

COMMON SENSE CHRONICLE;

ON THE FOLLOWING INTERESTING
S U B J E C T S :

- I. Of our PURPOSE in writing Common Sense Chronicle.
- II. Of the Discovery and History of an Amazing Herb called Yerba Mate.
- III. Of the Dangers of Caffeine for our Health.
- IV. Of the Good Effects of Carob, a Substitute for Chocolate.
- V. Of One Recipe to try Your Hand using Carob instead of Chocolate.

NEW EDITION: of a series of publications appealing to the Common Sense In
the soul of every man that can be touched by simple Illustrations
In nature as seen in its relation to eternal truths.

From the corporate and gathered Wisdom of the people dwelling in the Unity of
the Commonwealth of Israel in communities all over Planet Earth

*The heart of the wise seeks knowledge,
But a fool's mouth feeds on folly...*

PROVERBS 10:14

PLYMOUTH, MASSACHUSETTS
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INTRODUCTION

In 1776 Thomas Paine published A VERY INFORMATIVE PAMPHLET named, simply, *Common Sense*. It was an appeal to the COMMON SENSE in all men to take time to think about what is happening around them and not just to tumble on into life senselessly.

Now, over 200 years later, we at the *Common Ground Café* are introducing *The Common Sense Chronicle*.



It is a part of a series of papers that make just that same appeal – to the common sense in human beings to find simple solutions to many troubling issues. Even in the way we eat, there is a way that makes *common sense*. Our hope in this paper is to provoke your *common sense* and cause you to consider the simple things that speak to your spirit and soul, even what goes into your body. We do not prescribe remedies, just give the common sense way of looking at things... if you find anything written in our *Common Sense Chronicle* to be a “remedy” for any of your ills it will certainly make us glad.

Please feel free to take a copy home with you, or write down your comments for our suggestion box, or come to one of our evening open forums at this café.

Your friends at the *Common Ground Café* and in the *Common Sense Store*.

Maté, A Hidden Secret

Long ago, in South America, there was unlocked a major secret for maintaining good health. It was found in the healing qualities of one of their native plants. It was the Yerba Maté tree. The Maté beverage made from this tree was discovered to benefit health, vitality and



longevity. Maté became the most common ingredient in household cures of the natives, and remains so to this day. It has been used for centuries to boost immunity, cleanse and detoxify the blood, tone the nervous system, restore youthful hair color, retard aging, combat fatigue, stimulate the mind, control the appetite, reduce the effects of debilitating disease, reduce stress, eliminate insomnia, and so forth.

In current practice in modern Brazil, Argentina and Paraguay, maté tea is made from the leaves steeped in

hot water. It is now imported by several major companies into countries all over the world. Tribal Trading, our own Company, imports one of the finest, certified organic maté, sold in the Common Sense stores in the USA, and in our stores in Europe as well.

Mate' (*Ilex paraquariensis*) also known as Yerba Maté, is an evergreen member of the holly family. It goes by several common names, including Paraguay tea, Jesuit tea, missionary tea and South American holly. It grows wild in Argentina, Chile, Peru, and Brazil, but is most abundant in Brazil and Argentina where it has recently been cultivated. The leaves are used nutritionally and medicinally, steeped in hot water for several minutes and served hot or cold. The plant is classified according to Western Herbal Medicine as aromatic, stimulant, bitter, aperient, astringent, diuretic, purgative, sudorific, and febrifuge. Quiet a list!

What Makes Maté So Good

One group of investigators from the Pasteur Institute and the Paris Scientific Society concluded that maté contains practically all of the vitamins necessary to sustain life. They focused especially on pantothenic acid, remarking that it is rare to find a plant with so much of this significant and vital nutrient. Indeed it is difficult to find a plant in any area of the world equal to maté in nutritional value. It is literally a storehouse of nutrition containing amounts of tannins, vitamins and minerals,

including carotene, vitamins A, C, E, B1, B2, B complex, riboflavin, nicotinic acid, pantothenic acid, biotin, vitamin C complex, magnesium, calcium, iron, sodium, potassium, manganese, silicon, phosphates, sulphur, hydrochloric acid, chlorophyll, choline, and inositol.

In addition, maté contains small amounts of a substance belonging to a very specialized class of chemical compounds; xanthine alkaloid called mateine.

