

Super Hero Training Nutritional Protocols The Natural Goodness Program

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Part 1

Cellular Understanding

The Three “L’s” of Cellular Health

“Be not deceived, God is not mocked, for whatsoever a man soweth (in his heart) that shall he also reap.”

—Galatians 6–7

The three L’s of cellular health stand for love, liquid, and light:

Loving feelings, actions, and internal dialogue.

Pure *liquid* in the form of healthy internal bodily fluids.

Enlightened thoughts coming from pure consciousness.

There are three “L’s” in cellular. If we want our cells, and therefore our physiology, to be healthy, we need to look after all three departments because together they create the environment with which our biology must interface. Like everything natural, an optimal environment will allow the organism to flourish. Physiology is composed of cellular structure. Everything is made of cells: hair, teeth, nails, bones, organs, muscles, skin—simply *everything* in our biology. Even the smallest cell in your body is a billion times bigger than its smallest component. Thousands of components make up a single cell: chemical compounds, amino acids, hormones, enzymes, mitochondria, organelles, chromosomes, genes, RNA, and DNA. Each mini-universe of a cell is so small it would take ten thousand layers of its structure to form the width of one piece of paper. Consider that for a moment. Each one of those layers is a tiny envelope within which biochemical and electrical activity takes place. When we talk about physical health what we are really talking about is cellular health.

Even though ill health has myriad manifestations in the form of symptomatic disorder, there are certain common denominators that are found in virtually *every* cellular disease profile.

Those common factors can be grouped together under one simple heading: *toxic constipation of tiny biological channels*. The NGP, therefore, is a detoxification strategy that unclogs the tiny channels of our biology so our cellular structure can breathe, eat, sing, and dance. This may appear to be a nonsensical statement but, in fact, the work of Candace Pert, as chronicled in *The Molecules of Emotion*, states the same. The information I have provided will allow you to understand just how, knowingly or not, we undermine our bodily health simply by adopting, unquestioningly, the modern-day lifestyle. The main solvent for dissolving these blockages is pure and simple: *water*. It is no coincidence that the most potent natural medicine we can imbibe is water. Water is also the element associated with feeling and emotion. Feelings of peace-filled love are simply the best medicine there is.

The key to physical health is providing the cells with the natural goodness they need and making sure that the systems designed to transfer the nutrients are fully functional. Through our own hands, largely by what we consume and the way we consume it, how our minds are oriented and the attitude we hold in our hearts, most of us are accelerating an aging process that nature has designed to be far less traumatic.

The key points

Let us go over some of the key points we are about to consider:

- The whole body is a vast network of cellular structure that has been formed by Nature.
- Every aspect of our physiology, including the brain, heart, glands, muscles, skin, lungs, liver, kidneys, etc., is made up of these natural cells.
- Every cell requires natural microelements digested from natural foods in order to function efficiently.
- Oxygen is the most important nutrient. So deep, even rhythmic breathing is essential. This occurs naturally in a peaceful being.
- These nutrients travel via the blood system and the lymphatic system. The tiny channels along which bodily fluids flow are like fresh running rivers. Over time, these rivers become polluted. This is the major cause of breakdown in bodily circulation.
- Almost all cooked, processed, and packaged foods have some acidifying effect on the blood.
- Almost all cooked, processed, and packaged foods have a dehydrating effect on the blood.
- Acidity, dehydration, and cellular nutrient starvation are the constant factors in all disease situations.
- Blood acidifies and thickens as a direct result of the over-consumption of cooked, processed, packaged, and unnatural foods and drinks. It is also affected by stress.
- As soon as the blood acidifies and thickens, lymphatic flow begins to slow and internal fluid begins to stagnate.
- Internal stagnancy creates toxic overload. Cellular degeneration is accelerated, as is mutation. Cells mutate and become destructive.

- As the internal environment changes, the many micro-organisms, bacteria and flora essential to healthy internal stasis begin to mutate according to the environment and start to display characteristics that are utterly destructive and guaranteed to generate breakdown in the weakest areas of physical function. They also generate large amounts of acidity and other forms of toxicity. This adds momentum to a cycle of imbalance.
- This shift in internal environment is largely caused by the unnatural consumption of unnatural foods and drinks and can be reversed through the introduction of copious quantities of natural raw foods and juices.
- Lack of oxygen at the cell site is a fundamental factor in all disease situations. An overstuffed toxic and stagnant system that is not oxygenated is going to break down. In cancer profiles, cells mutate from aerobic activity to fermentation. Because they are denied the oxygen they need, they change their nature and become sugar-holics. Remind you of anyone you know?
- Because the liver is the major filter in the body for all the blood, if digested or partially digested foodstuffs enter the blood, the liver can become very blocked. Anyone seriously interested in reversing biological breakdown should cleanse the liver. See appendix for the recommended liver/gallbladder flush. The NGP is excellent preparation for a liver flush: follow its principles before, during, and after the cleanse.
- Light exercise daily is essential for lymphatic flow. Walking and rebounding are efficient and sufficient if you are out of shape or unused to exercise. Take it gently at first, and make sure you get your heart and lungs working.
- The body will pull alkaline minerals from bones, muscle and organs in order to balance acid/alkaline levels. We replace alkaline minerals through drinking and eating plenty of sea vegetables, organic vegetables and their juices.
- Acidity settles particularly in the weakest parts of the body.

Acidity and Dehydration: The Two Most Common Factors in All Cellular Disease

Disease is not something that occurs overnight. It is often the result of a constant sabotage of natural bodily functions. In very young children, disease can be inherited from the parents, and there are various other factors such as genetic disposition that create constitutional weakness, which will manifest as a breakdown in health. Toxic conditions will always accumulate at bodily weak points. Each individual has a specific history and unique constitution that predisposes him or her to certain areas of weakness. There are also a few other factors to consider, which we will touch upon later in this work. But the solution is always the same: if you support the natural bodily functions by alkalizing and hydrating the internal environment and provide the nutrients essential for cellular regeneration, the body will bring itself back into balance.

The main way in which health is undermined is through our daily intake of inappropriate food and drink. Everything we consume, combined with our daily thoughts, words and actions, affects the purity and quality of intracellular fluid. As soon as we improve the quality of our intake, primarily through the introduction of pure water, fresh fruit, vegetables and their juices, appropriate dehydrated green foods, and a lifestyle that generates the optimal thoughts and feelings most conducive to cellular health, the degeneration process is reversed and normal bodily health can resume. The time required for the body to rebalance itself is directly proportionate to the duration and nature of the negative lifestyle.

Negative thoughts and low-frequency feelings, like anger and fear, produce an electrochemical effect which acidifies the blood. Most of what we eat and drink in the modern western world has the combined effect of acidifying the blood and dehydrating the cells. The two most common factors in all disease situations are acidity and dehydration. Disease is the end result of the natural process of cellular regeneration being undermined. The name given to the disease is the name that describes that particular set of symptoms.

Cellular Purity

There is somewhere between fifty and a hundred trillion cells within the human body. When we are talking about physical health, what we are really talking about is cellular health. Cellular health is in its optimal state when the electrochemical, electromagnetic and biochemical factors which interface within biology are in perfect balance and stasis. It's a bit like getting the ingredients of a soup just right. A little bit too much of this or that and the flavor just isn't the same. These electrochemical, biochemical, and magnetic factors are largely determined by our thoughts and feelings. The fluid within and surrounding the cells is a critical factor in the cellular health equation and is also affected by thoughts, feelings, and what we eat and drink. The purity of intracellular fluid is maintained largely by the lymphatic system. Oxygen and nutrients absorbed from food through digestion are transferred to the cells via the blood and lymphatic system. The lymphatic system exchanges nutrients for the chemical waste within the cell, which is a natural by-product of cellular activity. The cell wall is a semi-permeable membrane. Nutrients pass from the lymphatic fluid into the cell through the semi-permeable membrane and chemical waste passes out of the cell into the lymphatic fluid. This waste is then moved through the lymphatic system and eventually excreted from the body.

When this process is undermined, cells are denied the food they require and chemical waste builds up inside them generating, at the very least, a great deal of stress. We experience this precursor to serious ill health in a variety of symptoms, ranging from fatigue to depression. Very often, the common cold is nothing more than the body, triggered by some microbe or other, throwing out the accumulated toxicity that has occurred as a direct result of the constant self-poisoning that we have indulged in since the day (and before) we were born. In a normal healthy body, with the lymphatics flowing properly and with nutrient-rich fluid, any microbe would be incinerated swiftly and effortlessly by our robust immune systems.

A constant strain is caused by the constant intake of combinations of food that the body cannot possibly purify. The biochemical and electrochemical consequences of low-energy feeling states contributes massively to a buildup of internal fluids that do not support optimal cellular health or biological function. This toxic cocktail is the arena that NGP specifically addresses. Add to this the hectic life in the modern world, and it is easy to see why ill health is such an accepted part of life. In truth, it is extremely unnatural and the result of biochemical catastrophe and the total disturbance of the most important process in the body: the transfer of nutrients to the cells and the transfer of waste away. This slow, steady poisoning constantly stresses the immune system. Because every component of our physiology is constructed from cells, our health eventually breaks down and we experience the symptoms of disease.

Cellular Structure

Remember: the whole of the physical form is composed of cellular structure. Before we can fully appreciate how our normal eating habits undermine cellular

regeneration we have to understand some important biological principles. The transfer of nutrients to the cells and the removal of toxic waste (the by-product of normal biochemical activity) from the cells are governed by a natural law called *diffusion*.

The Law of Diffusion

The law of diffusion states that elements being transferred through the cell membrane can only pass from a *higher* concentration to a *lower* concentration. It is not possible for elements to pass from a lower concentration to the higher. The law of diffusion will not allow it. This point is fundamental in understanding how modern eating habits sabotage our health. The two key factors in all disease, from the common cold to terminal cancer, are acidity and dehydration.

All nutrients supplied to the cells, including oxygen and the microelements synthesized by digestion, travel via the blood. The blood is the great reservoir that determines the levels of physical health we can hope to enjoy. Into this reservoir flows the lymphatic system. There is several times more lymph in the body as there is blood. The lymphatic system is like an intricate network of rivers and tributaries. *Every single cell is floating in lymphatic fluid*. The nutrients that arrive in the blood via digestion are then transferred to the lymphatic fluid and carried to the individual cells. The lymphatic fluid also takes away the biochemical waste produced by normal cellular metabolism. That's the natural byproduct of around 100 trillion cells in constant biochemical activity. The lymphatic system is the only means of removing the biochemical waste from the cell site.

