

*My
Journey
To
Freedom*

*by
Helen*

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MY JOURNEY TO FREEDOM

My healing, it has happened over many years and is a continual process. I was addicted to alcohol for about 15 years of my life from the age of 18 to 33 and, although initially alcohol seemed like my best friend, it turned out to be my worst enemy and being in its clutches eventually became a living hell!

Psalm 107:2 says

“Let the Redeemed of the Lord say so whom He has redeemed from the hand of the enemy”.

I really want to help people and believe that my experience may help others.

I started drinking socially at Christmas at the age of 16 and soon realised that alcohol was the answer to all of my problems, i.e. shyness, lack of self esteem, inferiority and fear of life and of people and it dulled the unbearable emotional pain which was inside me.

Looking back on it now I can see how this all came about. My mother could not keep food down during her pregnancy with me and the birth was difficult. I was bottle fed and this did not enhance my immunity as breast feeding would have done. I was given all the usual childhood vaccinations which contributed to lowering my immune system. I spent vast periods of time in bed suffering from various illnesses such as measles, whooping cough, tonsillitis and asthma when I was a child.

I was introduced to animal fat in the form of cow's milk. My Natural Therapy colleague calls it cow's "pus" because our digestive systems have difficulty in absorbing it. It also clogs

up the lymphatic system (part of the plumbing system of the body). It is actually designed for baby cows according to the book "Milk the Deadly Poison" by Dr Robert Cohen. This is also the message from Robert Kradjian, MD, Breast Surgery Chief Division of General Surgery, in his Milk Letter: " A Message to my Patients" www.afpafitness.com/MILKDOC.HTM.

I remember the first taste of cheddar cheese made me feel sick. However, I persevered and eventually developed a taste for it. I also consumed lots of butter and clotted cream, bacon and eggs etc. as I was raised in Devon.

In Leviticus 3:17 it says

"It shall be a perpetual statute for your generations in all your dwelling places, that you eat neither fat nor blood" and Leviticus 7: 23 & 24 "Say to the Israelites You shall eat no kind of fat, of ox, or sheep, or goat. The fat of the beast that dies of itself and the fat of one that is torn with beasts may be put to any other use, but under no circumstances are you to eat of it."
(Amplified Bible)

Perhaps the good Lord was trying to get our attention and, because He loves us so much, knows what is best for us!

On top of all this I was consuming too much refined sugar in my diet.

Subsequently I developed asthma and my digestive system did not function without antacids and laxatives on a fairly regular basis as I suffered from indigestion and constipation! The pain and discomfort was unbearable at times.

I was sent to a Physiotherapist to have violet ray therapy for the asthma and I was encouraged to do deep breathing exercises which helped my symptoms a little.

The asthma became a thing of the past when I started drinking alcohol several years later. I started to have migraine headaches then. These subsided, however, when I stopped drinking alcohol and cut cheese and chocolate and refined sugar out of my diet!

I had regular episodes of nose bleeds when I was quite young and the doctor was called out to see me at home on many occasions. I remember lying on our lounge floor on a big sheet with blood pouring out of my nose and my mother applying ice packs to the bridge of my nose. This also happened at the Convent School which I attended and the nuns had to help me there. These days we would be advised to put our head over the sink and let the blood pour down!

The reason for these episodes, I believe, was that I was very deficient in antioxidants and other nutrients thus causing my system much stress. This appears to be a paradox though because part of the reason for my immune system being under so much stress was because of emotional stress.

I had to have most of my milk teeth out by gas and anaesthesia because of abscesses underneath the teeth. As a result of this experience I developed a terrible fear of going to the dentist! The gas and anaesthetic also made me physically sick!

I had my tonsils and adenoids removed when I was seven years old because of continual infections such as sore throats and colds caused by my low immune system. This operation lowered my immune system even more because tonsils and adenoids are part of the immune system!

I remember being taken to the Greenbank Hospital in Plymouth, at the age of seven, to see a doctor who, I was told, would make me feel better. I was put to bed on a hospital ward and was prepared for an operation the next day. In those days there was no premedication and I was wheeled down a corridor and into the operating theatre where doctors

and nurses who had gowns and masks on were standing over me. I was absolutely terrified! A mask was forced down onto my face and I did not remember a thing until I woke up in the ward later on. I was bleeding profusely from my throat and nose. One good thing I do remember, however, is that I was given loads of ice cream, loaded with sugar, which was wonderful and soothing for my throat!

I suffered from depression and was under the doctor taking tranquillisers and antidepressants for many years when I was a teenager and in my twenties. Alcohol and refined sugar addiction contributed to this situation.

I was very unhappy because I felt so unwell. Socially I was loving alcohol more and more because I felt that it calmed my nerves and gave me a temporary sense of euphoria and well being.