Yerbamaté and the Xanthine Alkaloids

The xanthines draw a lot of attention because they number among them some traditional nasties, chief of which is caffeine. All of the xanthines have a similar stereochemistry but each has its own unique set of properties. For many years, maté was (is) thought to contain caffeine. It turns out however, that mateine, the alkaloid in mate, is not identical to caffeine, differing from caffeine in some rather dramatic ways.

In fact, there is only one effect that seems to be shared by all xanthines: smooth muscle relaxation. It is this action that makes them, with the exception of caffeine, whose smooth muscle relaxant effects are diminished by other side-effects, good clinical dilators of the bronchi and hence useful in the treatment of asthma.

Mateine, however, has a unique pharmacology and it is unfair to compare it to caffeine. In fact mateine appears to possess the best combination of xanthine

properties possible. For example, like other xanthines, it stimulates the central nervous system, but unlike most, it is not habituating or addicting. Likewise, unlike caffeine, it induces better, not worse, attributes of sleep. It is a mild, not a strong, diuretic, as are many xanthines. It relaxes peripheral blood vessels, thereby helping to reduce blood pressure, without the strong pressure effects on the brain and heart exhibited by some xanthines. We also know that it provides a gentle stimulating effect without the typical xanthine-induced depressant after-effects.

Summarizing the clinical studies of France, Germany, Argentina and other countries, it appears that we may be dealing here with the most powerful rejuvenator known to man. Unlike the cocoa of the Incas, the coffee of India, or the tea of China, maté rejuvenates not by the false hopes of caffeine, but simply through the wealth of its nutrients.

Other Health Benefits

Constipation, acute or chronic, can be overcome through the use of maté. Considering the seriousness of this type of health problem in the United States and other developed countries, a simple and effective solution such as drinking a pleasant beverage should be a welcome addition to treatment regimens. Maté appears to work mainly by softening the fecal mass, but it also appears to stimulate normal peristalsis to some degree.

Sometimes, simple hemorrhoidal relief can also be obtained through drinking the tea, since the bowel movement will reduce pressure on blood vessels caused by the hard stool. Dieters can use maté to suppress the appetite, while providing necessary nutrition, energy and improved elimination to compensate for a reduction in ingested calories.

Better than any other xanthine alkaloid, maté has the ability to quicken the mind, increase mental alertness and acuity, and do it without any side effects such as nervousness and jitters. These observations have been made time and again by qualified medical experts as well as others who drink maté daily.

One consistent observation is the improvement in mood, especially in depression, that follows the ingestion of the tea. This may be a direct result, or it may be an indirect result of increased energy.

The non-addicting nature of maté makes it an ideal



substitute for people who are trying to kick the caffeine habit. Also able to help the coronary system, maté supplies many of the nutrients required by the heart for growth and repair. In addition, it increases the supply of oxygen to the heart, especially during periods of stress or exercise. Maté also belongs to that class of herbal medicines called alternatives. That is, it seems to be continually striving to rid the blood of waste materials and miscellaneous toxins. It increases the immune response capability of the body, stimulating the natural resistance to disease. This also involves a nourishing and strengthening effect on the ill person, both during the course of the illness and during convalescence, sometimes dramatically accelerating recovery times.

Additionally, there is growing clinical evidence that maté stimulates the adrenal glands to produce corticosteroids. This mechanism of action may account for a commonly observed action of maté to decrease the severity and incidence of allergy and hay fever.

Maté reduces the effects of stress on the body; this property probably involves a combination of effects on the endocrine system, the nervous system and the immune system, but is one of the most important of the herb's actions.

Related to its amazing nutritive value are the frequent applications of maté to overcome the debilitating effects of long-term diseases. The special

combination of nutritive effects of maté can sometimes be seen in a reduction or reversal of some signs of aging, and mood swings.

Be Careful of the Quality of the Maté

South American herbalists are the first to admit the impurity of almost all maté products currently found on the market in the USA and Europe. They are full of insect parts, materials from other plants with irritating effects on the gastrointestinal tract, and they are sometimes totally misidentified.

One common problem in the maté market is a general lack of awareness concerning the importance of allowing the plant to dry or 'cure' for several months before packaging it for sale.

For these and other reasons, it is wise to purchase your maté only from a reputable firm like Tribal Trading who takes time to go to the maté plantations in Brazil where they purchase their maté, and view the manner in which the harvest is processed.