Remember, the whole of the physical form is composed of cellular structure. Before we can fully appreciate how our normal eating habits undermine cellular regeneration, we have to understand some important biological principles.

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All nutrients supplied to the cells, including oxygen and the microelements synthesized by digestion, travel via the blood. The blood is the great reservoir that determines the levels of physical health we can hope to enjoy. Into this reservoir flows the lymphatic system. There is several times more lymph in the body than there is blood. The lymphatic system is like an intricate network of rivers and tributaries. Every single cell is floating in lymphatic fluid. The nutrients that arrive in the blood via digestion are then transferred to the lymphatic fluid and carried to the individual cells. The lymphatic fluid also takes away the biochemical waste produced by normal cellular metabolism. That's the natural by-product of the hundred trillion cells in constant biochemical activity. The lymphatic system is the only means of removing the biochemical waste from the cell site.

The whole of this process is governed by the law of diffusion. Nutrients can only pass from higher concentration to lower. That means that the toxicity levels in the lymphatic fluid surrounding the cell must be lower than inside the individual cell in

order for the law of diffusion to be upheld so a successful transfer of biochemical waste in exchange for nutrients can occur.

What happens to most of us, who have grown up on traditional western food, is that the blood begins to acidify and thicken. As soon as this acidifying and thickening process occurs the toxicity factor increases. This gradually slows lymphatic flow until it eventually stops, and the whole system gets backed up all the way to the cells. Consequently, the cells cannot release their toxic load because the toxicity levels outside the cell in the lymphatic fluid have increased to the point where the law of diffusion prevents the transfer of elements through the cell wall. Cells then literally begin to drown in the toxic waste of their own excretions and suffocate from deprivation of the oxygen they need. Consider how it must feel inside to have billions of cells starving and suffocating. Remember, our physical bodies *are* these cells. A large part of our physicality is literally drowning in chemical waste, being poisoned to death and starved of its essential requirement: oxygen. Is there any wonder dis-ease is experienced? The whole process is completely reliant on lymphatic flow, and the key to stimulating lymphatic flow is to introduce oxygen and alkaline-forming foods into the blood via the process of digestion. Because the lymphatic system has no pump, light exercise and rhythmic breathing will assist the removal of toxic waste. As soon as acidity decreases in the blood, the normal flow of lymphatic fluid will continue and the body will be able to rid itself of its backlog of toxicity and cellular regeneration will resume.

If this process of degeneration is not reversed, we will experience accelerated ageing and the miseries that go hand in hand with a constantly depressed immune system. As the body continues to creak and groan on a cellular level, the consequences manifest as breakdown in the areas most susceptible to stress, according to the particular behavioral habits, genetic makeup, and constitutional strength of the individual.

What needs to be appreciated is that there is a constant undermining of bodily health occurring on a daily basis. Through our own hands, largely by what we consume, most of us are accelerating an aging process that nature has designed to be far less traumatic. This is an easily rectified situation because the general inner environment can be improved very swiftly through the introduction of an educated strategy that the body is craving for.

The NGP is a basic nutritional strategy that can be employed at any time to support our natural processes of detoxification, cellular regeneration, and therefore rejuvenation. All of nature, including bodily function, is governed by natural laws. When we break these laws we are bound to suffer.

Key Points Recap

The NGP is essentially very simple; and although it recommends certain dietary choices, it does not rely exclusively on any so-called medicinal or healing foods. *The best medicine is to rest the digestive organs and to allow the body to heal itself.* This can be achieved most efficiently through short periods (up to seventy-two hours) of complete abstinence and drinking only the purest water and honey. At all times, the brain needs to be fueled and, as glucose is its food, fresh raw honey provides that nourishment perfectly. Raw honey also contains a perfect mineral content. These periods of fasting should be blended with an *appropriate nutritional program* based on the information that follows. During a fast is also an opportune time to enter into a

deeper relationship with your spiritual source.

Make sure you read Arnold Ehret's books: *Rational Fasting* and *The Mucusless Diet Healing System*. Fasting permits the body to break down stored accumulations of toxic residues. If a lot of poisons have built up over the years, this can be a dangerous process and should be overseen by a qualified medical practitioner. A good understanding of the process can be gleaned from the study of the two works mentioned by Arnold Ehret and by thoroughly reading this document. Check out our website www.successultranow.com as well. I run a variety of healing retreats and adventure holidays, which include a basic education in all of these principles.

Getting Started

"Paradoxically but true, (so called) civilized men starve to death through ten times too much overeating of wrong, destructive foods; the sack (stomach) of digestion is enlarged and sunken, prolapsed, which condition dislocates and interferes with the proper functioning of the other organs. Its glands and pores of the walls are totally constipated and its elasticity as well as that of the intestines, with its vital function almost paralyzed. The abdomen is an abnormally large sack of fatty, watery, dislocated organs through which half or even more of the decayed foods of civilization slide, fermenting more and more into feces such as no animal has and this is called digestion!"

—Arnold Ehret

The NGP is designed to improve the quality of bodily fluids and the circulatory systems responsible for their distribution. The basis of the program is a constant, steady intake of fresh, natural fruits and vegetables, in whole form and as juices. Combine this foundation with an appropriate intake of preferred whole foods, supplemented with pure water and periodic fasting. Fasting gives the system a complete rest and allows the vital forces to be utilized for the reparation of cellular tissue. It is a scientific fact, according to some very well-qualified schools of thought, that the process of cellular regeneration is so active that within one to seven years almost every single cell in the body is replaced. The NGP supports that natural process of rejuvenation, by not only providing the body with the best nutriment for building physiology but also to create the optimum mind/feeling (psychological) environment through an uplifting inner vision.

You may be thinking, "but I only want to know how to lose a bit of weight or feel a little healthier." If that is the case, then use the program as an investment in your long-term health. Disease does not occur overnight; rather, it is the result of years of poor choices resulting in silently shifting cellular pathology. The choices we make today have an accumulative affect that guarantees enjoyment or suffering in the future. The fact that we are undernourished or overweight today, or experiencing the mildest symptoms of physiological dysfunction, indicates that we have already subjected our bodies to the stress that, *if continued*, will only be amplified.

Even so, changing dietary strategy, no matter how effectively, is still only attending to the superficial manifestation of a deeper problem. What we need, as a modern society in decay, is a shift in consciousness. There are many good books available that concentrate on diet alone and this is not one of them. If you are looking for a "band-aid" approach to healing then this is not the program for you. But if you want to achieve the highest experience of health, this program will guide you through the methods to do that. The ultimate choice and responsibility comes through your own mind.

Disharmony = Disease

Because physical matter, on a subatomic level, is more than 98 percent consciousness, the purer our consciousness becomes, the healthier our physiology will be. Consciousness, the subtle sense of being, is purified by spending time in a heart-focused meditative state. Such a state allows a unified experience of being at one with a deeper, higher, fully present living energy of life. Whoever you consider yourself to be (your identity) is the central hub of your existence, the point from out of which your thoughts, words, and actions vibrate. The level of consciousness you express, through your way of being, is constantly felt by the underlying energy field that composes virtually all of your being. Disharmony creates discord and disease. This is as true for an individual as it is for a nation, a culture, or a race.

Part Two: Detoxifying the Physical Body

“Let medicine be thy food. Let food be thy medicine.”

—Hippocrates

Even though ill health has myriad manifestations in the form of symptomatic disorder, there are certain common denominators found in virtually *every* disease profile. Those common factors can be grouped together under one simple heading: *toxic constipation of tiny biological channels*. The NGP, therefore, is a common sense detoxification strategy that unclogs the tiny channels of our biology so that our cellular structure can breathe, eat, sing and dance. The information I have provided will allow you to understand just how, knowingly or not, we undermine our bodily health simply by adopting, unquestioningly, the modern-day lifestyle. The main solvent for dissolving these blockages is pure and simple: *water*.

The NGP is essentially very simple, and although it recommends certain dietary choices, it does not rely exclusively on any so-called medicinal or healing foods. *The best medicine is to rest the digestive organs and allow the body to self-heal*. This can be achieved most efficiently through short periods (up to seventy-two hours) of complete abstinence and drinking only the purest water and honey. At all times the brain needs to be fueled and, as glucose is its food, small amounts (one teaspoon dissolved in a liter of water) of raw local honey provides that nourishment perfectly. These periods of fasting should be blended with an appropriate nutritional program based on the information that follows. During a fast is also the most opportune time to enter into that essential deeper relationship with one’s spiritual source.

Health Facts

The NGP is essentially a medicinal nutritional program. I would like to reemphasize that although it is definitely possible to bring the physical body back into a healthy balance if we utilize the most appropriate means, the fact still remains that *we are not the body*. Contemplation of this fact creates the foundation for real health. The fact remains that inside the human form is a spiritual entity, a non-physical being, a point of light called the soul. This light is *I*. It always was and will be absolutely who and what we are. In 1930, Dr. Edward Bach stated that the cause of human disease was conflict between the actions of the personality and the will of the soul. This is the spiritual root of ill health.

It is the turning away from this true identity and the shifting of the sense of *I* to the ego identification of the physical form that is the root cause of all human discord and

disease. It is the turning back to this truth that relieves the disease that is a poison in our very soul. A spiritual being requires spiritual nourishment. Ignorance of my own true identity and the assumption that I am something I am not means that I look for my nourishment and sense of fulfillment in the wrong place. *If my thoughts, words, and actions revolve around my sense of who I am, my self-image, and that image is a false one, what sort of community, society, and world would I create?* Our collective ideas create the world in which we live. The world we see around us today is a reflection of our inner condition.

Any manifestation of disease in the physical form is the effect of underlying causes. If we truly desire holistic health, we should address not only the symptomatic effect but also the deeper cause. If Dr. Bach's statement contains any truth, it seems we are ignoring our guiding light and, as a consequence, making inappropriate choices. One of these choices is the food we eat.

Consider the following statements:

- More than 90 percent of physical disease emanates from the improper function of the digestive tract. (Dr. Harvey Kellogg)
- More than 90 percent of all disease in America can be traced to unhealthy conditions in the bowel. (Dr. Bernard Jensen)
- There is but one sickness, one disease, and that is over-acidification due to inverted ways of living, thinking, and eating. (Dr. Robert O. Young)

Leading medical practitioners who have specialized in nutritional health, such as Dr. Gabriel Cousens and Professor Arnold Ehret, ascertain that:

- Overeating and poor food combining are two of the main causes of internal disorder.
- The over-consumption of unnatural foods wreaks havoc within the body, creating blockages, draining energy and denying natural feelings of vitality and happiness.
- Poor food choices along with inappropriate combinations create biochemical confusion, which leads to mental dullness, digestive stress, hormonal imbalance and physical and nervous exhaustion.

