

# THE BIOLOGY OF PEACE

DR NICK GOOD

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Dr. Nick Good

Foreword by David Wolfe

Contributions by Jared Port and Julia Corbett

*“When health is absent, wisdom cannot reveal itself, strength cannot be exerted, wealth is useless and reason is powerless.”*

~Herophiles 300 B.C.

*“Nothing is so fragile as action without prayer.”*

~Buddhist Proverb

The power of prayer is legendary. These are the times to use it. Little is truly understood in the world today about the power of God moving the world through prayer.

Prayer is a cleanser of the psyche. It nourishes soul consciousness and empowers the spirit. That spirit shines through the cellular structure. The brighter our light shines the healthier we are. Prayer helps us to shine brighter.

The Light of God surrounds us.

The Love of God enfolds us.

The Power of God protects us.

The Presence of God watches over us.

Wherever I am God is.

For I am a being of God's own Light.

And all is well.

Explore the power of prayer at [www.howardwills.com](http://www.howardwills.com)

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The contents of this book are presented within the context of a holistic healing system and designed to be applied together. Understand the principles, apply them and share them.

Application of this program is subject to the above terms and conditions.

## Dedication by Nick

I dedicate this book to my long-suffering mother, Margaret “Bumble” Ann Good, whose many pleas of “why can’t you just be normal like everybody else?” fell constantly upon my deaf ears. My mum is an inspiration and the embodiment of joviality in the face of all adversity. Inspired by the Bumble Bee which breaks the laws of aerodynamics, my dear mother, by existing on a diet of mainly butter and ice cream, (according to my observations), defies the laws that govern biology, chemistry and physics. Having been informed of the details of my outrageous adventures during two decades of international travel, she is, without doubt, the living proof that an open mind and an open heart are indeed the foundations of a long and healthy life. Dear lady, it is with great appreciation and the fondest affection that I dedicate this work to you. Thank you for everything, Mum.

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## **Foreword by David Wolfe**

The time for peace is now. The word is out. All disease is curable. Cancer, for example, is not only treatable but healable. Cancer has an answer. And it is not what we were told or sold by allopathic doctors, pharmaceutical/chemical companies, lab-coat scientists or mass media.

The answer to cancer lies in the unexpected, the astonishing, yet the reasonable and inspirational. Cancer, as we now understand it, is a physical, mental, emotional and spiritual illness that is consistently indicating to us that something in our internal and external environment is out of balance. By truly understanding this holistic principle at every level of our being, and by rebalancing ourselves and our behavior, we start our way back towards safe and effective treatments and solutions to cancer.

As you search your feelings on this insight, you will realize that it is correct. Cancer is not going to be solved by a drug. That point is moot. That whole direction of “medicine” has already been tossed into the ashbin of history by solution-oriented individuals.

The author of this book, Nick Good, is a friend, a lover of life and a cancer survivor. He speaks from experience, where both his father and brother were taken down into their graves by the same cancer that afflicted Nick, he chose another route — a route towards complete holistic healing. A route that incorporates all important aspects of healing including: prayer, positive thought-word-action, vision, purpose, opening to the mystery, excellent nutrition, pure water, clean air, bodily cleansing, a fitness program, an attitude of gratitude towards life, love-filled relationships and more. This is the Natural Goodness Program which puts you directly in touch with your destiny. The Natural Goodness Program works because it systematically brings you in touch with the power of your life-force and your soul.

Throughout this book, Nick Good indicates to us that it is soul revival and transformation that is (underneath all the illusions) our grand calling. This is an awareness. This awareness involves a complete turning towards our destiny in our thoughts and our everyday actions. It means completely aligning ourselves up with the noble aspects of living, so that our soul is healed and we can become even more actively engaged in the healing and evolution of our planet.

Take action immediately on the information Nick Good has delivered within these pages. Do what you can now as best you can. Simply begin the program. There is no right or wrong, only a direction — and our direction determines destination. You can succeed. You can live in natural magic. You can completely heal yourself. You can love more. You can experience the best day ever every day!

May the power of grace and prayer guide your journey.