I was a prime candidate for alcohol addiction with a low immune system and developing sweet tooth!

Also I was experiencing unbearable grief as I lost my beloved grandparents when I was 10 and 11 years of age. They were my best friends. My grandmother became very ill and I helped my mother to nurse her, she became delirious, did not recognise me any more and eventually died.

Then my beloved grandfather got ill and came to say good bye to me the day before he passed away. I had no one to share all this grief with as in those days we were not encouraged to talk about feelings and I think my poor mother pushed all her grief down inside as well. My first experience of alcohol was of a sherry at Christmas which gave me a great sense of confidence and euphoria.

I started smoking cigarettes at the age of 16, it was the grown up thing to do amongst the school friends I had at the Secondary Modern school which I attended in Plymouth. I

had failed the “11” plus examination which we had in those days.

This was at the same time that my grandparents were very ill and dying! This meant that I had to leave the Convent school which I loved. The Secondary Modern School children were very rough and used to be very cruel, they made fun of me because I was different from them. I developed a great fear of my maths and science teachers who were quite aggressive in their manners. Consequently I did not do well in these subjects.

I smoked up until the age of 29 years of age. I used to regularly get bouts of bronchitis during the winter months in my twenties. I was given antibiotics for this from various GP's over the years. I remember one of them telling me once, when I was in my early twenties, that if I didn't quit smoking then I would be a chronic bronchitic by the time I was 30. All these antibiotics were also contributing to the breaking down of the good ecology in my colon over a period of time.

Because of my smoking and high alcohol and sugar consumption over the years I was destroying all the very necessary B vitamins in my body. These B vitamins are essential for a healthy nervous system. They are also manufactured in a healthy intestinal tract. and mine most certainly was not healthy then!

Over the years my alcohol problem became progressively worse and by the time I was 29 years old I knew I was sick and needed help. I was too scared to approach Alcoholics Anonymous for help because I thought they were a dirty load of meths drinkers, like the ones who used to sit around fires to keep warm outside the London Hospital in Whitechapel where I worked as a medical secretary from 1970 to 1974. Instead I used to phone the Samaritans quite regularly because I was in torment.

I got on my knees for the first time in 20 years and cried out to God in desperation to help me stop drinking when I discovered that I was pregnant at the age of 30. I was consuming large amounts of alcohol every day, and did not want to damage the child inside me. My husband, bless him, did not realise how sick I was or how to help me.

Looking back at this now it is no surprise as there has always been much ignorance regarding alcohol addiction in society both inside and outside the church in relation to the spiritual, mental and physical damage caused.

I did not realise it at that time, but by crying out to God in desperation that way, I was doing step 1 of the AA programme even though I had not discovered AA at that time.

Step 1 is “Admitted that we were powerless over alcohol and that our lives had become unmanageable”

My prayers were answered almost immediately. I did not drink at all during my pregnancy and felt much more calm and peace. However, when I gave birth to Vicky, my eldest daughter, I was on the post-natal ward and was encouraged to drink Guinness to help with milk production when I started to breast feed!

I had prayed out of desperation to God but I was not sure that He existed. It had been 20 years since attending church, I had stopped going because I saw no reality in it when I was much younger. The religious part seemed legalistic, controlling, judgemental and hypocritical to me!

To cut a long story short I was led to being delivered from alcohol addiction and filled with the Holy Spirit after meeting several Christian friends in 1980 in Knebworth, Hertfordshire where we lived when my children were very small. This was the beginning of a journey which I have been on now for 28 years and which has enabled me to get well. I had several relapses with alcohol in the early days but eventually stopped

for good when my youngest daughter, Catherine, was born in 1980. God has brought many different and beautiful people into my life to help me along my journey.

I adored my three children, they were a gift from the Lord, and bringing them up was all part of healing, I was a very maternal mother. In the beginning of my sobriety, although I was embarking on a spiritual path with the church, it was not enough for me to get as well as I am now.

I later found the 12 step spiritual recovery programme of AA and am now working this to the best of my ability. I am trying to make progress with correcting my character defects and receiving God's love for me. In the 12 step programmes we do what it tells us to do in the Bible in James 5:16

“Confess to one another your faults, your slips, your false steps and offenses, and pray for one another so that you will be healed and restored to a spiritual tone of mind and heart”

(Amplified Bible)

I attend an Anglican Church on Sundays now because I need to put these two aspects together. I have attended several denominations in the past and for this I am very grateful because I sat under so much excellent teaching and have also studied the Bible for myself.

At the age of 44 I went through a very early menopause because my endocrine system was nearly worn out! The endocrine system is that one responsible for production of hormones and reproduction etc.