What's Going On?

Ill health is a direct effect of the sabotaging of our own internal biological processes with the constant intake of substances that do not digest into pure fluids, and therefore create some form of accumulation. It is the aggregation of these accumulations over time that is the common factor in virtually every disease equation. The quality of one's blood is almost entirely dependant upon what one consumes. Poor food choices literally pollute the blood and this has a negative impact on all areas of the physiology. If you are interested in fully understanding the ramifications of this situation then I strongly advise you to read *The Mucusless Diet Healing System* by Arnold Ehret and *Cleanse and Purify Thyself* by Dr. Richard Anderson.

Did You Know?

- Until the birth of the modern pharmaceutical industry all healing involved the use of natural foods and animals.
- Acidification and dehydration are the two most common factors in all degenerative disease situations and therefore the primary factors involved in the aging process.
- Dr. Robert O. Young's whole healing system is based upon his "one disease, one sickness, one cure" theory. From his experience, he recognizes the fact that as soon as

acidity levels in the blood have increased then the whole bio-terrain is thrown out of balance, and this provides the breeding ground for bacteria, yeast, fungus, and molds. These organisms generate more acidity and a cycle of imbalance gathers momentum. The continued breakdown of cellular structure generates more and more acidity, creating an environment within which these and other parasitic organisms proliferate. To compensate for increased acidity, the body will drag alkaline minerals from its muscles, bones, and organs and this will accelerate the aging process. The consequences of this negative process are symptoms that many of us are familiar with: low energy, fatigue, weight gain (as the body dilutes the toxicity or from poor digestion and excretion), depression, pain, central nervous system problems, muscle breakdown, and generally feeling weak, sick, and tired. These are all symptoms of increasing acidity in the body.

- Rehydrating cellular structure is the simplest and most effective means of regaining physical health. Simply take two glasses of water every two hours. Drink a large glass up to thirty minutes before any meal and begin again two hours afterwards. Read a copy of Dr. F. Batmanghelidjh's *Your Body's Many Cries For Water*. Combine water with a tiny pinch of Himalayan Rock Salt as per instructions in the NGP for optimum hydration.

- Weight gain is often the result of a sluggish metabolism caused by poorly circulating lymphatic fluid containing an acidic and dehydrated sludge-like liquid. The body will, very often, produce its own water to dilute toxicity and acidity. This is very often the case with women who, even though they eat very little, still increase weight and bulk.

- Virtually all cooked, processed, and packaged foods *dehydrate* the cells and *acidify* the blood to some degree. This does not mean I recommend we should all become raw foodists overnight—but, again, the facts are the facts and this program has an emphasis on fresh fruit and vegetables as the major source of nutritional goodness. These foods should be consumed as close to their natural state as possible. The pure liquid in them acts as a solvent, purifying, and breaking down the physical encumbrances within the tiny network of pipe structures in the body. Rebalancing alkaline/acidity levels and rehydrating cellular tissue is achieved easily and efficiently using the NGP.

- Cells are the building blocks of physiology including all organs and bodily tissue. Nobel Prize winner Dr. Alexis Carrel proved cellular regeneration to be a constant and natural process dependant upon nutrient-rich, clean cellular fluid. That means if the cellular fluid is healthy our organs and bodily tissue will be constantly repaired.

- The types of food we eat and drink massively affect the quality of cellular fluids.

- The skin, often referred to as the third kidney, is the major organ of elimination. Skin problems are always associated with high acidity levels and toxicity. Sweat daily to ensure good elimination of toxins through the skin.

“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”

—Thomas A. Edison

Extracts from *Rational Fasting* by Arnold Ehret

“Most schools of healing have united on the idea that disease, regardless of its symptoms, consists of a constitutional encumbrance of a material generally known as foreign matter. Natural healing, consequently, consists of the methods of treatment to

eliminate this disease-producing material and to stop the source of it. The fundamental cause of disease is foreign material within the body. This material is the undigested, un-eliminated, and decayed food from wrong and too much eating. It is consequently most important, reasonable, and clearly seen that the main factor in the health enigma should be dietetics, and this includes intelligently conducted fasting, especially if overeating is the main cause of the person's disease. What we in modern society consider a normal amount of food consumed would astonish people living in third-world areas."

What's Going Wrong?

The whole of our physiology is made of cells. Cells are the building blocks used in all physical structures. As a house is made of bricks so the body is made of cells. The body is composed of a vast network of cellular structure, and cellular regeneration is a natural bodily process whereby dead or worn-out cells are constantly replaced by new ones. Three million new blood cells are produced every second. When we talk about physical health we are really talking about cellular health.

Dr. Alexis Carrel won the Nobel Prize for medicine for proving that the cellular regeneration process will "continue indefinitely, providing the intracellular fluid is changed on a daily basis and that the required nutrients are present in this fresh fluid."

This process ensures that all organs, glands, and other areas of physiology are repaired and maintained constantly. Some schools of thought claim that within twelve months almost every cell in the body has been replaced. If the new cells inherit an optimum environment then we can, in a sense, become younger as we grow older. In reality, this is more of a conscious shedding of an old skin and form rather than the dreadful slide through disease and decrepitude into waiting death.

The fundamental reason why health deteriorates is because this natural process of cellular regeneration is undermined. Remember: cells are the building blocks of every tiny component of our physical bodies. Repair is constant and will continue indefinitely as long as the intracellular fluid (the fluid inside the cells) is cleaned daily and the required nutrients are present within the fluid and the necessary delivery systems for these nutrients are functioning efficiently.

All cellular structure is composed of atoms. Quantum science informs us that subatomic reality is mainly spatial consciousness. The main factor in determining cellular health is our inner world. Thoughts, words, actions, feelings, and emotions resonate with this underlying space. The nature of this inner space is unified and benevolent. Its nature is to give of itself in order that the whole may flourish and express through creative being. This is an infinite process of wonder. We are part of this process. You and I are unique flower beings in the oceanic cosmic garden of life. It is in our highest interests to unify our minds through focused meditative awareness and to open our hearts to all life in an unconditional organic mode of compassion.

As long as the integrity of cellular health is maintained the immune system is capable of repelling all forms of bacteria, microorganisms, and viruses.

Cells Need to Eat, Drink, and Breathe

The purity of intracellular fluid is maintained largely by the lymphatic system. Oxygen and nutrients absorbed from food through digestion are transferred to the cells via the blood and lymphatic system. The lymphatic system exchanges nutrients for the chemical waste within the cell, which is a natural by-product of cellular

activity. The cell wall is a semipermeable membrane. Nutrients pass from the lymphatic fluid into the cell through the semipermeable membrane and chemical waste passes out of the cell into the lymphatic fluid. This waste is then moved through the lymphatic system and eventually excreted from the body.

When this process is undermined, cells are denied the food they require and chemical waste builds up inside them, generating, at the very least, a great deal of stress. We experience this precursor to serious ill health in a variety of symptoms, from fatigue to depression. The common cold is nothing more than the body, triggered by some microbe or other, throwing out the accumulated toxicity that has occurred as a direct result of the constant self-poisoning we have indulged in since the day (and before) we were born. In a normal healthy body, with the lymphatics flowing properly with nutrient-rich fluid, microbes (such as those responsible for colds and flu) would be incinerated swiftly and effortlessly by our robust immune systems. A constant strain is caused by intake of combinations of food that the body cannot possibly purify. Add to this the hectic life in the modern world and it is easy to see why ill health is such an accepted part of life. In truth, it is extremely unnatural and simply the result of biochemical catastrophe and total disturbance of the most important process in the body: *the transfer of nutrients to the cells and the transfer of waste away*. This slow and steady poisoning continuously stresses the immune system. Eventually, because every component of our physiology is constructed from cells, our health breaks down and we experience the symptoms of disease.

Disease, however, is not something that occurs overnight. It is the result, in many cases, of a constant sabotage of natural bodily functions. In very young children, disease can be inherited from the parents and there are various other factors such as genetic disposition that create constitutional weakness. Toxic conditions will always accumulate at bodily weak points. Each individual has a specific history and unique constitution that predisposes him or her to certain areas of weakness. No matter the cause, the solution is always the same: *support natural bodily functions by alkalizing and hydrating the internal environment and provide the nutrients essential for cellular regeneration and the body will bring itself back into balance*.

The main way in which health is undermined is through our daily intake of inappropriate food and drink. Everything that we consume, combined with our daily thoughts, words, and actions, affects the purity and quality of intracellular fluid. As soon as we improve the quality of our intake, primarily through the introduction of pure water, fresh fruit, vegetables and their juices, and other greens, the degeneration process is reversed and normal bodily health can resume. The time required for the body to rebalance itself is directly proportionate to the duration and nature of the negative lifestyle.

Negative thoughts and low-frequency feelings produce an electrochemical effect that acidifies the blood. Most of what we eat and drink in the modern western world has the combined effect of acidifying the blood and dehydrating the cells. Remember, the two most common factors in all disease situations are acidity and dehydration. Disease is the end result of the natural process of cellular regeneration being undermined. The name given to the disease is the name that describes that particular set of symptoms.

Disease From Over-Eating Poor Food

“Under-eating is the number one health and longevity secret.”

— Paavo Airola

Case studies on mice have shown that a 40 percent reduction in food increased the production of anti-aging genes by 400 percent.

Overeating poor-quality foods creates digestive stress. Because so many nerve plexuses are located in the abdomen, our sensitive psychoemotional energy system is negatively impacted by any imbalance in this center. Constant overeating creates a dreadful strain upon our inner stasis, especially if we are attempting to suppress the wounds of deep emotional hurt. Much anxiety is felt in the lower abdomen because it is through this particular energy plexus that we plug into the collective consciousness. There is so much fear in the human collective at this present moment that it is virtually impossible to not feel this to some degree.

Everything that is consumed passes through the stomach. From the stomach, food then passes into the small intestine where it is absorbed through the gut wall into the blood. The most efficient digestion occurs *only* when an appropriate amount of natural food is consumed either alone or with a compatible other food type. The fact that most of us have been stuffing ourselves for years with unnatural foods in disharmonious combinations is the underlying reason why most of us are or will be suffering from some form of disease.

It is no coincidence that most disease emanates from the bowel. Nor that most immune cells are in the bowel. Within the Chinese medical model, the largest nerve centre is found around the bowel. The Chinese call it a second brain. So much internal communication occurs from this center that immense stress and confusion is generated as soon as it becomes polluted.