David Wolfe, JD, ([www.davidwolfe.com](http://www.davidwolfe.com)), author of Naked Chocolate, The Sunfood Diet Success System, Eating for Beauty

## A Few Words From Nick Good

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

~Galatians 6-7

The understanding of health and the factors which impact it, negatively or positively, has become very clear. Although, as in the case of every investigation into a deeper truth, mountains of information and disinformation exist. Every one of those mountains, it seems, will support a different point of view, often presented by individuals with impressive credentials. This can become extremely confusing and many simply give up. Well, you can take heart from this work because I have dedicated 25 years of focused commitment to uncovering the principles of health, and I present them here to you. I am not a scientist nor a medical doctor, but I am someone who has been very close to death and returned to tell the tale.

Very simply put, the essence of this book is this: You are a Spiritual Being. The more you ignore it the more you suffer. If you nurture your spirituality through a focused, loving, tender, internal and deep relationship with your spiritual source, you will shine bright with life. If you combine that with an attitude of mercy, forgiveness, compassion, agape love to everyone and everything (especially yourself), you will support that shining light with optimal feelings for health. Finally, if you do both of those and live a healthy lifestyle, which includes nourishing, natural foods prepared with love, *eaten minimally and appropriately combined*, along with moderate exercise you enjoy then you have the fundamental secrets to a healthy, prosperous and very happy life.

Now, it's up to you. You don't even have to read the rest of this book. Should you choose to read on, please forgive me for any offenses my choice of words may cause. Everyone has their own view of spirituality, and I have tried to present principles that are free of dogma and the politics of religion. It is for that reason I have chosen the terminology of yoga as the model to communicate spiritual concepts through. I consider this to be the most neutral model. Again, please forgive me for my offenses.

Feel free to substitute your favorite names for Source anytime you wish. You may choose God, Jesus, Allah or whatever; it's up to you. Although you will not find any promotion of Christianity here, I feel it is only fair for me to say I not only believe in God but feel and speak to that Holy Presence every day. I love Jesus and consider it a private, personal relationship so deep and timeless that it transcends all labels and names.

May you experience blessings of peace and enlightened understanding as you read these pages.

Nick Good. England. 2010.

## Preface

Before reading the contents of this book, I must issue a word of warning: if you choose to absorb this knowledge and apply the principles contained herein, you will change. That, my friend, is certain. Not only will you become healthier but your whole world will shift. The way you perceive reality and your understanding of yourself will transform, as if by magic, in accord with the findings of the most intelligent revolutionaries of modern times.

Your soul purpose, possibly for the first time in your life, will become consciously clear. It will become impossible to ignore the calling for which you were born. If you do not wish to join this natural revolution then please read no further, and bury your head deeply in the sand. For no longer will you have an excuse for carrying on the ways that are contributing to, not only your own personal stress, neurosis and disease but the dis-ease of the world. I make no apologies for the sharpness of these words. The gloves are off. These are the end times. It is time for *The Rainbow Warriors* to strike.

Almighty winds of change are sweeping across the toxic plains of a modern industrial civilization. Tiny flowers, everywhere, are squeezing through the cracks in deep, thick layers of concrete, driven by an unstoppable power. The birds are singing with it, and its message is blowing high in the treetops. The sunrise and sunsets are broadcasting it, and every wave that breaks is delivering the same good news. That power, that Life Force, that *Natural Goodness*, is as strong in you as it is in anything else. The great challenge of the times is *will you allow yourself to fully express it?*

The main reason, as a modern culture, that we experience disease is because we are living unnaturally. That does not necessarily mean we should be swinging about in the trees, but it does mean we are ignoring the natural wonder of ourselves and choosing to live in a way that destroys us.

A massive shift in understanding the true nature of disease is occurring within the world today. Thanks to the World Wide Web, it is possible for leading-edge researchers, revolutionaries of our modern times, to publish their works and unite together under a flying flag of Truth. The astonishing news is that by applying the revolutionary principles that naturally restore optimal holistic health, we step onto a *magic carpet* which is designed to carry us along the path of our highest destiny. Even though the modern world resembles a battlefield, where the forces of darkness prevail, that flag of Truth *is* flying high. Even so, the time is now and the need is great to apply the magical principles of Truth, so the forces of *Natural Goodness* active within our world uplift the lives of us all.