My Gynaecologist told me it would be best if he performed a D & C to correct my menstrual cycle. Sometimes I would go for three months without a period and then I would have a massive flooding period. He said it would be like banging a television set, either it makes the condition worse or it cures it! He removed a benign polyp from my uterus and I never had a period again.

However, I was far from well. Even though I was no longer drinking alcohol I had a major problem with refined sugar addiction; when my husband bought me my favourite Spartan chocolates I would not be content with eating just one or two, I had to eat the whole of the top layer! I met a nutritionist who was a candida expert and she helped me to get my sweet tooth under control and to improve my diet.

Then I met another therapist who recommended that I drink 8 – 12 glasses of water a day and take essential oils in my diet, then have colonic therapy. All this I did and really moved forward with my health.

I now practice regular colon cleansing and have done fungal, parasite, heavy metal and liver cleansing. Some while ago I had a “live blood analysis” performed which is a very much more in depth blood test than the GP and hospital ones. This test showed that I had parasites and a fungal infection in my blood and that the red blood cells were in urgent need of oxygenation!!

Although not yet totally over the fence, I now help others who want to get well with Natural Medicine and Nutrition, taking responsibility for their own health and, hopefully, being able to live independently in later life.

I had nursed hundreds of very sick people over the years both in Hospitals and Nursing Homes. Before this I had been a Medical Secretary to most specialities of Consultants and just knew that the way forward for me was the way of Natural Medicine.

Medications suppress symptoms and interfere with the body's natural chemistry and all drugs have side effects. The root cause of disease, according to the old Pioneers of Natural Medicine, is dehydration, lack of minerals, enzymes, fibre, vitamins, antioxidants, essential fatty acids and a poor diet, thus causing toxicity and subsequent disease in the body. I

thoroughly agree with them because I have proved by changing my lifestyle that this is so.

I have studied many works of the old Pioneers of Natural Medicine and am devoting my time now to telling others. The “Doctor/Patient Handbook” by Dr Bernard Jensen is very informative, as is “Colon Health” by Dr Norman Walker. Norman Walker recommends that we do several colon cleanses a year on top of a revolutionised pattern of eating. Most of these old Pioneers practised what they preached and were still practising up into their nineties and were fit and active and healthy.

Derek Prince, one of my spiritual mentors, used to say that diet, exercise and rest were the three most important factors contributing to spiritual growth!

Thomas Edison who discovered the light bulb, a famous scientist, once said:

“Until a man duplicates a blade of grass, nature can laugh at his so called scientific knowledge. Remedies from chemicals will never stand in favour compared with the products of nature. The living cell of the plant, the final result of the rays of the sun, the mother of all life. When correctly used, herbs promote the elimination of waste matter and poisons from the system, by simple, natural means; they support nature in its fight against disease, while chemicals, not being assimilable, add to the accumulation of morbid matter and only simulate improvement by “suppressing” the symptoms”.

Light and oxygen are essential to keep disease free. We need to learn how to alkalize our bodies. Most disease is caused by a too acidic pH caused by pollution, wrong foods, stress on all levels – physical, mental and emotional. A most enlightening book on this subject is by Dr Theodore Baroody entitled Alkalize or Die!

Alkalizing foods consist mainly of vegetables and fruits, nuts, seeds and grains. One of my mentors, Richard Schulz who trained under Dr Bernard Jensen healed himself from heart disease as a teenager through natural therapy.

Taking fresh juice into the system first thing in the morning is like giving oneself a blood transfusion! The body goes in three cycles. From 4am to 12 noon is the time for the body to cleanse itself of all impurities. From 12 noon until 8pm is the time for feeding, building up and energising. From 8pm until 4am is the time for sleeping when the internal organs are resting and rejuvenating.

Alkalizing foods are brightly coloured, green, red, yellow and orange vegetables and fruits. Acid forming foods are those highly processed and overcooked foods, and refined sugar and dairy produce. I remember Bernard Jensen saying “If its brown flush it down” meaning overcooked foods. Cooking foods destroys all the natural enzymes which are essential for the breakdown of foods in the digestive tract. It is a good idea to make 60% of our diet consist of raw, uncooked food.

Oxygen is taken into our bodies by correct deep breathing from the diaphragm and by swimming and other exercises such as walking and trampolining etc. Also just by walking out in the daylight especially in the sunshine. However even if the sun is not shining its important to be out in the daylight for at least half an hour a day to increase the serotonin levels, the chemical nerve messengers in the brain, to combat depression and the SAD syndrome which is so prevalent these days.

With many people working in offices all day which are illuminated by artificial lighting this problem is huge, especially in the West. On the Continent the situation is not so dire as the regulations in most offices is for daylight bulbs to be installed. I have two daylight bulbs in my lounge and living in this environment in the winter and on dark evenings has the same effect as sitting out in the midday sunshine!