Remember, there are around one hundred trillion cells in the body. The status of these cells is reported through this communication system back to the brain. If the cells are suffocating and starving, this will be relayed to the control center and registered as feedback that we experience as discordant stress. Also, we know that most of the body's fascia is located in the mid-section of the body. Fascia is the conductive tissue that facilitates energy movement (commonly referred to as chi) around the body. When the internal organs begin to sag and putrefy, much congestion is caused within these subtle energy channels.

Without the proper flow of energy our organs are bound to deteriorate. For the digestive system to be functioning efficiently, the presence of sufficient levels of *chi* is critical. In the same way, the efficient transportation of blood, lymph, etc. is a direct requirement for physical health, so is the transportation of *chi*. The only way to enhance the flow of this electrical energy is through deep, pressurized breathing. Air is charged with *chi*: the fresh air next to a river or in a forest or by the ocean is more charged than the air in your front room. However, breathing is the way to move chi. (See Appendix for details on my chi oxygenation method, one of the most potent health-improving strategies that one can practice).

The breakdown of physical health begins in the gut and can be classified under one simple heading: *toxic stagnation, acidification, dehydration, and constipation of vital channels.*

Supporting Natural Bodily Rhythms

According to ancient Ayurvedic knowledge the body has three main cycles. If we are looking to improve the levels of physiological health we are experiencing, it is wise to honor the timing of these cycles and adjust our eating patterns accordingly. By

doing so, we can harmonize with the body's natural circadian rhythms. Eating out of sync with our biological clocks places a great deal of stress on the human system and has an accumulative effect that will gather in the weakest points of our constitution. The old saying that a chain is only as strong as its weakest link is particularly relevant to biological systems.

The perpetual breaking of the natural laws that govern biology is the constant daily sabotage of health. An appreciation of and adherence to the following phases of metabolism will result in noticeable health benefits.

The three main cycles:

4 a.m.– noon: Elimination

Noon–8 p.m.: Intake

8 p.m.–4 a.m.: Integration

Elimination

Between 4 a.m. and noon elimination of all the waste from the previous day's intake occurs.

This process is supported by pure water and a minimal intake of solids. If any food is taken at all within these hours then it should be in accordance with the recommended guidelines (i.e. mainly fruits and fruit and vegetable juices).

It is definitely not the optimum time to be eating large meals that are difficult to digest. As most of us have grown up in the big breakfast club, once again, it is easy to see how accepted normal behavior creates disharmony and the subsequent stress of accelerated physical degeneration. During these hours the body is attempting *to eliminate not absorb*. So, if we are interested in supporting the body's regenerative efforts, cooked breakfasts are out.

Pressurized, vigorous breathing (as outlined in the appendix) is the most efficient way to generate heat in the middle section of the body. Not only this but oxygen is the primary nutrient for cellular health. *Nothing works better or faster than pressurized breathing for one's health.*

Well-chewed fruit needs practically no other digestion. The intestines can absorb and create energy from it rather than using energy. Whenever fruit is eaten on an empty stomach it facilitates purification of the lymphatic fluid, which results in weight loss. The brain uses *only* glucose to function. Fruit is a simple sugar that converts to glucose quickly and efficiently. Fruit should not be eaten after other foods as in traditional desserts. Doing so generates fermentation, which creates alcohol within the gut. The fermentation process is a major factor in cancer cell etiology. Fruit can be eaten before other foods if twenty to thirty minutes have elapsed. It can be eaten after other properly combined foods if three to four hours have elapsed.

When mixed with any other foods in the stomach, the fruit rots, any protein present putrefies and carbohydrates ferment. Everything becomes acidic and this is exactly the opposite of what we are trying to achieve.

Simplicity is best. *Eat fruits alone and go as long as you can in the mornings without any other type of food.* Doing this alone will do wonders for your health.

Intake

Between the hours of noon and 8 p.m. is the best time to ingest solid foods. If we truly wish to support the regeneration and detox process then we should make sure that

cooked food meals form an appropriate and minimal part of the diet and that they are preceded by a large, green leafy salad. In the early stages of this program, I highly recommend lightly steamed greens.

Dark leafy greens are an excellent addition to any meal. Paul Bragg recommends an 80/20 ratio between raw and cooked. Many raw food exponents will say it should be 100 percent raw. However, as I mentioned previously, for certain constitutional types an excess of raw food can be destabilizing and that is exactly what we do not want. During cleansing if one becomes unstable then very often the wrong choices are made, and we can be reaching for just about anything and everything in vain attempts to rebalance. Learn to experiment. Find out what feels best for you. Natural foods in their natural form are definitely the best.

Basically, the foods we ingest fall into two distinct categories: *building* and *cleansing*. Blockages occur within the system when too many building foods are chosen. As we live in the fast food/quick fix society, the tendency, when seeking balance, is a fast cleanse involving mainly juices. Juices have a fabulous therapeutic benefit; however, the slower, milder fasts *with selected whole foods* promote a “consciousness of patience and sensitivity to the wisdom of living in harmony with gentle cycles. Such fasts are greatly beneficial to those of us living very stressful lives.” Paul Pitchford, in his masterful work, *Healing With Whole Foods*, gives good guidance along this path. I highly recommend this book for people living in particularly cold, damp climates who are used to eating a lot of cooked food.

Integration

Between the hours of 8 p.m. and 4 a.m. integration of the daily intake is occurring.

The body is not in absorption mode during this phase. It is trying to sort out the work of the day and this requires tens of thousands of biochemical equations that have to be solved and balanced. This is definitely not the time to be adding anything else to the mix. Liquids are fine in the form of herbal teas, and if hunger persists then fruit should suffice. The best choice in terms of this healing process for the evening is soup. Using Miso with root vegetables or coconut oil (optional) with greens and never boiling anything will provide a good basis for any kind of soup you wish to create. Follow instructions in the recipe section and try to finish eating by 8 p.m.

Program Overview

The key to physical health is providing the cells with the natural goodness they need and making sure that the systems designed to transfer the nutrients are fully functional.

Key factors:

- Hydration
- Oxygenation
- Alkalization
- Mineralization
- Enzyme-rich Living Foods

Although research indicates that the human body requires only a thimble full of minerals per annum, without them our metabolic processes are doomed to fail. I thoroughly recommend the addition of organic, high-mineral-content superfoods. When I say “superfood,” I am referring to foods that are superior in nutritional

quality. Examples of superfoods are goji berries, spirulina, hemp seeds, chia seeds, cacao, and various dehydrated green powders. Superfoods are a wonderful way of introducing high-quality, easily assimilated nutrition into your daily diet. They contain massive amounts of nourishment, and if taken in smoothie form are very easily digested. Personally, I prefer to take my physical nourishment this way. It is highly nutritious and easily digested, very easy to prepare and makes me feel great.

The best mineral supplements are *angstrom* size minerals.

The NGP emphasizes low volume and high nutrition, focusing mostly on juices, smoothies, fruits, vegetables, leafy greens, sea vegetables, green superfoods, and mainly raw soups with minimal nuts and seeds, and an appropriate but not excessive cooked food intake. This is the fast track to wellness.

Particular emphasis should be placed upon adequate hydration. Approximately one liter (4.22 cups or just over 1 quart) of water should be consumed for every forty pounds of body weight. By taking two large glasses of water approximately every two hours and up to thirty minutes before solid food and after two hours following any cooked meal, one can quickly establish optimum levels of hydration. But don't push or force it—let it happen naturally.

Freshly juiced vegetables have high structured water content, which boosts hydration levels significantly and efficiently. The cells recognize and need water that has been structured by sentient plant life and this form of hydration is priority. The more of these forms of juice one imbibes the less one needs plain water. Many raw foodists who eat a lot of fruits and vegetables drink very little water. Many animals living wholly on plant matter take little extra water.

Individuals used to having three cooked meals a day and eating large volumes of food should shift gradually into this program according to the stipulated guidelines. Years of overeating poor-quality, cooked foods creates wear and blockage in the system. If you are used to eating three cooked meals a day, reduce that to two immediately, and get the raw food in the morning. Look at this program as a three- to seven-year program. If you are a meat eater, gradually shift away from red to white meat and eventually eradicate all flesh food from your diet.

The fundamental objective of the NGP is to bring movement to stagnation by supplying the lymphatic system with what it needs to flow. Natural bodily systems are stimulated and nutrients are supplied through natural foods, so the cells receive the nutrition they need to function.

But, remember, happiness is the *best* medicine.

"It is in the path of our happiness that we shall find the reason we have chosen this lifetime."

— Richard Bach

Part 3

The Program

Although the NGP has definite proven medical benefits, it is also suitable for those individuals who are not seriously ill and may simply wish to experience higher degrees of health and happiness. If you are seriously ill, do nothing without the guidance of a qualified medical practitioner. If that practitioner is unsympathetic to complementary health, find another. Understand that this is a medicinal nutritional strategy designed to alleviate symptomatic disorder caused by blockage of the human system. "*Substance Hindering Internal Transit*" (S.H.I.T.) needs to be removed. Just about everyone who has grown up on the modern Western diet has plenty of it inside

them. Physiological S.H.I.T. prevents the free flow of bodily fluids. Spiritual S.H.I.T. prevents and distorts the free flow of divine natural attributes.

The nutritional strategy is preceded by and finished with meditation, visualization, and affirmation. The importance of these disciplines applied on a daily basis cannot be overemphasized. The appendix contains some guidelines on meditation.

The following is a medicinal nutritional program designed to facilitate bodily detoxification and stimulate the natural urge of the body to cleanse itself. It is the simple, intelligent use of natural foods that *allows* the physiology to get on with the business of maintaining health without the added work of clearing blockages that accumulate during years of inappropriate eating habits as previously outlined. In its simplest form, the NGP recommends only fresh fruits and vegetables and/or their juices until noon. The one to two meals that follow should be taken during 12–8 p.m., conform to food combining principles, and be preceded by a large green leafy salad.

Drink as much water as desired, especially in the morning hours, and up to 5 liters (or 21 cups) a day is acceptable (for very large individuals), but not within thirty minutes before a meal or within two hours following. Generally speaking, the larger one is, the more one can drink. It is important to listen to the body and feed it what it needs. Very often dehydration signals are misinterpreted as hunger, so we eat when we should be drinking. *At the first signal of the desire to eat, try drinking a large glass of water.* If hunger still persists you know it is genuine. Many of us have a tendency to eat and overeat even when not hungry. The responsibility of the appropriate application of this program lies with you. As alkalization of an acidic condition is also a priority, the emphasis in the diet is on alkaline-forming foods.