*“Let one who seeks not stop seeking until one finds. When he finds, he will be troubled. When he is troubled, he will be astonished, and will rule over all.”*

~Jesus, from *The Gospel of Thomas* or *The Hidden Sayings of Jesus*

The information required to allow ourselves to experience the full joy of aliveness is now available to us all. The dark ages are over. Thanks to the research of a growing army of cutting-edge medical researchers, progressive thinkers, doctors and scientists, such as Dr. Gabriel Cousens, Dr. Len Horowitz, David Wolfe, Dr. Richard Hawkins, Dr. Bruce Lipton, Candace Pert, Dr. Deepak Chopra, Dr. Richard Schulze and many more, *the true reasons* why we suffer are being identified and translated into a language that anyone can understand.

We can access this information and apply the common principles, unifying this international body of seemingly unrelated individuals, for the betterment our own personal health, that of our families, our societies and thus the human race. Thanks to the information age, all of us can benefit from the research and findings of the most active revolutionaries of, not only modern times, but also from years gone by.

There is an overload of information available today. Much of it is disinformation and/or plain nonsense. Anyone who wishes to publish an opinion about anything is free to do so. Time and time again, it has been proven that impressive educational qualifications *do not* necessarily guarantee an accurate, honest representation of facts. Of course, this point is sharply illustrated by the political realm which has its fingers in the pharmaceutical pie. The words which follow are forged from the fire of experience. My conclusion is simple and can be summed up in the following statement: *suffering is a choice*.

The contents of this book represent over 20 years exploration, discovery, application, distillation and synthesis of the “best of the best” information I have been able to find. Everything I have written about in this book, I have applied myself to enable me to recover from a horrific chapter in my life. During a period of 13 months, having been diagnosed with the same disease myself, I watched my father and younger brother die of cancer. They both accepted the diagnosis, prognosis and treatment of the conventional medical system. I did not. Previous to that sobering chapter of my life, I spent the greater part of two decades traveling internationally, working as a personal trainer, motivator and masseur to professional athletes. During this time, I learned about the power of the mind and how to focus it. The roots of disease exist in a sick mind. The reason disease is at epidemic proportions in the world is because the modern human mind is sick. The new health paradigm is saying it is not enough to treat symptoms. We must go to the cause. This is a journey we are all advised to undertake. What I am about to describe here is a holistic healing experience: the harmonization of a physical, mental, emotional and spiritual unit, a human being. I have returned from the depths of hell on a mission, with a message: so-called incurable disease is curable.

### **So-Called Incurable Disease is Curable**

Disease is the consequence of unnatural, disharmonic ways which disturb the natural environment most favorable for the development of an evolving organism. Disease is a signal from the body that we are out of harmony with nature. Surely disease is not nature’s plan. Is it God’s plan? We are out of harmony with nature’s way because we are out of harmony with *our inner nature*. Within every single one of us is the energetic blueprints for a perfectly healthy life. We do not become diseased because we are programmed genetically to do so. *We become diseased because we create an*

*environment which promotes it.* This does not mean that faulty genetic combinations do not exist, but it does mean, in the vast majority of cases, we can do something about them.

The whole modern industrial world is diseased. We are a modern civilization in decay. Our ignorance, decadence and arrogance have left the door wide open for evil to run amok. Now, we are at a critical point in our unfolding as an evolving race. We are faced with a dramatic choice. The choice is very simple: do we wish to continue with our journey into the pits of hell or do we wish to create an alternative future? For those of us who do, the information, method and technologies to fortify that choice are here and now.