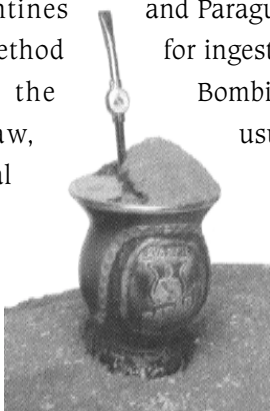
The Flavor of Maté

Some people find the taste of maté somewhat unpleasant, kind of like alfalfa. But when properly brewed one becomes used to the wild flavor of the plant, and grows to like its flavor very much. We also combine maté with the very pleasant tasting stevia, another herb from South America, and other herbs, like peppermint, that enhance the pure maté flavor. Stevia is

a very healthful herb in its own right, being widely used both internally for stomach ailments and blood sugar regulation. Tribal Trading also imports this product from Brazil and has it available in our Common Sense Stores.

Ways of Using Maté

The Argentines developed a method gourd called the uses a straw, has a fine metal the end which is gourd which is the tea. The the teabag as a keeping fibrous being mixed



and Paraguayans have for ingesting maté in a Bombilla. The method usually metal, that filter attached to inserted in the packed full of straw replaces means for material from with the

ingested liquid tea. Actually, a large quantity of ground leaf is first soaked in cold water, then the hot water is added, over and over again, until all the flavor has been extracted. Often, the bombilla is passed from one individual to the next around a circle. This, and associated ritualistic practices, represent aberrations of the maté tradition that crept in over the centuries.

The bombilla has the advantage that it can be inserted directly into the bulk of leaves and twigs. Twigs add a deep rich taste to the mate, but must be removed in the making of the teabags. As one sucks on the straw

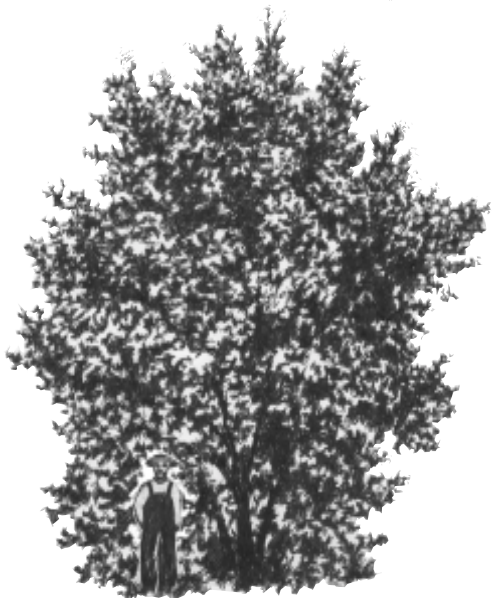
embedded in the mass of herb, the herbal material becomes lodged against the screen and the liquid is drawn through it. Some of the finer particulate matter works its way through the holes in the strainer and is ingested, but this material causes no discomfort whatsoever, and is actually good for you. The better bombillas can be placed in a dishwasher for cleaning.

Tribal Trading imports the bombilla drinking gourds also, and you can find them in our Common Sense Stores. But this method makes a very strong brew which most people in western nations find excessively bitter. It also makes it impossible to add honey, lemon and lime, or milk, which give the maté a very pleasant taste. The bombilla method has received some criticism from a hygienic point of view. For it is often used in the maté rituals of South America, where the straw is passed from one participant to another around the circle. It probably is an unsanitary practice.

Our tribes in Brazil and Argentina brew maté in large pots, adding the herb to water that is just below the boiling point, and steeping it until the herb falls to the bottom on the pot... That seems the best way to us.



Is Carob Better Than Chocolate?



We have found that it is COMMON SENSE to avoid the excessive use of caffeinated beverages and the use of chocolate altogether. We have found the benefits of using Carob as a substitute for Chocolate are very positive. Carob is high in calcium and has neither the addictive qualities of chocolate, nor the caffeine.

Carob, leguminous evergreen tree (*Ceratonia siliqua*) of the family Leguminosae (pulse family), native to Mediterranean regions but cultivated in other warm climates, including Florida and California. The large red pods have been used for food for animal and man since prehistoric times. Non-fleshy and bean-like, the carob would not be generally regarded as a fruit, in the food-use sense, except for its sweetness. To many people it is familiar only by name as “St. John’s Bread”, in allusion to the “locusts” which, according to the Bible, sus-

tained St. John the Baptist in the desert (Mark 1.6); and the “husks” which tempted the hungry Prodigal Son. The word “locust” was originally applied to the carob tree; later to migratory and other grasshoppers; and the name is attached to a number of other leguminous trees with pinnate leaves and oblong pods (*Gleditsia*, *Hymenaea*, *Parkia*, *Robinia*).

