

Chapter 1 : Back to Eden Book | eBay

I have shelves filled with "Health Food Books" -- some of which are written just to make a profit -- that is not true of this book. "Back To Eden" has been published by the Kloss family since ! Although there are no photos of the Herbs used here, the recipes and applications are far-reaching.

Back to Eden written by: At the time, the book was considered controversial by some. Today, with over 3 million copies sold, the book is considered by many to be a valuable natural health educational resource. A revised edition was published a few years later. Another revised edition was published in the late sixties, and a final revised edition was published in the late eighties. The later editions leave the original book intact, adding notations of current scientific knowledge. The author, Jethro Kloss, is considered by some to be one of the fathers of vegan health food nutrition. Kloss taught of the benefits of soy, ran his own health food store at one point, and dedicated his life to treating the sick through natural methods. Jethro Kloss lived a healthy life and died in the year at the age of He left behind a wealth of knowledge on herbs, natural foods and healthy living. The book contains a wealth of information. Back to Eden contains healthy living advice. It is a book that educates the reader about nutrition and gives the reader healthy recipes. It is a medical encyclopedia that details herbs and their uses and diseases and their treatments. And it is a book on organic farming techniques. Back to Eden reads like an alternative health medical book. The book is well thought out and detailed. On top of it all, it is an interesting read. Kloss gives the reader an insight into his background and he details treatments he used to cure various illnesses throughout his years as an alternative health practitioner. It must be noted, that the book was published many years ago. Since the publishing of the book, new scientific advancements have been made. Newer revised editions include notations to provide the reader with more up to date information. Some of the terms that Kloss uses for medical conditions are no longer used today. Newer revised editions contain a glossary that defines the older medical terms used in the book. Even though the book was published so long ago, it is impressive how much of the book remains true and informative in current day times.

Chapter 2 : Back to Eden | Open Library

*Back To Eden [Jethro Kloss] on www.nxgvision.com *FREE* shipping on qualifying offers. Now in its expanded, updated revised edition, this is the original classic text (with more than 5-million copies sold) that helped create the natural foods industry.*

It is an organic pure and natural, stable, white crystalline powder without the unpleasant taste or smell. It is odorless and does not produce intestinal gases. Sulphur is essential to life and safe as water. It has many remarkable properties and there is evidence to suggest that it helps with other amino sugars to produce collagen for improved joint health and mobility. Air and water pollution, over farming and polluted soil, artificial irrigation practices, deforestation all contributes to sulphur depleted soil. Minerals depleted from the soil means there is insufficient available for plant uptake and consequently less available in our diets. Cooking, drying, smoking, pickling and long-term storage can deplete the MSM content of food. Sulphur is needed to maintain cell membrane permeability. This is important to ensure that nutrients are delivered into the cell and toxins and other waste products can exit. A lack of sulphur prevents the transport of free radicals, chemicals and foreign particles out of the cells, which if not excreted can lead to many allergic reactions such as Asthma, ear nose and throat infections, hay fever, headaches, fatigue and gastrointestinal problems. A lack of sulphur can result in low insulin production or cell resistance to insulin, which in turn brings about excess blood sugar leading to diabetes. Sulphur is also needed for thiamine and biotin which are needed for normal carbohydrate metabolism. Sulphur plays a part in tissue respiration, the process whereby oxygen is used to build new cells, a lack of sulphur can lead to replaced cells being dysfunctional and causing serious health related problems. Sulphur will help the immune system inhibit chemical carcinogens. Sulphur makes up the flexible disulphide bonds within protein structure in tissues providing elasticity and movement. Sulphur is also necessary for healing and repair of these tissues from internal injury and free radical damage. MSM contributes to the production of ground substance mucopolysaccharides, which keeps connective tissue intact. Researchers claim that MSM can help improve joint flexibility, reduce stiffness, swelling and pain, improve circulation and break up calcium deposits or water bonds in the synovial fluid. It has been used for scar tissue, burns, acne, psoriasis, eczema, dermatitis, dandruff, scabies, and many skin rashes. MSM competes for binding receptor sites at the mucus membrane surface and therefore discourages infections such as Candida and removes parasites such as roundworms. Dosage MSM is rated as one of the least toxic substances in biology similar to water. Because of this fact, there is no critical minimum or maximum dosage level. However, as a nutritional supplement it is recommended that you take between mg and mg per day. To detox you will need 20 grams per day for approximately 1 week. Spread the dosage throughout the day with at least 5 x 12 fluid ounces of water. Davis Company, Philadelphia, PA.

