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## Health Corner

### From the herbal chest of Hilda Iten



Hilda and Hans Iten

Many of you will know Hilda Iten from the Auckland Swiss Club. Both Hilda and her husband Hans have held a lifelong interest in organic gardening, the power of herbs, as well as making delicious fruit wines. Hilda's Raspberry Wine will lift anybody's spirit to lofty heights of pleasure!

Both in their late 80s, Hilda and Hans continue to live an active and enjoyable life, and Hilda's conscious cultivation of good humour and laughter makes a big contribution to this.

Both are avid Jassers, and easily beat the best of them (check the Jass-results on page 18!).

Hilda's herbal recipes must have something to do with all of this wellbeing, and she has kindly agreed to share some of them with us.

Our thanks go to Hilda, and also Renate Meyer-Knecht and Trudi Fill-Weidmann, who kindly helped with recording and translations.

#### Healthy heart with garlic and lemons!

De-calcification – without the need for surgery...

When coronary or cerebral circulation is restricted due to atherosclerosis, a shot of this easy-to-prepare elixir is highly recommended:

**Take 30 peeled cloves of garlic, and 5 whole organic unpeeled finely chopped lemons.**

Mix both in blender and bring to the boil with one litre of water. Let it bubble only once! Cool and strain through a sieve very hard, to make sure most of the zest comes through, so that the resulting liquid is thick. Fill into a bottle and drink in a shot glass (about 20-30ml) once a day, before or after your main meal.

After only 3 weeks of taking this, some people feel considerable improvements in vitality which is felt as the body regenerates itself, and with improved vision and hearing. Have a break for one week, then start another 3 weeks of taking this. Do this 6 week-regime once a year. The normally strong odour of the garlic is counteracted by the zest and juice of the lemon, so no need to worry about the social implication of taking this remedy.

What people notice in their wellbeing are things like better sleep, without the restlessness that they used to feel all night long. One woman avoided having heart surgery by taking this elixir. Another area where remarkable results have been noted by taking this mix is paradontosis (gum degeneration).

What have you got to lose?

#### Raspberry wine "à la Hildeli"

You will need:

- ♥ 2 kg raspberries
- ♥ 8 lt water
- ♥ 10 (plus 3) cups of sugar
- ♥ 2 tsp dry yeast

Boil the water and let it cool. Soak the berries in the water and then strain. To this liquid, add the sugar and the dry yeast, and mix well. Fill the liquid into flagons or bottles, and let ferment for 7-8 weeks. Put the tops on only loosely during fermentation to prevent the bottles from exploding!

The next step is to sieve the liquid very slowly through a nylon cloth, taking good care to not disturb the sediment at the bottom of the bottle.

Boil 3 cups of sugar in 2.5 cups of water, let cool off and mix with the sieved liquid, then fill again into flagons or bottles and screw tight. Store in a cool place.

Prost!



#### Wellbeing elixir: Garlic syrup

Take:

- ♥ 150g peeled cloves of garlic
- ♥ 200g onions
- ♥ 3 TBSP cider vinegar
- ♥ 200g honey (warmed)



Finely cut garlic and onions and add 3 tablespoons of cider vinegar. Cover and let stand for 24 hours in a warm place. Take a medium bowl and add the warm honey to the garlic and onion mixture. Cover, and let stand for 7 days. Thereafter, strain mixture through a cheese or nylon cloth and transfer into a bottle.

Take one teaspoon daily to stay well.

Enjoy!

#### Hair rinse

Take:

- ♥ A handful of dried nettle leaves
- ♥ A handful of dried rosemary
- ♥ A bit more than a handful of onion peels

Boil all in a bit less than a litre of water until a brown broth develops. Drain and let cool. Use this as the last rinse after every time you wash your hair. Dry hair. Do not rinse this broth off. It will gradually disguise grey hair and give it a golden sheen.

It won't happen overnight, but it WILL happen!