A powder made from the ground pods and seeds of this tree and used in cooking. It especially makes an excellent substitute for cocoa in recipes.

History

In the Mediterranean region, peasants have virtually lived on the pods in times of famine, but the tree is valued mostly as providing great amounts of pods as feed for livestock. Imported pods were once regularly sold by street vendors in the Italian section of lower New York City for chewing. In the early 1920’s, there was much promotion of carob culture in California, especially allied with the development of arid lands there. There was a flurry of activity in producing “health food” products from the imported carob pods. Some of these products are still sold today, especially as substitutes for chocolate... In Germany, the roasted seeds have served as a substitute for coffee. In Spain, they have been mixed with coffee. Historically it was claimed that the seeds of carob were used as a standard for measuring. Thus, is the origin of the term “carat”, the measure of weight for precious jewels and metals.

Food Value Per 100 g of Carob Flour	
Calories	108
Moisture	11.2 g
Protein	4.5 g
Fat	1.4 g
Carbohydrates	80.7 g
Fiber	7.7 g
Ash	2.2 g
Calcium	352 mg
Phosphorus	81 mg

Cocoa, is the common name for a powder derived from the fruit seeds of the cacao tree and for the beverage prepared by mixing the powder with milk. It is also mildly stimulating because of the presence of theobromine, an alkaloid that is closely related to caffeine. Research has found that pets, especially dogs, are sensitive to theobromine. Several cases of dog poisoning have been reported and the amount of chocolate eaten varied between 100g and 1kg. The dog's symptoms were mainly neurological (trembling and convulsions), but others such as diarrhoea also occurred.

Chocolate, is a preparation made from the fruit of the cacao tree and used as a flavoring and as an ingredient of beverages and various kinds of confectionery. Chocolate was brought to Europe by the Spaniards, who learned its use from the Aztecs at the time of the invasion by the Spanish adventurer Hernán Cortés in 1519. It was introduced into England about 1657. In the United States, chocolate was first manufactured at Milton Lower Mills, near Dorchester, Massachusetts, in 1765.

Many people describe their desire to eat chocolate as a **craving** and they also report that eating chocolate "relieves tension". How this happens is still not fully understood and it is still being researched. Recent research on the cause of cravings has looked at chemicals (neurotransmitters) in the brain which might affect one's mood. One of these chemicals is called serotonin and it is thought to relax and calm people. One theory suggests that a decrease in serotonin in the brain leads to a craving for starches and sweet foods like chocolate. When serotonin levels rise again a feeling of well being is said to return. Endorphins are another of the chemicals which are thought to produce the feel-good factor. Endorphin levels seem to be controlled by dietary fat and it has been suggested that eating fat containing foods like chocolate might improve one's mood by increasing the levels of endorphins. Cravings for chocolate may share a common mechanism with opiate drug

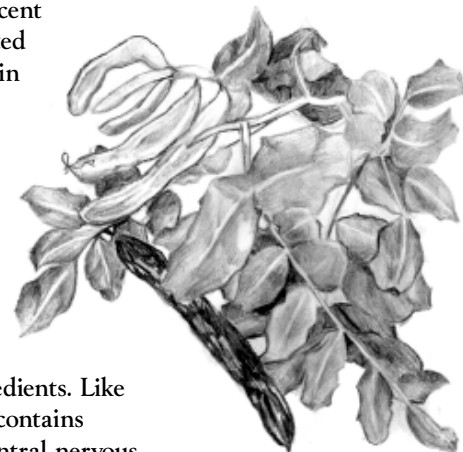
addiction. Very recent studies have isolated certain chemicals in chocolate that are very addictive, which explains why people crave it.

The craving for chocolate is related to psychoactive ingredients. Like Cocoa, chocolate contains theobromine, a central nervous system stimulant which does not have strong subjective effects. Chocolate also contains caffeine but compared with tea and coffee it is a fairly insignificant amount. Chocolate is not viewed as a staple food, it is considered more of an *indulgence*. Resisting the desire to eat chocolate could cause the desire to eat it to become more prominent*. Contamination of chocolate during processing has also been a major concern among the health conscious.