Chapter 3 : Back to Eden: Healthy Foods by Jethro Kloss

You won't be sorry if you purchase this book and use 'Years to your Health' website to order your herbs by the ounce. Back to Eden, but my book had information on.

Back To Eden by Jethro Kloss was recommended to me by an elderly woman in a nursing home when I was visiting my grandmother there. We were talking about herbs under our feet, seen only as weeds. The more I read in it the more enthused I became. I began to try out the herbal remedies he suggested, and discovering they helped! Promise Kloss Moffett describes how her father was born the ninth in a pioneering family of eleven children. The family lived a healthy, wholesome life in the midst of native Indian country. They gathered their food and medicines from the land around them, just as the Indians did, though of course, they farmed too. They were a devote Christian family later I learned they were Seventh Day Adventists , and as a young man, Jethro headed to Florida to work in the orange groves, and later on to Nebraska to get an education at Deland. From there he went on to Battle Creek in Michigan. It was in Battle Creek, that Jethro Koss worked in the world-famous sanitarium. He learned much about the dangers of drugs, and how to care for the sick. By this time he was a licensed minister. It was also there that he met and married Miss Carrie Stilson. Carrie had trained as a Bible worker and had taught school. They were married on March 5, Many moved to that area. White, their prophetess sent young men to go get medical training to give some of her better health ideas credence. One of them was John Harvey Kellogg, who set up the sanitarium and even invented that name. It became an important center, and many famous people came to get treated in that facility. Kellogg and his younger brother Will discovered the making of corn flakes by accident, while trying to provide patients with good breakfast foods. At one time there were 40 such breakfast companies in Battle Creek, all competing vigorously for the best market share. Jethro Kloss knew and admired Dr. John Kellogg, and taught many of the same views on healing virtually every ailment with herbs. Though some folks found them odd, maybe even fanatic, these men sincerely wanted to help others get well, and live well. They settled in Rose Lawn, Wisconsin, where he worked as a minister and also ran a branch of the Battle Creek Sanitarium on the side, plus sold some health foods. Two children were born to them there, Promise Joy and Paul. However, baby Paul died of whooping cough when only four weeks old. Carrie died in July Two years later, Jethro Kloss married Mrs. Amy Pontwith, a widow with a little girl, Mabel. They moved to St. Peter, Minnesota, and started up an attractive sanitarium in pleasant surroundings, which they called Home Sanitarium. It was run much as a small hospital would be nowadays. Back in the early s there were not many hospitals yet. The local doctors would perform surgeries there, with Jethro handling the anesthetics. They were equipped for electrical treatments and hydrotherapy, and were especially successful in treating nervous breakdowns. Here they had two more children, Lucile in and Eden in In , after selling that sanitarium, the Jethro Kloss family moved to Fountain Head, Tennessee, bought a farm, built a house and barn, and began to raise all kinds of fruit and vegetables - and Shetland ponies. Their last child, Naomi, was born there in But then Jethro Kloss received an invitation to come to Amqui, Tennessee, and take over a food factory. He rose early and worked, long, hard days at this challenge. He was an excellent baker, and the place did so well that he was shipping food all over the United States and into Canada. Here he developed many of his famous recipes. Later on this place became part of Madison College near Nashville. Jethro next went to Brooke, Virginia, and set up a new health food factory and a retail market. All of his family were pressed into service to help this business succeed. In fact, Jethro was a firm but gentle family leader. He regularly gathered them all together for hymn-singing, and to read the Bible and pray together. He was a strong disciplinarian, but also warm-hearted and affectionate. If he had to go away, he wrote to his children every day. He delighted in slipping them an extra little gift of a new fruit or whatever. He liked to have his children read to him, to save his eyes, for the long days he worked. When his step-daughter, Mabel and her husband, were able to take over that business, Jethro moved his family on to Washington, D. There he lectured on health, and continued to treat the sick, and he studied herbs and their preparation in greater depth. He began to get more and more requests to lecture all over the country and began to travel more on these speaking engagements. In his spare