You will notice that certain recommendations are optional. There is a fast track system as well as a slower route to wellness. There are financial aspects to consider, too. For instance, I recommend certain dry green food powder supplements. Some of these products work very well and accelerate the alkalization process. However, you may be financially restricted and choose not to invest in this part of the program, which is

perfectly fine. Simply choose the option that suits you best. Considerations such as the appropriate ratio between raw and cooked foods are decisions you will have to make for yourself. The less one eats (i.e. the closer to a complete abstinence from all foods), the faster one will cleanse. Fast cleansing, however, is not always appropriate or advisable. When considering the inclusion of raw foods, know that fruits cleanse fastest, especially watery fruits. Raw vegetables are the second fastest cleansers. A general rule of thumb is to use these foods (whole or as juices) mainly in the morning hours.

“If one was simply to adopt the habit of eating only fruit in the morning time, applying food combining principles throughout the day and not eating anything later than 8 p.m., and drinking copious quantities of pure water, one would experience marked improvements in physical health.”

—*Fit For Life* by Harvey and Marilyn Diamond

The big breakfast strategy evolved out of the fact that our forefathers would be required to go out and do hard physical labor all day and be away from the home, probably not eating again till the evening time. Nowadays this is not the case and many of us who consume large amounts of food in the morning do so out of habit or in order to suppress emotions. If one works hard physically and is still keen on doing

this program then using whole foods in the morning time as per these recommendations is the best way.

By not interfering with biological functions and providing the cellular structure with the required nutrition in the most easily digested form, the body self-regulates. Depending on the degree of toxicity in the form of accumulated deposits and general debilitation of biological functions, one can expect the corresponding degree of improvement in health and vitality levels.

The emphasis is on simplicity and staying natural. During the program, sufficient rest as is signaled by the body should be taken, and it is essential that the bowels are flowing freely. If this is not the case, begin taking a high-quality herbal fiber blend twice daily for six weeks and then reduce to once a day. Anyone with severe intestinal blockage is well advised to have colonic irrigation or do a complete gastrointestinal cleanse such as the "Arise and Shine Program" by Dr. Richard Anderson, (more first-class products are available at: www.totalhealthsecrets.com). There is also a variety of retreats available specializing in one to two-week intensives. In any case, if you are not having 1-3 bowel movements daily then consult a natural health practitioner and get some herbal support. Linseeds, soaked and dry ground, are an excellent bowel lubricant. In my experience, soaked chia seeds are also very good (see appendix). Make sure before any major cleanse is undertaken that the liver is sufficiently prepared by doing the liver-gallbladder flush as recommended in the appendix.

The best preparation for cleansing is to gradually improve the diet. Study the principles in this work and apply them diligently. If we consider the whole human abdomen as a giant sponge, the many tiny channels responsible for the transportation of essential bodily fluids throughout that sponge (and of course the rest of the body) need to be open and clear. Not only fluid systems but also electrical systems. During years of excessive, inappropriate eating, drinking, speaking, and thinking habits the biochemical and energetic health status of this miraculous sponge may very well be at an all-time low. This is akin to a large group of communities living together as a system of society with severe problems. The members of this society are under attack by a merciless foe. Communication lines between the central governing agency responsible for the dispatch of foods and other essential provisions is sporadic and, in many cases, cut off completely. Because of the state of siege, individuals have to stay in their houses all day every day. Sanitation has ceased and all excrement remains in the house. The people of this community have one pastime that they can continue within their homes, and that is the production of biochemicals. However, they must get rid of the waste from this activity and they can't. So, it stays in their homes with them. All of the windows are boarded up and no fresh air is available and little air at all. Children are being born into this society at a rapid rate every day at about the same rate as people are dying. Do you think this would be a happy community? Consider the state of each individual's house within this example, and you have an approximate mirror reflecting toxic cellular structure and the condition of bio-terrain that causes cells to become cancerous.

The immediate consequence of employing the strategy outlined in this program is detoxification. Depending on your personal levels of toxicity, you will experience the highs and lows of the process. If you suspect high levels of internal toxicity then go slowly. The less you eat, and the more you consume pure, simple foods, the faster you detoxify. You may put the brakes on this process at any time by simply eating more solid food. The body does not want this mess inside itself and is capable of a very

high degree of self-cleansing given the chance. Simply by ceasing consumption, the body will begin to eject all manner of filth and waste. However, this can be an extremely disturbing experience for some. That is why we must apply wisdom and go slowly but surely along the path. We must ensure that the excretory channels are open. This includes primarily the skin, the largest organ of elimination, sometimes referred to as the third kidney, and the bowel. If one has lost the ability to sweat, or does so infrequently, then one should make sure that the skin pores are opened; this can be achieved through exercise or saunas. I particularly recommend the Far Infra Red Sauna (see appendix for contact details).

If the bowels have become constipated or sluggish, it should be cleansed thoroughly either by enemas, colonic irrigation, or suitable natural laxative supplementation. An herbal fiber dietary blend should be taken regularly, as recommended in the program. The liver and kidneys should be strengthened through appropriate herbal teas and cleansing procedures (see Liver/Gallbladder flush in Appendix A). The alkaline mineral reserves of these organs, which will be working overtime during the detoxification process, should be built up through the copious imbibing of alkaline-forming fluids rich in organic minerals such as organic carrot and beet juice diluted to 50 percent with pure water. Take these daily in the morning hours. This is an ideal preparation for the deeper and more intense levels of detoxification. However, all of this needs to be supported by an effective nutritional program, and one may begin at once to experiment with and enjoy the NGP. It should be clearly understood that dietary strictness, no matter how pure, is not a means to health. Good health involves many factors. However, if the physiological functions have begun to deteriorate and lose their efficiency, then the application of an appropriate nutritional strategy is an effective tactic in the restoration of health. Generally speaking, the greatest enemy of physical health is excess.

The aforementioned facts have been largely gleaned from the experiences of doctors in the Western world. With our tendency toward massive consumption and complicated food combinations, we have succeeded literally in gluing ourselves together inside. This sticky acidic mess is alleviated primarily by the addition of natural solvents in the form of pure water and watered-down fresh vegetable and fruit juices. The complete shift to an all-raw diet, especially largely fruit based, is in itself an effective short-term medicinal nutritional strategy that needs to be blended intelligently with the sensible introduction of various cooked whole foods.

One should beware of adopting idealistic and extremist philosophies when embarking on a new direction, especially when concerning food. What we eat is not as important as what and how we think. We should eat to live and not live to eat. If one experiences, as I used to, an obsession with diet then it is a clear indicator that imbalance is present and should be addressed. Basically, food should never dominate your thinking process. Creative expression, contributing to society through your unique gifts, getting on with your mission in life, living your purpose; these are the aspects of life that may be missing if you are over-obsessed with matters of food.

If the cause of biological disturbance is largely contributed to by overfeeding unnatural and poorly combined foods then the solution is to underfeed natural well-combined foods.

THE DAILY STRATEGY

A.M. Morning Program

Meditation, Visualization, and Affirmation

Start your day with a spiritual practice. This is vital. It balances the mind/body/spirit complex and sets the tone for the rest of the day. I recommend meditation/prayer followed by visualization and positive affirmations. There are many personal development systems that embrace meditation, visualization, and affirmation. I cannot endorse them all, but what I do know is that together with my associates we have developed an exceedingly potent formula. This particular system, SUNPOP: Success Ultra Now Personal Optimization Program, is available on our website (<http://successultranow.com>). The critical factor is to move out of the stress of the normal waking state into a relaxed, loving, divinely inspired state.

Until this natural state of compassion becomes our way of being, the best way to start and end the day is to program the mind with the health, wealth, and happiness feelings that we wish to experience. Suffice to say that you may eat as much medicinal nutrition as you like, but without the appropriate shift in the underlying consciousness that forms the magnetic energy body of each cell, our best efforts are doomed to fail.

Visualization is the practice that follows meditation. This is about creating a vision of the future, and emotionalizing that vision with heartfelt breath. Knowing it is more important than seeing it. The foundation of being able to create what you want in life is conviction, concentrated faith, intuitive knowing. When you are playing in your imagination, be sure that what you are magnetizing into your existence is harmonious. We need to look to our higher selves, to look into the mirror of our own hearts and pay heed to what it is we see. Desire for material wealth as a means to an end is not the path; this is an unnatural attitude. The desire to uncover the perfectly healthy being of love and intelligence that you are is a more natural desire.

Affirmation is the active use of the power of the spoken word. Affirmations are positive statements that begin with "I am" and capture what it is you desire, expressed in the tense of *already possessing it*. For example, if you desire health, wealth and happiness in your life and you are not experiencing it, then after meditation and visualization, practice the affirmation: "I am now the perfect embodiment of health, wealth, and happiness. Abundance flows in a never-ending supply in my life and I accept her gifts with love and gratitude."

Affirmations are best done in a deeply relaxed state before and immediately after sleep. The more definite sense of unshakeable conviction one has when applying them, the more powerfully they work. Dr. Joseph Murphy and Florence Scovel Schinn are the two leading exponents of this science. Affirmed statements need to be accompanied by the feeling experience of the end result you wish to experience. For instance, if it is health you desire to experience, then you need to feel it while verbalizing the statement.

Breathing Exercises

Breathe deeply. Slow, rhythmic, and constant breathing is the best way to get the most important nutrient, OXYGEN, into the body. The breath also is critical to the healthy functioning of the central nervous system. The vagus nerve, running from the brain down the spinal column to the solar plexus, does not function effectively without regular rhythmic breathing. If the vagus nerve is not operating correctly then neither is the endocrine system, digestive system, circulatory system, nor respiratory system.

Anyone with serious bowel disease, such as colon cancer, will benefit greatly from

some form of oxygen supplementation. There are various products available in powder form that one simply mixes with water and takes orally. Oxygen kills cancer cells immediately and also destroys all anaerobic organisms. (Check out www.chrisbar.com for products such as Oxy Powder.)

Alternate nostril breathing is an ancient yogic technique that balances both hemispheres of the brain and opens important energy channels in the frontal lobe of the skull. Simply use the thumb and third finger to open and close the nostrils as you breathe deeply in and out. Breathe in through one nostril while closing the other, then open the other to exhale completely; inhale through the nostril from which you just exhaled then alternate and repeat the process.

We can also oxygenate our system easily and efficiently by practicing vigorous pressurized breathing.