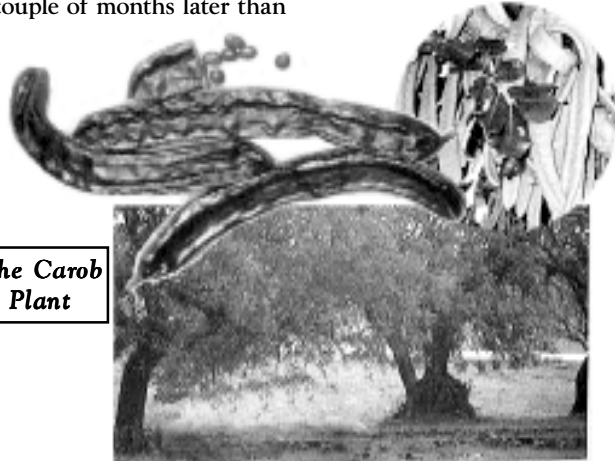
References: Rogers, P., Mood and chocolate craving. "Chocolate & Confectionery International," 2 (1): 10-13, January 1998
"Chocolate and cravings". Chocolate Manufacturers Association/National Confectioners Association News Release. 5 February 1998

Caffeine

The effects of caffeine on the body have been widely disputed. Mainstream medical research does not show a direct link to lasting negative effects of either blood pressure or heart conditions from using caffeine, although it may make those with weak hearts experience the racing of the heart beat which is a bit frightening. They have also not proved a



direct link between caffeine and cancer, but this is only the isolated effects of the caffeine itself. Though long term studies on the effects of excessive use of strong coffee and cola type beverages on the kidneys, liver, and bladder has not been conducted, health journals all advise using them with extreme care. With the epidemic of prostate cancer in men it has been advised that those with prostate trouble avoid all coffee and cola and chocolate. There are some studies that show that large doses of caffeine – that would be three to seven cups of coffee a day – can delay fertility. That means you get pregnant a couple of months later than



The Carob Plant

you otherwise would have gotten pregnant. There's also a warning for pregnant women who drink a lot of coffee or beverages containing caffeine that says drinking five cups of coffee per day more than doubles your risk of miscarriage.

This latest study looked at women in early pregnancy when most miscarriages happen. The study suggests a similar effect from other drinks that contain caffeine like tea, cocoa, and sodas. Details of the study appear in the New England Journal of Medicine.

When regular caffeine consumption is stopped abruptly, some individuals may experience symptoms such as headache,

fatigue or drowsiness.

As with all foods and beverages, parents should use common sense in giving their children caffeinated foods and beverages. Over many years of experience, breast feeding mothers have found a definite effect on their nursing babies if strong stimulants are ingested by the mother.


*This comment by the researcher reveals a much deeper and more complicated problem that is “common” to all men. This is the phenomenon that Paul the Apostle also addressed in the New Testament (Romans 7) in referring to the reaction of men when they are put “under the law”. It is that very revealing tendency in human beings to be inclined to avoid the things he knows are good for him and to be strongly attracted to doing something he knows he should not do. Of course, most of us are able to master this tendency to some degree or another. But it is interesting that the researcher notes this factor in addition to the chemically addictive aspects of Chocolate.

This inner conflict results in soul-searching frustration many times. It will drive the cognitive to search for some deeper realm that causes this destructive side of human nature. We, of the Common Sense Chronicle communities, have set ourselves to seeking for understanding about this and overcoming it. We have found that by merely human power this is not possible. This compelled us to look for the “way” of deliverance from this vicious cycle. Our forefather Abraham was directed by the Almighty to follow what was called “the Way of YHWH”, in order to escape from the downward spiral of human tendencies to neglect the good and crave for the bad. The Son of God is recorded as having called Himself “the Way”. It is upon this very “Way” that we have embarked. Separating from the bickering denominations of our Jewish and Christian backgrounds we felt safest to simply follow the example of the first believers in Jerusalem 2000 years ago. Their communal lifestyle is clearly described in the historical account of the Acts of the Apostles chapters 2 and 4.

So, aside for the Common Sense wisdom we have learned upon this path of life over the past thirty years, we would also like to share with you “the Way” if you have any questions....Our addresses are on the rear of this booklet.

...(your friends at Common Sense Stores and Common Ground Cafes)...