You are not going to read about these things in mainstream media outlets. Nor will you learn about them in the current institutionalized educational systems. The current modern medical system, notwithstanding the compassion and good heartedness of many of its employees, is a rigged deck that is married to the interests of pharmaceutical companies and commercial organizations that benefit only from treatment *and not from cure*. It is not in the financial interests of the powers that be to provide cures. It *is* in their interests to perpetuate the façade that most disease is incurable with no known cause and that their treatment is the best way. This mindset serves a modern industrial military complex that has economy as its most superficial *raison d'être*. Even at the expense of the ecology and the health of its citizens, the industrialized system, driven by a handful of the worlds most powerful and wealthiest individuals, ploughs mercilessly along perpetuating ignorance for its own self-serving purposes. It is a system that achieves consistently pathetic results in terms of curing so-called terminal disease (around 16% of all individuals treated by conventional means for cancer actually achieve remission). And according to one body of research, death by reactions to prescription drugs and hospitalization has now jumped from third on the list to *the* biggest killer in America. Many individuals, like myself, have found a better way. The good news is this more natural way is powered by *the unstoppable forces of natural goodness*. No matter how bad things may seem, nor how dreadful they may become, once you have turned to unite with that which gives you life, victory is guaranteed.

By aligning yourself with the principles contained within these pages, you are adding your weight to the momentum of a great revolution that is sweeping the world today. Millions of individuals are becoming increasingly aware that our political governments, controlling agencies, and super-power military industrial organizations cannot be trusted. Our “controllers” are in league with forces of unthinkable darkness which function behind the scenes, orchestrating events of appalling magnitude and seriousness. I share these thoughts not to unduly alarm you but to establish the full context of the situation and draw your attention to the seriousness of the times. The big news is that quantum science, optimal performance technologies, ancient tribal wisdom, spiritual truth and fundamental holistic health principles are now united under the same banner of truth. The name on that banner is *Revolution*.

By choosing to take full responsibility for our own health and the expression of our own truth, we are fulfilling a mission that is coded within our souls. The holistic healing experience is nothing less than living our highest destiny, consciously aligning with the powerfully transformative forces of natural goodness which are here for our ascension.

What other purpose is there for us to achieve? Life is a mystical, wondrous journey, and we are allowing ourselves to turn it into a modern, industrial toxic hell. One of the consequences of this misdirection of our creative energies is the misery of human disease. The good news is that the keys to unlock the chains of misconception have been found. Now, it's up to us to use them.

## **The New Health Order**

Thanks to researchers like Dr. Bruce Lipton, it is now a scientifically supported fact that the way we think and feel is *the major factor* in the health equation. Energy medicine is fast becoming the new language of health. Our bodies are each an amazing combination of energy systems that require harmony and free flow in order to function properly. Although diet and exercise are vital factors as well, the new health paradigm reveals that *what you hold in your awareness is the overriding determining factor of genetic expression*.

In other words, what we are aware of is the pivotal point around which our experience spins. What we believe and how we orient our existence according to those beliefs, determines which genes are activated and therefore how much of our human potential we can enjoy. Underneath it all, deep down within our soul is a perfect song being sung. It is the song of nature within the seed of the soul. If our thoughts, words, actions, and therefore our feelings, are out of tune with this inner natural song, discord and disease result. Getting in tune with the will of life, emanating from within, requires full awareness of the deeper truths of life, the nature of yourself and what your purpose is within existence. This is a mystical, alchemical process, a wondrous, never-ending journey of the mystery being revealed as who I Am. Along this path, which follows obediently behind, if we turn to see, is the zigzagging motion of our corrections and adjustments in just the same way as a ship crosses the sea. The main qualification for captaining this magical ship is honesty with oneself.

No longer are these concepts the realm of the mystic or the jealously-guarded property of religion. The word is out. Follow the path of your happiness with courage, patience, wisdom, certainty, compassion and joy. By doing so, you will experience clarity, depth, generosity, abundance and, best of all, become a truly great lover.

The new health order alerts us to the fact that attitudes and feeling states impact the biology in such a way that it actually changes its physical form in accord with our dominant feeling states. Constant repetitive thought and internal dialogue of a depressed and negative nature impacts the brain in such a way that a neural web is formed in harmony with the electrochemical and biochemical events which are being caused by the thinking-feeling processes. What scientists have observed is that the brain will produce chemical messenger hormones, neuropeptides, of a similar nature to the dominant thoughts and feelings.