These bulbs are obtainable from several natural health sources and, although much more expensive than normal bulbs, they have a much longer lifespan, eg approx 3 years.

Jesus dwells in unapproachable light and so surely it would make sense to cleanse our bodies in these times if we are to recognise Him when He comes back.

The media is full of advice on detox, and good diets, i.e. eating five portions of fruits and vegetables daily. However the media is sometimes very confusing, especially to those who do not understand. I wonder if the Lord is trying to get our attention?

He may be trying to tell us to cut down our consumption of food generally in the West. Compared to the third world countries we are incredibly gluttonous! I was so convicted of this when I travelled in India.

The main reason for the overeating problem is that we are generally malnourished in the Western world because of lack of essential nutrients, not absorbing food properly and toxic bodies! Our bodies are in a state of craving for all the wrong foods because our digestive systems are not functioning properly, we are so hungry, we do not chew our food properly and swallow it nearly whole! We must learn to chew our food until it is liquid in our mouths before swallowing it, then it would be absorbed much more easily into the digestive tract, we also need to eat slowly then everything will work better and we will feel satisfied and need less food.

In the early 1900's the average person in the western world was eating approximately 7 lbs of refined sugar a year. Now the average person is consuming their whole body weight in refined sugar each year! This has most definitely contributed to the dysfunctional behaviour patterns in this generation, i.e. anger, violence, impatience!

Ideally its best to eat a portion of food at each meal which will fit into our two hands cupped together. If we had totally cleansed bodies we would be absorbing our food properly, would be full of good nutrition and would be satisfied with eating small portions.

Also it is advisable to fast regularly for both spiritual and physical benefits. Two books on this very interesting subject are *The Miracle of Fasting* by Paul Bragg and *Fasting can Save Your Life* by Herbert Shelton! It is almost impossible to fast if we are hooked on refined sugar, alcohol and junk foods! Another good way to build up our immune systems and to promote circulation and detoxification is to use magnetic therapy such as neck and knee and ankle wraps, magnetic bracelets and mattresses. I also have a living water system which has a carbon filter in it to filter out impurities and it has minerals and magnetism in it to make it like the pure mountain water. With all the electronic pollution which we are surrounded with in the Western culture this magnetism helps us to be grounded with the earths magnetic field and repairs the magnetic field around our bodies. Having crystals taken from the earth, such as rose quartz, amethyst etc. in our homes, also helps to build the energy field around the body by releasing electrons and reabsorbing them thus enhancing the immune system.

The Hunza tribe, who are one of the healthiest tribes on earth, living in the Himalayas, live almost next to the earth. Unlike us in the western world, who sleep in beds in houses and have carpets and all sorts of electrical gadgets around us, this tribe breathe in pure oxygenated air, live largely outside and sleep next to the earth. They have only ever eaten healthy natural foods and drink the pure mountain water. Mostly they live until they are approximately 120 years old and are fit and active and healthy right up to the end of their lives!

The orthodox Medical Profession do a wonderful job in emergencies. They are also indispensable when things have

gone too far down the disease route, using very necessary pharmaceutical drugs to alleviate pain and many unpleasant symptoms.

However by far the better way is to take responsibility for ones own health, and I believe many people need more knowledge of HOW to do this? Hence the reason for writing my nutritional healing story.

The Bible says

“My people are destroyed for lack of knowledge”

Hosea 4:6.

The good Lord has instructed me in the way to go over the last eighteen years so that, at 60 years of age, I have a completely new lease of life, my body is in much better shape now and I feel fit and active and healthy. If I'd known 20 years ago what I now know I would have progressed much faster. Instead of spending a lot of money on unnecessary supplements I am now advising my clients to do it the simple, natural way using good nutrition, liquids, powders, oils, food combining and pure water to help build their immunity and improve their digestion system function which is the most important system to address since all disease starts in the colon!

However, along my journey, it has not all been plain sailing by any means. Detoxification very often means going through a “healing crisis” where sometimes we feel quite ill whilst experiencing toxins being released from our bodies. It is rather like going up three steps of a ladder to wellness and then falling back two steps. The good thing is that, even though slowly, one is progressing upwards towards more wellness eventually.

Taking responsibility for my own health by building my immune system, eating healthily, exercising regularly and having good restful sleep has helped develop the spiritual side of life as well.

1 Cor:6. 19-20 “Do you not know that your body is the temple of the Holy Spirit Who lives within you, Whom you have received as a Gift from God? You are not your own. You were bought with a price. So then honour God and bring glory to Him in your body”

Some good proclamations to make are:

I shall not be drunk with wine but I will be filled with the Holy Spirit

I only feed my body with good food and I have a wonderful relationship with food