Simply contract the abdomen slightly (by squeezing your stomach muscles in and up), slightly pull in the anal sphincter as if you were bursting for the loo but had to hold it, and begin to breathe short, pumping breaths in and out through the nose. Feel if the nostrils are blocked and clogged. This is usually the case in toxic conditions. Continue to pump the breath generating pressure in the lower abdomen. Keep pumping. Keep the chin down slightly as the energy can fly up to the head, making one feel dizzy. This is only inconvenient, not dangerous. Pump the breath until you can feel warmth spreading from the solar plexus up and out across the chest into the collarbone area.

This also stimulates lymphatic flow. Put plenty of time into this procedure if you want to shift your health swiftly. I used this technique to blast open channels in my body that had become blocked and clogged with accumulated waste. Oxygenating makes you feel good and is best practiced in well-ventilated areas.

Movement

Walking is particularly necessary during this program. Try and walk twice a day, in the morning and evening. I also recommend yoga, swimming, qi gong, and cycling. One of the very best things you can do for your health is dance. Just put your favorite music on and dance. Try and let go at least three times a week. Rebounding is the best exercise to stimulate lymphatic flow. The best all-around exercise that requires no equipment is Hindu squats.

The objective of exercise is to get the circulation moving, and it is not important how you do it as long as you do it.

Nourishment

There is a lot to say on this subject, so here is where we will spend the bulk of our time. This is, of course, not to say that it is the most important part of the NGP. ALL aspects are important.

The primary objective in beginning the day is to re-hydrate and help the bodily fluids, especially the lymphatic system, move. By providing quality fluids (hydrating and alkalizing) we are giving the natural waste removal systems maximum support.

Follow these simple guidelines:

1. Imbibe thin, watery, hydrating, alkalizing, simple, fluids/juices/smoothies in the morning time.
2. Take thicker blended meals and/or solid foods after mid-day but before 8 p.m.

3. Choose thin, warming, nutritive, and alchemically uplifting herbal teas, smoothies, and soups in the evening, especially after 8 p.m.

I call this strategy the Brontosaurus Diet.

Jungle Juice

My number one choice for a morning cleansing drink is what I refer to as “Jungle Juice.”

1/2 teaspoon ginger root powder or juice (anti-inflammatory, immune-boosting, helps circulation and digestion)

1/2 teaspoon turmeric powder or juice (powerful antioxidant, great for the liver, great for the skin, guards against cancer)

1 wedge lemon juice (breaks down mucus, boosts the immune system, antiseptic, alleviates gas)

1 pinch cayenne—optional and only in small amounts (stimulates circulation, boosts the immune system, stimulates gastric juice)

1 pinch Celtic sea salt (remineralizes the body and helps you to stay hydrated)

1/2 teaspoon raw honey—optional (loaded with enzymes)

Fresh ginger and turmeric may be juiced or blended into water and mixed in as an alternative to the powder. This will provide a much greater living energy and medicinal potency. Use approximately 1–2 inches (preferred level; palatable for most) or more of the fresh roots. Ginger and turmeric are very hard and fibrous so it is best to use a masticating juicer rather than a centrifugal. You may use celery or another light vegetable to wash the remaining juices through the juicer.

To further enhance the medicinal effect of the ginger and turmeric, add a small amount of black pepper made into a tea and strained (recommended) or sprinkled into to the mix. This will enhance the absorption of the active components up to twenty times.

(More on above ingredients in Appendix B.)

Glandular Balancing Formula

Precede breakfast (at least one hour) with Glandular Balancing Formula. This formula can be taken any time but not within one hour preceding food or three hours following for maximum effect.

8 ounces (1 cup) pure water

1/2 teaspoon ginger root powder

1 teaspoon licorice root powder

1/2 teaspoon kelp powder

1 teaspoon sarsaparilla root powder

2 teaspoons ginseng

1 teaspoon raw honey

Add all ingredients together and stir. Take One tea spoon a day.

For additional adrenal support and glandular balance use ashwaganda, an herb from India traditionally used in Ayurvedic medicine. Combined with shilajit, a substance from the Himalayas which contains eighty-four plus minerals, fulvic and humic acids,

and many other compounds of organic origin.

Other Hydrating A.M. Suggestions

We are using fluids for two main reasons: volume flushes out, and high-quality water as found in fresh fruit and vegetable juices hydrates and alkalizes the cellular structure assisting cellular renewal.

Herbal Teas—Prepared the night before. Simply choose an appropriate formula specific to your condition. Take a saucepan of water and add your herbal mix. Boil it up and allow to simmer very gently for thirty to forty minutes, and then leave standing overnight. In the morning, strain off the tea, warm, and drink. Add fresh lime or lemon juice to activate the herbs to maximum effect. You can start and finish the day in this way. This is my favorite strategy in the wintertime. Goji, or wolfberries, are the number one herb in the whole Chinese medicinal healing pantheon. Consult herbal specialists for combinations specific to your condition. I particularly recommend Chinese medicinal herbs. There are so many fabulous herbs. Take the trouble to have a consultancy with a qualified herbalist. Chinese herbal shops often have a doctor who will advise based on pulse and tongue diagnosis. Herbal teas are also the optimal base to mix raw chocolate smoothies with. Keep to 80 percent water content in the smooth mix. Tea counts as water.

Hot ginger tea is a perfect addition for those eating large quantities of cold raw foods. Ginger has warming effects and can heat up and purify a cold spleen, which is very common in a raw foods practice.

Apple cider vinegar/hot water, honey (cayenne optional)—Dry or fresh ginger root can be added. Any time throughout the day if you are experiencing fatigue, dizziness, low energy, or depression take a small spoon of fresh raw honey. Mix with apple cider vinegar if it suits you.

Water variations:

- Two teaspoons of bee pollen dissolved.
- Two glasses of pure water with alkaline-forming green superfood powder.
- Large glass of pure water, up to 1.5 liters (6.33 cups), warmed, and with a little lemon juice.
- Large glass of water with original Himalayan rock salt or Celtic sea salt. Add a tiny pinch of this salt to one gallon of distilled water for optimum hydration (1/8–1/16 of a teaspoon per gallon).

If you are an overweight person and tolerate the water well, drink heartily and finish 1.5 liters (6.33 cups) within ten to fifteen minutes or so. Work up to 1.5 liters (6.33 cups) over a period of weeks. The idea is that the volume of water will generate pressure in the bowel and flush out a lot of the stagnant waste. This is a system I learned in India studying the work of one of their most successful naturopaths. This flushing system is most suited to overweight individuals with strong constitutions (see www.livingnaturallife.com).

Oxygenation—If you have cancer, I strongly recommend a daily intake of any quality oxygen powder product (see Resources for recommendations). *Also, find out where you can receive Ozone treatments and get on a program of a minimum of seven sessions. Oxygen is definitely the most powerful medicine and superfood for

assisting in establishing the optimum environment for cellular health.

Magnesium Bicarbonate Water—This is a superior way to balance chronic acid conditions, balance calcified tissues, and reduce muscle cramping. Start the night before or prepare enough for many days to follow.

- First, acquire sparkling spring water. I prefer Mountain Valley, Ti Nant, Waiwera, or any other high-quality sparkling spring water. Any water with CO₂ will work well as long as the mineral levels are not excessively high.

- The second ingredient is magnesium oxide powder, which is usually found in the supplement section of most health food stores. Mix approximately 1/2 teaspoon magnesium oxide powder into 1 liter (just over 1 quart or 4.22 cups) of sparkling water and place in refrigerator for three to four hours, shake at one to two hours. Watch out, it likes to explode fast when mixing the magnesium, so cap it quick and tight after adding and shake well. Magnesium bicarbonate water can be a daily practice, great in the early hours of the day and at night or any time on an empty stomach. If consumed with food it may inhibit optimal digestion by neutralizing the stomach acid.

Long-term ingestion may require increased intake of potassium and calcium. It may be some time before it will become a necessity. Potassium chloride and Pearl Powder (calcium source), are an excellent way to include these minerals.

Freshly Pressed Wheatgrass or Barley Grass Juice (to warm the cold dampness of wheatgrass juice, mix with cayenne and ginger in Autumn/Winter). I used wheatgrass juice in copious quantities during the earlier stages of my healing journey. Two ounces (1/4 cup) is a minimum dose and eight ounces, or one cup, (four ounces twice daily) is a medicinal therapeutic level. Wheatgrass is particularly effective in detoxifying the liver. Again, a large, robust individual who tolerates the cold well can take more of this powerful cleanser. Try mixing wheatgrass with citrus fruits. If fresh wheatgrass is unavailable then add dry superfoods or some other similar concentrated dry green product or bee pollen to fresh fruit and vegetable juices.

Barley grass is less sweet, more palatable, and equally nutritious with a malty flavor. Black Barley is an heirloom strain that contains purple pigments in the grain and can easily be grown at home in a growing tray with organic soil and ocean mineral solution.

Dark Green Leafy Vegetable Juice—Kale, wild greens, wild grasses, and any other deep green vegetables are excellent for those who have any level of gluten sensitivity from grains. Grass has a protein very similar to gluten as well, so it may be best to have an alternative deep green juice like kale or parsley.

*For maximum hydration try supplementing with Dr. Flannagans MEGA HYDRATE and also Reddrox hydration formula.

You may choose to stay on the water/honey/lemon blend further into the morning. This is a very good choice. I heartily recommend this up to seventy-two hours at a time, especially for overweight individuals.

Breakfast Options

Freshly Made Fruit Salad or Fruit Juices. You can take fruit with half an avocado to slow down digestion so it sustains you through the morning, but follow food-combining recommendations (see Appendix C). Ideally, eat only one type of fruit

and definitely no more than three. Do not mix sweet fruits with acid fruits. Do not mix fats (avocados) or oils with sweet fruits. Fruits should almost always be eaten separately from other food. They do, however, combine well with leafy green vegetables, but should never be mixed with any form of cooked or processed foods. If the digestion is weak or you prefer then lightly warm the fruits. This will begin the conversion of sugars but do not bring anywhere near the boil. Individuals with blood sugar problems, Candida and yeast/fungal imbalances should use fruits sparingly. Specifically, choose low-glycemic-index fruits (grapefruit, lemons, limes). Dr. Gabriel Cousens has the best guide for this in his book *Conscious Eating*. Use Pure Synergy with fruit combinations for optimal nourishment.