moments, he was also beginning to work on his masterpiece book, *Back to Eden*. Where ever he went, when people asked him for help, he stopped to counsel or give treatments to heal them, always using his herbs or very practical methods. Finally, in , he was able to complete and publish the book, *Back To Eden*. In his wife, Amy died. In he met Mr. Together they bought a property at Coalmont, Tennessee. The Hiatts took over the promotion and publication of his book, *Back to Eden*, so he could concentrate on treating sick people, and teaching his health principles. He hoped to start another sanitarium, but his health was failing by that time. His daughter Promise writes that he was like a candle that had been burned at both ends. He was worn out. But when she called him from northern British Columbia in Canada, where she lived, just before he died, he was still full of visions and ready to build that sanitarium he had in mind. He thought that would be his greatest legacy for future generations, never realizing that he had already accomplished that with *Back To Eden* Jethro Kloss - Remembered by his Granddaughter His granddaughter, Doris Kloss Gardiner, remembered her grandpa fondly for his friendliness and playfulness first of all. She observed his strict adherence to his health rules too. One was to go outside early every morning to do a certain number of jumping jack exercises. The brisker the air, the better he liked it. When he came in he drank a glass of fresh orange or grapefruit juice and waited exactly half an hour before eating his breakfast. Another rule was to never eat between meals. It ensured an alert, running start to her day at any rate. Because she liked to buy penny-candy, she could be persuaded to comply. However, she found the soybean milk delicious, and also enjoyed his many other soybean products, such as meat substitutes, breads, butter, cheeses, and ice cream. She learned to admire and respect her beloved grandpa for the way he disciplined his body and mind to keep well, and to experiment and develop food products for the benefit of others. When Jethro Kloss, her grandpa, was going to give a lecture or cooking demonstration, he would often prepare soybean ice cream ahead of time to serve to the public. Doris loved to help so she could lick the ice cream paddles before they left to go to the lecture. Not only did he win her quiet attentiveness during his speaking, he won many loyal followers from the taste of the ice cream afterwards. It can be truly said, "My people are destroyed for lack of knowledge. A lack of knowledge based on truth is accountable for much of the untold sufferings and miseries of humanity. He also said in the same foreword, "God has provided a remedy for every disease that might afflict us. Satan cannot afflict anyone with any disease for which God has not provided a remedy. Our Creator fore-saw the wretched condition of mankind in these days, and made provision in Nature for all the ills of man. I fully believe this to be true even today, in the twenty-first century. But I see that it is time to start a new web page on the teachings of Jethro Kloss, as I find them in his book, *Back to Eden*.

Chapter 4 : Back to Eden | Organic Gardening | Sustainable gardening

Back To Eden breaks it down in simple terms - we need to cleanse our system with the elements that were found in the Garden Of Eden. When my first friends started taking some of the twenty-one elements that are espoused in this book, they were amazed by the results.

