? No, for the production of an artificial plant, all kinds of synthetic materials are used. It doesn't have cells that can grow, no life in it, nor the typical plant odor! It only looks like a plant!

Animals can't eat the fake ones, while the goat can eat the leaves of the natural vegetation. Put a silk plant within reach of the goat and he will eat around it in a wide curve.

It's the same with natural and synthetic nutritional supplements. The synthetic ones are not accepted by our body and don't provide the promised vitality. That's why you so often hear that it's nonsense to use extra supplements. And yes, it's true: it is better to avoid the unnatural variations!

How can you tell what is and what isn't good for you?

Read the labels! This is so important! The booklet I mentioned before is a tremendous help! Besides that, there is a book called: 'Supplements Exposed: The Truth They Don't Want You to Know About Vitamins, Minerals, and Their Effects on Your Health', by Brian R. Clement.

Whoever is reading this book, immediately understands why you certainly don't want to believe everything what is said in 'supplement country'. But nowadays you cannot do without a good, natural one. So look for a good quality! Because, when you trace the sources of the ingredients, you'll end up with pharmacy. *Isn't that strange?*

The allotments are not so bad! I keep thinking of them and the idea of having one for ourselves is growing and growing... But, because of my busy schedule, with the help of an enthusiastic hobby farmer who maintains the crop with love and passion for gardening and who shares in the harvest. This thought appeals to me more and more.

Celtic Sea Salt, with its 84 minerals and trace elements, is a chunk of health! So is the elixir with 120 herbs in it!

Last week, by the way, I heard a remarkable story about this elixir:

The way from injecting insulin after every meal to no syringe at all any more...

Last week I talked to a man, whose name is Willem. He is a constructor, lives right across the border in Germany.

Willem is building a house for Koos, who owns a chicken farm. Koos noticed that Willem didn't feel too well, which was correct: Willem was suffering from diabetes and had to inject himself for almost everything he ate. He was always tired. He dragged himself through the day. The medicines he used were getting stronger: first 500 mg, than 850 mg, and now up to a 1000 mg., but they helped no more. His kidneys were deteriorating; the man walked 'with the death on a leash'.

Koos mentioned a possible solution with which he, his father in law and other relatives were very satisfied about: Jan Smit's herbal elixir! Willem received a bottle and went home. After 14 days Willem started to feel better, differently... After three weeks he only used one syringe of insulin per day, and after five weeks he stopped injecting himself completely! His body could handle this!

Then, the day came that Willem had to go for a physical check with his physician. Blood, urine, everything had to be checked. Before the use of the elixir, his blood value was bad, it actually got worse with every check. Now, the doctor was surprised about the positive result and exclaimed that 'a miracle had happened'! *It was unbelievable, this couldn't be true!*

Willem, who hadn't told the doctor he stopped injecting himself, asked him if he, because of the good results, could reduce the injections and his medicines.

'Impossible', the doctor replied, 'out of the question'!

Willem continues to follow his own feelings about his health. He's in the last phase: getting rid of all medication!

This is called: 'Taking responsibility for your own body'. The elixir has proven its qualities!

Just pure nature, no synthetically produced ingredients, made with love, and full of vitality. That's what our body recognizes, and that's what it is cooperating with!

How clear do we want it?

Many brands of supplements promise more on their label than this elixir. This elixir is pure simplicity, but a high quality product!

Back to the herbs... our ancestors already knew it!

I allow it when they call me 'the herb lady'; I'm proud of this title when you hear the experiences with the elixir! I already have heard so many positive stories about this elixir and I want to share them with you.

Willem's story is urgent in its kind, because we are poisoning ourselves when we continue to do what we are doing...



How do we go on from here?

Earlier in this article, we had noted that a certain vitamin C is not as natural as they promise! For that reason the management of this company received an email from us. In an annex we enclosed a summary of the contents. Recently we received an answer, but not the answer we were waiting for:

Dear Mrs. Bleeker,

Thank you for your mail.

Unfortunately we have no direct answer to your remarkable discovery.

We forwarded your question to our customer service in England.

We hope to be able to answer you soon.

Sincerely,

The afore mentioned is only a small part of the mail. As soon as we have an answer from this company, we'll let you know!

Of course we are not satisfied with this answer, but the only thing to do right now is to wait! Everybody, interested in this subject, could start right now by reading the labels: what is the content of the product I would like to buy? Be alert!

We receive a lot of information about these matters and we want to share this information with you!

The vitamin C sold by a chain of department stores isn't just 'pure nature'. You shouldn't want to buy vitamins and supplements from any department store or drugstore. An employee of a drugstore near us told a friend of ours: 'You don't want to buy that brand of vitamins. They're just rubbish. You might as well throw your money in the water; they don't help you!' Luckily there are still honest sales persons.