Vegetable Juices. You can add any combination of the following: a little oil/apple cider vinegar to taste, slippery elm bark for fiber and intestinal nutrition, one tablespoon of herbal fiber dietary blend, or bee pollen. If you are overweight or suffer from constipation, use soaked flax/linseeds, chia seed, or Merlin's Magic Root Formula liberally in all juices and salads.

Fruit or Vegetable Smoothie with Superfoods. Add two teaspoons of fresh organic bee pollen meet the total daily nutritional requirement. Dilute juices up to 50 percent with pure water. To thicken the drinks and improve bowel function, add slippery elm bark powder if you are underweight and suffer from poor digestion.

Banana Soup. If you like bananas and they agree with you, this is an excellent brew for the wintertime. Simply slice one or two bananas, add pure water, a pinch of cinnamon, blend and warm thoroughly, stirring and making sure the mix does not come near a boil. One or two dried sweet fruits can be added to bananas. Garnish with bee pollen and a teaspoon of lecithin granules for a delicious treat.

Superfood Super Breakfast. Try combining goji berries, bee pollen, some ground linseeds or chia seeds, and a tablespoon of raw coconut oil. Or my favorite: goji, bee pollen, chia (soaked or ground), water, Incan berries, and Evolution Super Food (or other superfood powder).

Seed and Nut Milks. These are a simple and nutritious way of improving one's diet. They are good for smoothies and for pouring on your superfood breakfast. They also taste delicious alone. Simply take a handful of any raw nut or seed and soak overnight. The following day discard the soak water and blend in one liter (just over 1 quart or 4.22 cups) of fresh water. Next, strain the mix through a nut milk bag or muslin cloth and use. This keeps well in the fridge.

*Morning jin tonic: www.shamanshack.org is a perfectly balanced super high-quality protein formula.

Eating amino acid-rich foods for the first meal of the day is a way to ensure continuous energy balance and neurotransmitter formation for the entire day. Amino acids are the building blocks of proteins. Replace bacon and eggs with a green veggie smoothie that includes a hefty scoop of spirulina, hemp seeds, maca, and bee pollen. Add water and blend to desired consistency.

If you prefer a warm breakfast. Try Miso soup and add sea vegetables and fresh sprouts.

Mid Morning

At least two hours after breakfast take up to one liter (just over 1 quart or 4.22 cups) of pure water.

If you have taken nothing except water or juice until this time, it is wise to take fruit or any of the other breakfast recommendations if you feel like it. Also, a more substantial smoothie mix including something slightly more dense, such as hempseeds or protein powder, would be very appropriate for those who have fast digestive systems. Simply blend a tablespoon of hempseeds or protein powder with water or tea. Again, Chinese teas and/or raw chocolate powder or nibs or any other superfood powder can be added here.

Stick to 80 percent water content.

The main thing is to imbibe plenty of alkaline-forming fluids to counteract acidity generated through the metabolization of caustic foods. Although the optimum scenario is to eat as little as possible during the morning hours, *if* one is particularly hungry then the smoothie or banana soup should suffice.

Another good option for cool mornings is miso soup with some chopped ginger, herbs, and greens. This is a very nourishing brew. The basic principle of this morning program is that the less one eats the better off one is. Remember: if overeating has caused the problem, only under-eating will solve it.

At all times one should strive for the balance between purification and a stabilizing maintenance program.

Major Points of the morning program:

- Meditate/pray/breathe
- Vision/affirm
- Eat Lightly
- Exercise
- Alkalize
- Mineralize
- Hydrate

Lunch

A large leafy salad with freshly germinated sprouts and/or lightly steamed green vegetables forms the basis of the midday meal. When transitioning to a mostly raw diet it is sometimes wise to include some wholesome cooked foods. This is optional and anything should come from the list of recommended whole foods in the Cooked Vs. Raw section, with a choice of baked or steamed root vegetable or one of the whole food grains on the list, making sure to observe the food combining stipulations highlighted in Appendix C. If one is used to eating meat then a *small* portion with a large salad or lightly steamed greens or non-starchy vegetables once every two or three days is a good way of weaning yourself off this habit. Choose lean-cut organic meats, preferably wild game.

Tip: Sprouting is very simple using the jar method. Soak your sprouting seeds in purified water for about eight hours in a glass jar. Using a sprout lid for your glass jar, or a cheesecloth mesh to cover the jar, secure the top and drain liquid. Rinse the seeds two or three times and drain, then place the jar upside-down in a small bowl to catch the excess draining water. Rinse two to three times a day and harvest when the

tail is around 1/2 to 1 inch long.

Liquid Salad

You can turn the traditional salad into a liquid salad or soup. Raw soups are an excellent way to absorb vital minerals in an easily digestible form. Try greens mixed with olive oil, garlic, tomatoes, cucumbers, lemon juice or apple cider vinegar, and sea salt along with mineralized or filtered water for a super simple mix.

Combining salad with sauerkraut or some other natural source of raw probiotics and soaked linseeds and kelp powder is a very healthy option. The introduction of any cooked foods to this program will slow down the detoxification process. (Liquid Probiotics available at successultranow.com)

Making sauerkraut is another simple process. Slice green or red cabbage thinly, preferably on a mandolin, but a knife will work too. Using a ceramic container to ferment the kraut is the ideal method. Place cabbage into the container with some herbs and ginger if desired, then keep pressing down on the mixture until you have juices coming out of the mix, add sea salt to the point where you almost think it's too salty. Then you can take some parchment paper, covering the mix, and place a plate over the top and add some sort of weight on top to ensure there is no air coming into the kraut during the fermentation process. (Recommended reading: *Wild Fermentation* by Sandor Katz).

The idea here is to take the main meal of the day in the daytime, allowing the body plenty of time to process efficiently. It is very wise to stay on the cleansing morning program through to mid-afternoon then have the main meal of the day around 3–4 p.m.

Experiment and enjoy, find what works best for you and have fun. Move slowly and surely through your transition.

Mid-Afternoon (at least two to three hours after lunch)

This is an optional snack and should be the smallest meal of the day.

A combination or choice of the following:

Pure water or Magnesium Bicarbonate water (up to one liter, or 4.22 cups, on empty stomach)

Herbal teas

Fruit

Raw chocolate and bee pollen or goji berries

Almond milk and carob drink. Prepare almond milk as per earlier instructions and then add carob powder for a tasty sweet drink. Bee pollen is also a good addition or add other superfoods to taste.

Dry fruit or nuts (preferably soaked) or three-seed mix (pumpkin, sunflower, and sesame). Pine nuts are a delicious nutritious snack. Dry fruits are a great trail mix when out hiking or away from home and energy is required, but their super-high sugar content needs to be considered with caution. Also, I would not recommend the preserved varieties. Sweet fruits go together. Use sparingly.

A banana smoothie blended with water with a couple of dates or figs is a big energy hit. See how it affects you and don't overdo it. If you have this kind of food in your day make sure you have lots of greens to compensate. The body uses protein to balance

sugars and sugars to balance proteins. Try adding hemp protein powder to smoothie mixes with high-sugar content foods. Don't overdo it on either. Knowing oneself is the clue to success here. Chia seeds slow down the absorption of sugars. Add soaked Chia seeds to this mix especially if you have blood sugar issues.

Evening Meal

The evening meal should be the second smallest meal of the day. After the sun has set digestive power is reduced significantly. If you don't feel hungry then just do breathing exercises and some meditation. Understand that as health levels increase, the more sensitive we become to nutrition, the more efficient the body becomes in terms of absorption. That means we can actually flourish on low-volume, high-nutritional-value foods. The old formula of big heavy meals with a mixture of incompatible substances is exactly the reason why our organs are breaking down.

Finish the evening meal before 8 pm and at least two hours before retiring.

If you wish to lose weight or have difficult bowel movements then take another glass of herbal dietary fiber blend or chia seeds thirty minutes or so before the evening meal.

The evening meal can be preceded by a teaspoon of Glandular Balance Formula.

Choose from:

Soups are a great form of simple nourishment. In the NGP they can be taken raw or include lightly steamed root vegetable base and freshly juiced organic vegetables with seaweeds and Miso or Coconut. Add freshly germinated sprouts to your soups. (See Additional Recipes section for soup ideas).

Or *Steamed greens*

Or *Green salad*

Or *A warm raw chocolate and nut milk* blended drink with a little natural sweetener is often just what the doctor ordered in the evening time. Check out the recipe section for variations on this theme.

Or *Herbal Tea* with favorite superfoods.

After dinner, go light walk followed by meditation and visualization.

Bliss Chemical Evening Program

Ultimately, it is up to you and your body to decide what nutrition protocol will be the best ever. When we receive Raw nutrition, our body becomes more attuned with the natural flow and cycle of digestion. You will begin to notice what foods are attractive to you by listening to the digestive forces within your body. It's great to eat very simple meals so you can tune in to what feels good and what doesn't.

The goal is not to revolve your life around your eating habits but to simplify the process in order to focus on your mission. When you are feeling good in body, you are feeling good in mind.

Herbal Tea formulas:

Start with simple teas to listen in on what feels good for your body. Make teas from the following list and then strain into a blender and add the any of the recommended Super Food powders.

Teas

Chanca Piedra: Decalcifies the tissues, specifically the liver and kidneys. Also stimulates liver enzymes for deeper purification.

Cats Claw: Immune booster and powerful spirit plant of the Amazon.

Pau d'arco: Antifungal, immune booster, antiviral, anti-inflammatory, antibacterial.

Pau d'arco is recorded to be used by forest inhabitants throughout the Amazon for malaria, anemia, colitis, respiratory problems, colds, cough, flu, fungal infections, fever, arthritis and rheumatism, snakebite, poor circulation, boils, syphilis, and cancer. Pau d'arco also is employed in herbal medicine systems in the United States for lupus, diabetes, ulcers, leukemia, allergies, liver disease, Hodgkin's disease, osteomyelitis, Parkinson's disease, and psoriasis, and is a popular natural remedy for candida and yeast infections.

Ho Shu Wu (Fo-Ti): Balances and protects neurotransmitters, serotonin and dopamine. A longevity tonic and assist in the darkening of graying hair. The greatest use for the ho shou wu in the Chinese system of herbal medicine is in the role of a general tonic for the liver and kidneys of people with renal or hepatic problems. The he shou wu cleanses the blood by directly strengthening the functioning of the liver and the kidneys; this action enables the qi within the body to circulate freely inside the person and leads to improved health.

Reishi: A polypore mushroom with ancient wisdom from the forest. One of the most revered herbs in Traditional Chinese Medicine and powerful immune booster. Also assists in tranquility of mind and increased internal power.