These messenger chemicals then travel to every cell in the body. This communication is virtually instantaneous. The cells, in order to receive these chemical messages, have to produce specific receptor sites. The receptor sites have to be like a lock that fits only one key, the exact match for the messenger hormones. The more a specific type of peptide is

produced by the body, defined by dominant emotions and thoughts, the more receptors are required. There is only a certain amount of space on the outer wall of the individual cells, so in order to accommodate these receptors that HAVE to be there in order to receive the communication. Consequently, there will be less receptors available for ingestion of nutrition and excretion of waste, etc. When the cell divides, the daughter cells are born with the same characteristics as the parent. Thus, if we have invested years in internal negative self-talk, depression, or other consequences of a sick mind, then eventually we create bodies made of cells that simply cannot absorb nutrition no matter how good it is. As we are all born into a dysfunctional modern world system, we are all affected by it. Some of us may not be dying of terminal disease yet, but the facts remain the same: the modern industrial world robs us of our spiritual vision, redefines our sense of self and generates inner feeling states and attitudes that depress and stress the biology. As an essential part of the foundation for health, to support nutritional changes, we need to *reprogram our subconscious minds*. The subconscious mind is like a reservoir, where all of the recordings and vibrations of the accumulated thought forms exist. That is why I have developed the Natural Goodness Program (NGP), a three-part series with a foundation in subconscious reprogramming. Within the subconscious realm, there exists a wonderful, natural harmonious state. All we have to do is uncover it. That exciting journey begins with changing our awareness.

### **The New Consciousness of Biology**

*“All disease is a consequence of disharmony between the actions of the personality and the will of the soul.”*

~Dr. Edward Bach, 1931

There are so many factors involved in each equation of health that the subtle cause of illness and disorder cannot be seen under a microscope. It will never be found in a single parasite or germ. There is a primary underlying reason why we suffer. Disease is an accumulation of factors impacting the physiology over a given period of time. Although an appropriate cleansing and nourishing diet is a foundational factor in the clearing of disease from the biology, there are far deeper reasons which affect health than isolated considerations such as “am I eating too much red meat?” Dr. M. Scott Peck, author of *The Road less Traveled*, assures us there is no authentic success in healing “without a significant underlying shift in one’s attitude towards, and awareness of, the deeper questions in life.” Taking responsibility to ponder the mysteries of yourself is an essential component in any healing modality. Without the appropriate adjustment to your feeling-thinking attitude towards life, the Source of your life, and your relationship to it, there *is* no healing. Symptoms may be relieved for a while, but their causes carry on affecting our health on a deeper level and are bound to reappear in some other form, for our meeting with them is part of our destiny.

The efforts of the reductionist scientists and theorists of material-based conventional thought cannot kill the wonder of life. We only have to look upwards on a starry night, and no matter how detached from our true inner nature we are, something inside us is bound to stir. The whole history of scientific research, though truly marvelous and worthy of immense respect, is based on the dissection of what can be seen and quantified.

Yet the very same body of science has ascertained that, in fact, physicality comprises only about 2% of the subatomic realm, which includes our cellular biology and the whole of the physical world. When magnified strongly enough, the very nature of our biological being, almost the totality of our cellular structure, reveals vast distances of space. This, however, is no dead space but what Dr. Deepak Chopra calls *a unified field of infinite possibility*. It is within this quantum field that our awareness, largely in the form of vibrational thoughts and feelings, interfaces. It is here, where spirit and matter come together, that our destinies are determined. It has also been established by researchers of DNA that most of us, when behaving normally and, therefore, operating in something termed *the normal waking state*, function on barely 2% of our available capacity. Add to this the fact that our sensory perception permits us to accurately perceive only a tiny fragment of the quantifiable energy spectrum (0.01%).

The efforts of the establishment hitherto, pertaining to the understanding of life and our relationship to it, have been focused on the 2% of quantifiable form, interpreted through a mindset that is 99.99% blind, by biological entities only expressing 2% of their available life force. Is it possible that we as a human race have placed conceptual understanding or informed opinion, no matter how incomplete, before experience? It seems we are on the verge of a quantum leap, not only in understanding the true nature of our being but in *experiencing* it.