Always look for vitamins and supplements with organic, pure ingredients and no additives! Again: read the book: 'Supplements Exposed: The Truth They Don't Want You to Know About Vitamins, Minerals, and Their Effects on Your Health', by Brian R. Clement. Use the small

'black book': 'What's in your food?', by Corinne Couget when you're shopping. You'll learn to avoid what's bad for you and how to stay healthy. Besides, you'll also learn that there are plenty possibilities to eat healthy!

Think seriously about an allotment; start a project with the neighbors in your street! Many hands make light work and together we are strong!

Nature will flourish and children learn by experimentation that a red cabbage is a huge plant before it is cut into small slices and put into a jar!

Our cat and dog get the Jan Smit's herbal elixir. Yes, there is a version for animals too!

They too are entitled to additional support!

They also get a teaspoon of 'sole' (a French word) in their drinking water. 'Sole' is a solution of one-third Celtic sea salt and two-thirds water in a glass jar. Shake well so the salt dissolves in the water. After a while a residue will appear at the bottom of the jar. This is normal. Just shake again and it'll be a part of the 'sole' again. Put a teaspoon in a glass of water and drink it. You can apply the 'sole' in your food too. Add some tablespoons to your food *after* cooking! Put some grains of sea salt on your tongue and let them melt. Unlike the refined salt, you'll taste salt, bitter and sweet. That's because of the 84 minerals and trace elements in it!

Last week was an eventful one, with many interviews I had with people about the herbal elixir. It was very positive news I could write down, but then, there's also bad news. I got it through observant people... an article in the Newspaper of the North:

Hospital interns vaccinated against mumps

By: Esther van der Meer

Groningen

The University Medical Center Groningen has sent a letter to all 1100 hospital interns with a call to have themselves vaccinated against mumps. Students who haven't had the mumps are asked to come forward. The call also applies to students who have been vaccinated as a child.

The hospital takes precautions to protect patients as well as possible, says a spokeswoman. Since December last year (2009) mumps spread in The Netherlands again, particularly among students. Since December the National Institute of Public Health and Environment (RIVM) has received 290 reports of which 28 with complications. According to the director of the Institute, Roel Coutinho, RIVM infection control is only involved in the tip of the iceberg. 'In reality there are many more. Most people have mild symptoms and do not go to the doctor. We only see the serious cases.

RIVM and the local health services (GGD's) in student cities have during the introductory weeks recommended students who have not been vaccinated to call to nevertheless to be vaccinated.

And what does RIVM report itself Probably...

2.6 Immunity

*After infection with mumps virus **probably** a lifelong immunity is generated. The prevalence of protective antibodies against mumps virus in 25-79 year old Dutch with predominantly natural immunity, acquired before the introduction of the MMR vaccine is > 96%. (Hof03, Nar03) Acquired immunity after vaccination and natural infection may not be lifelong. In the literature, several outbreaks of mumps among vaccinated are described. (Bro05, MMWR06-1, 2.3, Sav05).*

In other words: if you've had the mumps and you cured from it in a natural way, the chance that you'll NEVER get the mumps again is BETTER than 96% (this means a lifelong immunity!!!)

During vaccination, the virus is injected into your body... but what happens when someone carries a virus in him? Couldn't it be possible that he transfers this virus to others? Couldn't this apply to the vaccinated individuals who work in hospitals too? Will they not spread mumps? I personally do not like to be in contact with vaccine recipients...

What is coincidence? Last night I spoke to someone who is being examined by a doctor. This lady found out there were remnants of the Mexican flu vaccine in her body, even though she wasn't vaccinated. She hadn't had the flu either! The doctor told her immediately that it was possible that she had taken it from others who had been vaccinated. So, the vaccine will spread the disease!

What did we see around us in Spring 2010? Many who were ailing then, often were vaccinated against the flu. Many who didn't evade these complaints! But if we combine all these facts it is obvious that we spread many wrong substances through vaccines, E numbers (food additives) and other synthetic materials.

I think I'll take a walk tomorrow and visit the allotments again... the atmosphere was so good there? All these products, which are not spoiled by food additives...

And... it's so peaceful and quiet there. It radiates harmony! Life! Pure life!

That goes for Willem too, now he reduced his medication so drastically. His own words are that the elixir saved his life! Thanks to Koos, the chicken farmer, whose story is fantastic too.

Those were valuable experiences this week. That's positive thinking!!!

Anneke Bleeker
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www.verontrustemoeders.nl

Pictures: © Anneke Bleeker



Books:

Only available in French and Dutch language!

Dutch: ***Wat zit er in uw eten?***

Corinne Gouget en Will Jansen

ISBN: 978-90-777-8828-8

French: ***Additifs Alimentaires***

Corinne Gouget

Dutch: ***Supplementen onder de loep***

Vitaminen, mineralen en hun effect op je gezondheid

Brian R. Clement

ISBN: 978-90-202-0376-9

English: ***Supplements Exposed:***

The Truth They Don't Want You to Know About Vitamins, Minerals, and Their Effects on Your Health

Brian R. Clement

Celtic sea salt:

See our website: home page:

<http://www.verontrustemoeders.nl/index.html>

Lava:

www.emnatuurlijk.nl

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