Product	Serving size ¹	Caffeine (mg)
Over-the-counter		
Excedrin	2 tablets	130
Anacin	2 tablets	64
Coffees		
Coffee, brewed	8 ounces	135
Coffee, instant	8 ounces	95
Coffee, decaffeinated	8 ounces	5
Starbucks coffee grande	16 ounces	550
Teas		
Tea, leaf or bag	8 ounces	50
Snapple Iced Tea, all varieties	16-ounce bottle	48
Lipton Iced Tea, assorted varieties	16-ounce bottle	18-40
Tea, green	8 ounces	30
Tea, instant	8 ounces	15
Celestial Seasonings Herbal Tea, all varieties	8 ounces	0
Soft drinks		
Mountain Dew	12 ounces	55
Diet Coke	12 ounces	47
Coca-Cola	12 ounces	45
Dr. Pepper, regular or diet	12 ounces	41
Sunkist Orange Soda	12 ounces	40
Pepsi-Cola	12 ounces	37
Minute Maid Orange Soda	12 ounces	0
7-Eleven Big Gulp cola	64 ounces	190
Frozen desserts and yogurt		
Ben & Jerry's No Fat Coffee		
Fudge Frozen Yogurt	1 cup	85
Häagen-Dazs Coffee Ice Cream	1 cup	58
Dannon Coffee Yogurt	8 ounces	45
Stonyfield Farm Cappuccino Yogurt	8 ounces	0
Chocolates or candies		
Hershey Bar, 1 bar	1.5 ounces	10
Cocoa or hot chocolate	8 ounces	5

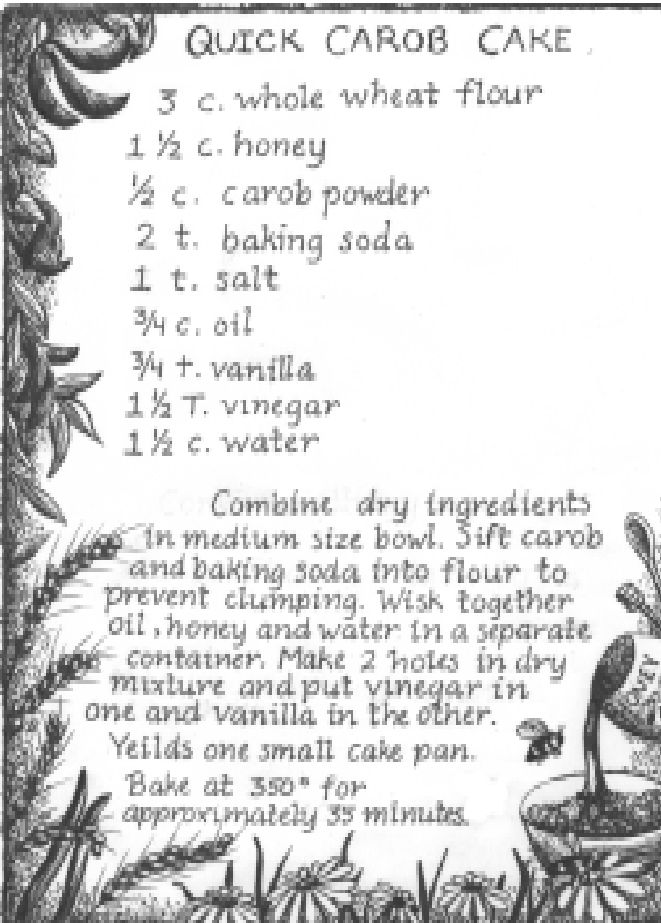


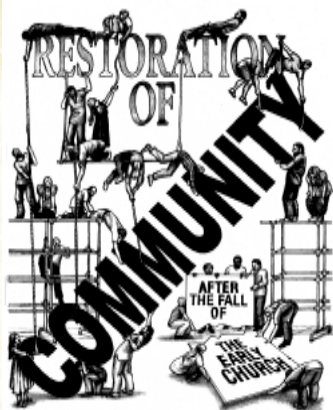
QUICK CAROB CAKE

3 c. whole wheat flour
 1 ½ c. honey
 ½ c. carob powder
 2 t. baking soda
 1 t. salt
 ¾ c. oil
 ¾ t. vanilla
 1 ½ T. vinegar
 1 ½ c. water

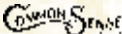
Combine dry ingredients in medium size bowl. Sift carob and baking soda into flour to prevent clumping. Wisk together oil, honey and water in a separate container. Make 2 holes in dry mixture and put vinegar in one and vanilla in the other. Yields one small cake pan.

Bake at 350° for approximately 35 minutes.



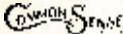



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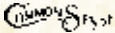
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