Super Food Powders Recommended for adding into herbal tea smoothies

Shilajit: One of the top substances utilized in Ayurvedic Medicine. Harvested at high elevations and contains eighty-four-plus minerals in organic (natural and absorbable) ionic form as well as many other components for increasing nutrient absorption and cellular communication. Rich source of fulvic and humic acids which facilitate purification and overall balance on the cellular level. Shilajit is also an excellent adaptogenic, rejuvenative, nerve and adrenal tonic. Made from the decomposition of ancient plant life by microbes in the Himalayan Mountain region. **Power Foods for the Superhero Aloe:** Rich in acemannan polysaccharide, known to stimulate the rejuvenation and, seemingly, resurrection of tissues. Used internally and externally for almost every dermatological or tissue imbalance. Fresh inner leaf gel is high in oxygen and shown to contain elements of high energy for deep rejuvenation.

Honey: A magical substance created by bees. The fascinating process of making honey begins when the bees feast on flowers, collecting the flower nectar in their mouths. This nectar then mixes with special enzymes in the bees' saliva, an alchemical process that turns it into honey. The bees carry the honey back to the hive where they deposit it into the cells of the hive's walls. The fluttering of their wings provides the necessary ventilation to reduce the moisture's content making it ready for consumption. The health benefits of honey—like all foods—depend on the quality of the honey. But in this case, the situation is even more extreme because the pollen that collects on the bees' legs as they move from plant to plant is only as healthful and as

diverse as those plants. In addition, the processing of honey often removes many of the phytonutrients found in raw honey as it exists in the hive. Raw honey, for example, contains small amounts of the same resins found in propolis. Propolis, sometimes called "bee glue," is actually a complex mixture of resins and other substances that honeybees use to seal the hive and make it safe from bacteria and other micro-organisms. Honeybees make propolis by combining plant resins with their own secretions. However, substances like road tar have also been found in propolis. Bee keepers sometimes use special screens around the inside of the hive boxes to trap propolis, since bees will spread this substance around the honeycomb and seal cracks with the anti-bacterial, anti-viral, and anti-fungal resins. The resins found in propolis only represent a small part of the phytonutrients found in propolis and honey, however. Other phytonutrients found both in honey and propolis have been shown to possess cancer-preventing and anti-tumor properties. These substances include caffeic acid methyl caffeate, phenylethyl caffeate, and phenylethyl dimethylcaffeate. Researchers have discovered that these substances prevent colon cancer in animals by shutting down activity of two enzymes, phosphatidylinositol-specific phospholipase C and lipoxygenase. When raw honey is extensively processed and heated, the benefits of these phytonutrients are largely eliminated.

Cordyceps: One of the Chinese longevity mushrooms, it strengthens immune system, stamina, improves utilization of oxygen, promotes peak sexual performance, and assists in the development of microcapillaries.

Cacao: Loaded with nutrients and neuro-peptides similar to those the body produced when we are in love. Food of the Gods. Super antioxidant rich, with more flavinoids than any other food tested. Large amounts of magnesium, which balances brain chemistry and helps to build strong bones. Contains Phenylethylamine or PEA, which increases focus and alertness helping us to feel more connected to others. The bliss chemical, anandamide, is a cannabinoid

Maca: From the highlands of the Peruvian Andes, has been used traditionally for centuries in South America to enhance fertility in humans and animals. Endocrine system support, increase physical energy. Supports libido and sexual functioning. Hormonal balance for men and women. Increase in mental clarity and focus.

Ashwagandha: Native American/Indian use. Antioxidant inflammation, mild sedative, nerve tonic, adaptogenic, increases vitality, strengthens adrenals.

Mucana Pruriens: Contains therapeutic levels of L-DOPA which is used in conjunction with B vitamins to be converted into dopamine, an essential neurotransmitter when assimilated.

Bacopa Monieri: Ayurvedic herb for mental clarity. Assists in neurological repair.

Tulsi: Holy Basil, Ayurvedic Herb. Ghandi says there can be world peace if everyone drinks a cup of tulsi tea daily. This is a very powerful and gentle herb to include daily as an anti-inflammatory, anti-bacterial immune booster,

Tribulus: Boosts testosterone. Contains Harmala alkaloids, the same compounds found in ayahuasca vine and Syrian rue seeds.

Weekly Fast

Once weekly, do a twenty-four to thirty-six hour complete juice/water fast using pure distilled water and Himalayan rock salt or the Jungle Juice formula. That means for one full day, drink only juices and /or pure water. If this is not possible, try a one-day fruit and/or vegetable fast. As your confidence grows, this can be extended from three to seven days. Remember, fruit cleanses fastest and anytime you want to put the brakes on this program simply introduce a small amount of solid or cooked food.

End of program.

Recap of Daily Consumption Strategy

Fruit is best eaten alone. Begin the day with citrus fruits. Lemon is especially good for cleansing mucous. Add warm water, cayenne pepper (optional) and ginger to increase the thermal value of the food, especially if it's a cold day. Use oil with the fruits to slow down digestion. Fruits detoxify faster than vegetables. Try doing a morning on fruits and then a morning on vegetable juices the following day. *Never overeat anything.*

It is also perfectly fine to eat fruits until say 11 a.m. and then begin vegetable juices, providing the last fruit meal has digested. Experiment with all fruit days and increase to three days and then a week. If you can make the jump to raw food you will be on the fastest track to cellular health. The old body will break down and be replaced by a new cellular structure. This can be extremely stressful. Remember, you can put the brakes on the detox process by introducing solid and or lightly cooked foods. The objective is to give the digestive system a well-earned rest and not create any more complications. Keep it simple. *Breathe deep and stay natural.* Remember, organic is best by far.

Important: If you are seriously ill then this program needs to be applied cautiously under the guidance of a qualified medical practitioner who understands the principles at work. If your current medical health advisor is unsympathetic towards detoxification strategy then get another one. Check out www.curezone.com and especially the program on incurable diseases.

This is an overview of the general nutritional strategy. As I have mentioned several times and will continue to mention again, you should appreciate the fundamental principles that this plan is based upon and adjust according to personal preference and taste.

These principles are as follows:

- The main physiological causes of cellular disease are acidification and dehydration. Acidification causes a reduction of mineral reserves therefore mineral depletion also needs to be resolved. Providing the body with sufficient fresh fluids addresses these two factors, bringing the physiology back into balance. Again, fruits and vegetables are the best.
- The body is generally happiest processing only the lightest, juiciest foods throughout the morning. Fruits and fruit and vegetable juices should comprise the main intake. The purest water also needs to be imbibed.
- Until 12-noon the body is in elimination mode, in other words: removing the waste accumulated from previous days when these important natural laws were broken.
- Oxygen is the most important nutrient for cellular health. Deep rhythmic breathing

is the answer to many problems.

- Between the hours of 12-noon and 8 p.m. the body is ready to ingest. Any food taken between these times should be accompanied by a large green leafy salad. The main meal is best eaten during the day and the lightest meal taken in the evening.

The NGP provides an optimum strategy for enhancing bodily functions. If you stick to the program you will get the best results. If you follow the basic principles you will still get good results. For instance, you could eat fruit all morning till lunchtime and still get very good results. The thing is to understand the principles and take responsibility for your own health.

Now get into it! If you haven't got a juicer then go out and buy one now! Make a lovely fresh juice, add a drop of oil and study this work. Soon enough you will be feeling light and healthy.

Integrating the NGP Into the Working Week

Basically, it is up to you to follow the principles and be creative. Here are some guidelines you may wish to follow:

- Begin the pre-work day with meditation, breathing, prayer and visualization.
- Do some light exercise.
- Take only minimal juices in the morning and prepare juices to take to work (add a little freshly squeezed lemon juice to preserve the freshness).
- Take fruits and/or nuts mixed with greens for mid morning and afternoon snack.
- Prepare a salad for lunch.
- Have fruit and/or nuts again in the afternoon.
- Drink another vegetable juice when you get home.
- Relax. Visualize the new you.
- Prepare a slow soup with loving vibrations.

Additional Useful Foods I Use

Noni: Exotic fruit from the Polynesian islands. Rich in glycoproteins and polysaccharides which rejuvenate and cleanse on many levels of the body. Purifies the body from toxic chemicals and assist in balancing on many levels.

Tumeric: Powerful anti-inflammatory and warming herb. Excellent for the liver and spleen.

Ginger: Warming and digestive stimulant. Clears spleen dampness.

Colloidal Gold: Increase in optimism/positive outlook. Nutrient support for rejuvenation and vitalization of multiple body systems. Gold supports peak levels of brain efficiency and mental functioning. Cognitive enhancing effects. A Noble element, which doesn't need to look outside itself for completion.

Zeolites: Detoxification. Maintains a healthy immune system. Removes heavy metal, toxins, increase cellular oxygen levels, improve clarity, mood, physical performance. Alkalizes pH forming in the body.

MSM

OptiMSM: Naturally occurring organic sulfur source. For joint health, cardio health, seasonal immune health, liver support. Created naturally through the earth's sulfur cycle when phytoplankton and algae die and decompose, releasing sulfur compounds into the atmosphere where they are transformed to DMS. In the presence of ozone and sunlight, DMS is converted to DMSO and MSM.

Ormus

Living Marine Phytoplankton: Contains more than ninety ionic and trace minerals using purified ocean water to grow. Enhanced brain function, improved immune function, antiviral/antifungal/antibacterial effects, improved cellular repair, radiation protection, cancer protection, detoxification support, anti-inflammatory, improved circulation, improved heart function, allergy/asthma relief, and a residual "grounding energy" overall. High chlorophyll content increases oxygen uptake and improved performance and endurance.

Chlorella: A four billion year old strain of green algae with the highest chlorophyll content of all known plants. Vitamins, minerals, fiber, nucleic acids, amino acids, enzymes and other beneficial nutrients. The CGF or chlorella growth factor has been demonstrated to promote liver health and balancing effects in the body. The detoxification properties of chlorella will take three to six months of continuous use to be fully realized. Chlorella also aids the body in the breakdown of the hydrocarbon and metallic toxins like DDT, PCB, Mercury, Cadmium and Lead, recent studies have shown. Chlorella has been shown to promote the production of interferon. This is one of the body's greatest natural defenses against cancer. Improved digestion is apparent with the use of chlorella, which in cultivation reproduces by quadrupling every forty-eight hours. This causes the lactobacillus, a beneficial bacteria, to multiply at four times the normal rate. This, in turn, causes the body to take in nutrients more efficiently. In conjunction with beneficial soil-based organisms, this may be a very purifying synergistic combination.