We were talking about alternative health remedies and this woman, Mrs. Rempel, told me about plaintain which grew wild beside the sidewalks in Hague, my hometown. I could pick a shopping bag full in just a few paces along the sidewalks. The next time I was at the nursing home I asked Mrs. Rempel where I could find out more about such herbs. She recommended I get a book called Back To Eden My next trip to the city, I tried to find it in the usual bookstores, and second hand shops. When I met that lady again, I reported this to her. She said to try the health food stores. I have worn my paperback copy of Back to Eden ragged and need to go find a hardcover copy somewhere. From the forwards by his daughter, Promise, and Jethro himself, I realize that he wrote Back to Eden after he had already done most of his experiments and had tried out his remedies on many patients. He could say with confidence that what he suggested really works. The range of his topics are probably broader because of that. After an introduction about his personal experiences, Kloss has chapters on soil, the history of medicine, fresh air and exercise, fasting, devitaminized, adulterated foods, fruit diets, meat eating, and foods and diets of course. Kloss goes further to cover compresses and fomentations, massage, high enemas, nursing techniques, the eliminating diet, minerals found in the body, a large section on herbs and medicinal trees, tonics, the treatment of diseases, and various food preparations. He was partial to oranges and potatoes, but had many recipes he had especially devised to help sick people get well with healthy foods. There is a another of his books published, called The Back to Eden Cookbook. His daughter Promise writes that her father was already working on Back to Eden in the early s. She says, "Requests poured in for his services as a lecturer and he traveled widely throughout the country, all the while refining and perfecting the manuscript for BACK TO EDEN - and all the while continuing personally to treat the sick, often taking them into his own home where they could have a proper diet and the necessary herbs and treatments. About the need to dig for knowledge, and how to stay healthy: A lack of knowledge based on truth is accountable for much of the untold sufferings and miseries of humanity. The advice contained in this book, if heeded, will save money, suffering, and often premature death. No matter how many germs get into the body, if the blood stream is clean and the blood corpuscles are in a healthy condition, you will be safe. Everyone comes in contact with many kinds of germs, but these organisms will not harm you or cause sickness and death, unless they have a place in which to propagate themselves. Satan cannot afflict anyone with any disease for which God has not provided a remedy. Our Creator foresaw the wretched condition of mankind in these days, and made provision in Nature for all the ill of man. He has provided for us, but all the new so-called medicinal research seems to ignore this vast area of knowledge. Fortunately, we can search it out for ourselves, thanks to the helpful books by men like Jethro Kloss. This way, by learning about one herb quite thoroughly, drying and using it and confirming in my own mind that it has the properties and effects Kloss describes, I am developing my herbal education. Kloss seems to have had readers like me in mind when setting up Back To Eden. There is a section of over pages on herbs and their uses. In alphabetical order, they are described with their formal and informal names, and he describes what each condition each is good for as a remedy. Then there is another section of about 40 pages which lists specific diseases and problems, and which herbs to look for to help heal that condition. There is yet another longer section, almost pages, on the Treatment of Diseases, where Kloss describes the causes of each problem, the symptoms, and how to correct it. I find this exceptionally helpful! After all this comes nearly pages of amazing recipes. Now, Kloss was more partial to soybeans than I am, so he has a number of recipes that use soybeans - for things like cream cheese and nut butters or cheeses. There are several recipes for vegetable roasts to create meat substitutes. Oatmeal and bran are key to some ways to make broths and water for the sick or just to give the body an easier time to rebuild itself. I like the section on vegetable soups too, and have learned to adapt and make my own, depending on what I have at hand. A single large orange has the equivalent of a slice of bread or a glass of

milk in food value for us, and because the nutrients are predigested they are ideal for invalids and the sickly. The juice of an orange has alkaline salts, which counteract a tendency to acidosis. This is a great benefit to those who have scurvy, beri-beri, neuritis, anemia or any other condition where the body tissues are bathed in acid secretions. If orange juice is drunk half an hour before breakfast it will stimulate the colon so that our digestive system is primed and ready to work. Orange juice is also perfect to quench a fever, or to rinse poisons more quickly through the kidneys. All that and more besides the simple fact that it tastes delicious and quenches our thirst! Back To Eden is chock full of information like that. You ought to get your own copy and study it.

Chapter 5 : Back to Eden Again: The Value of Herbal Healing Today

Jethro Kloss. Herbalist Book. Back to Eden. A Human-Interest Story of Health and Restoration to be Found in Herb, Root & Bark.

Chapter 6 : Back to Eden: Nonfiction | eBay

I to have read this great book to find answers to questions I had about diseases. What Dr. Kloss has shared about the use of herbs help me to gain the kind of health I have at this time. I'm 76 years young with the strength of a 60 year young person.

Chapter 7 : Jethro Kloss (Author of Back To Eden)

Jethro Kloss pioneered the ideas that led to the flourishing of the natural foods industry. This book is a complete guide and introduction to the natural lifestyle and has withstood the test of time, selling more than 4 million copies since it was first published in

Chapter 8 : Kloss - Back To Eden

Back to Eden has 16 ratings and 0 reviews. Now in its expanded, updated revised edition, this is the original classic text (with more than five million o.

Chapter 9 : A Book Review on the Natural Living Book "Back to Eden" by Jethro Kloss

Article: Book Review - Back to Eden. This is just one of the many articles available at the living and raw foods web site. We are the largest community on the internet d edicated to educating the world about the living and raw food vegetarian/vegan diet.