We are now living in unprecedented times. It is an age of awakening where a critical mass of individualized points of consciousness, or souls if you prefer, realize our true inner nature and emerge from the cocoon of the living dead, otherwise known as the normal waking state, and get on with the joyful mission of expressing it. The secrets of human being that, when accessed, will allow us to evolve to the next level of conscious creative expression are now available to us all. To my knowledge, no one but the Living in Natural Magic Team has distilled them and synthesized them into one ultra-potent, personal optimization program.

### **New Information**

So much information is becoming available pertaining to the true nature of human being, our relationship with life, our purpose within existence, how we interface with the medium of creation, the consequences of ignorance, the manifestations of the forces of good and evil, (particularly within the political, religious and world monarchies, extra terrestrial intelligences, the true nature of disease etc.) that conscious evolution seems to be accelerating at an unprecedented rate. Many individuals can sense impending change of a gargantuan nature now affecting our world. Scientific research is now documenting extraordinary changes and climatic events, not only on this planet but every planet in the solar system. Could it be that something so huge and unusual, certainly to the mindset of the normal waking state, is impacting our collective reality that we simply have no reference point to accommodate it?

### **The Single Most Critical Factor in the Healing Process**

*The single most critical factor in the healing process is the identification with one's True Self.* The shift away from the habitual, fearful, often compulsive, neurotic drive of the

shadowy ego into the original, eternal light and love of the soul is the great key to unlocking the treasure chest of the magic that *you are*. The discovery of the authentic beauty of *I* is the most important journey you will ever undertake. The attitude which fosters constant health is a wonder-love-gratitude attitude. By living from the heart, in a constant state of simple adoration and awe of the infinite wonder of life, we automatically resonate with a quality of being which inspires and magnetizes a magical, natural goodness into our lives. By living in the subtle feeling experience of atonement with *The One Love*, which fuels every particle of the subatomic world, we automatically return to the underlying state of balanced perfection that we eternally are.

There is an aspect of our being which is constantly at one with The Source of Life. If we are ignoring the relationship with our inner most being, we are functioning without the guidance of our wisest component, and our whole lives, as a consequence, will reflect this lack of harmonious orientation. If we take an honest look at the way the modern industrial world is accelerating and the impact of its way of being on the natural world, we can honestly say to ourselves: now is the time to awaken from my dream of separation from that which Loves me most.

*“It was nature, wildness, this undomesticated spirit that fled when it got enslaved, insulted, maimed, beaten or scared off. This trespass on one’s personal nature or soul is what Mayan Shamans considered the prime source of illness to humans. People simply forgot that the non-ritual inventions of the human mind insulted the human soul, which, like a deer, was frightened by the unnatural.”*

~Martin Prechtel in *Secrets of The Talking Jaguar*

Even though, to many schools of thought, humanity is teetering upon the edge of extinction, an unprecedented unification is occurring within our modern world. Quantum science is now joining forces with ancient wisdom and the purest spiritual perspectives. From this enlightened trinity, what is becoming increasingly clear is that the energetic presence of life has a definite *quality of being* which responds to our intent.

Our thoughts, words and actions constantly strike chords with this ever-present, unified energy field, and it is the degree of harmony produced that defines the levels of health we experience as individuals and as a culture. Most of us are out of tune with our inner nature. This is not an individual problem. It is the consequence of the current human condition. However, as individuals, we can choose to take responsibility for our own health and, in doing so, make a much-needed, positive, significant and *immediate* contribution to the growing dilemma of our world. The old paradigm, or collective idea, which saw revolution as something to be achieved outside of oneself has now been superceded by a more enlightened perspective. We now know that *as we change the world changes*.

Like individual cells in the body of humankind, the more of us who begin to vibrate with genuine health, the more the body, as a whole, will reflect this and thus our world will transform. We should be aware that the physical body is the level of effect, not cause. Symptoms, classified as illness, disease or disorder are a consequence of underlying causes. Until these causes are identified and changed, physical breakdown will persist. It

may be possible to alleviate symptoms but not to cure. The roots of disease run deep in us all. The human condition is sick because it is living disharmoniously.

*“All that is occurring on the present world stage is in necessary fulfillment of a greater script in which the old must be cleared away in order for the new to manifest in supreme purity. From this point of view, the cycle of history is in the nature of a bad fever that has to be worked out, full of nightmares and visions, but once the fever has passed, a new purified soul emerges. Such a perspective fulfills many prophecies of the coming of The Golden Age, a New Heaven and a New Earth, New Jerusalem or Shambhalla, the mending of the Hoop of Nations, the Flowering of the World Tree after a long winter of the soul.”*

~Jose Arguelles in *Valum Votan*

### **The Mission: Fulfilling Your Highest Destiny**

*“The tragedy of life is not in the fact of death but in what dies inside of us while we live.”*

~Norman Cousins

Are you on a mission? Are you living your Life Purpose? Imagine if you had a mission in life. A specific purpose, a destiny, something only you could fulfill and in living that purpose you would experience complete fulfillment. Would you be interested in living it? Imagine if the secrets of perfect contentment were already sown, like a seed, deep inside you and all you had to do was water that seed, and, in doing so, you could change not only your own life for the better but also that of the whole world. Would you do it? This mission is about doing exactly that: watering the seed of the wonderful being that you are, that we all are.

Great changes are taking place within the world right now. The most significant is our understanding of who we are and what our relationship is with life. Quantum science, ancient wisdom and the purest spiritual perspectives are beginning to merge as one. It is through this emerging lens of clarity that we can begin to see the path upon which we all yearn to tread. Fulfilling your destiny, living your purpose, having the courage *to be who you truly are*. This is the mission for which the time calls.

*“The destiny of man is in his own soul.”*

~Herodotus

As modern civilization creaks and groans under the pressure of its own disharmony, we witness the systems within it breaking down. The Titanic of the modern world has hit the iceberg. As this becomes more apparent, the necessity of reclaiming responsibility for our own personal futures returns to ourselves. The situation the world is in will not be solved politically. The more we realize that *as individual points of consciousness we constantly affect the whole of which we are part*, the more we will be inspired to choose the thoughts, words and actions that will sculpt the future we wish to live. The soul is a seed and the holographic universe is the garden. Within that seed are the blueprints for perfect human expression. The impressions of the experience of the plant or tree are recorded in

the seed. There are some trees on the northwestern seaboard of North America, very often exposed to violent stormy winds, so much so that they are bent over backwards, twisted and contorted, their leaves almost touching the ground. If you were to take a seed from one of those trees and plant it 100 miles inland, in perfect soil and climatic conditions, would it grow a straight tree? The answer is no, nor would it do so for successive generations. This is because following generations will grow according to the latest impressions that have been recorded in the seed not according to the original program. We see this clearly in the world today, and this fact is the hidden spiritual truth in the old testament scripture: "I The Lord thy God am a vengeful and jealous God visiting the iniquities of the fathers upon the children unto the third and fourth generations." This does not mean God is jealous. How can perfect love experience jealousy? What it does mean, however, is that there are natural laws which govern creation and, if we break those laws, the consequences will be felt through successive generations. The great challenge facing this generation, the *Rainbow Generation*, is to ignore the impulses of the latest recordings within the soul seed. These are material-based recordings stemming from ego attachment, fear of survival and greed. The challenge for us all is to go a little deeper into our being and access the original instructions. In doing so, we build a rainbow bridge from this world, which for many is living hell, into a heaven-on-earth. This is the will of our creator, the nature of life, and our own inner nature. By accessing the true nature of our being and allowing it to express through us, *as us*, we allow the natural mystery *we are* to unfold in perfect accord with the unlimited wonder of infinite life.

Every moment of every day we are striking harmonic or disharmonic chords with a natural law: *the law which draws potentiality into the world of form*. Every thought, word and action has an immediate energetic consequence. Our attitude magnetizes experience. Our imagination sculpts it into form. The only way to purify the soul seed and erase the recordings of disharmonious behavior is to go within and find that central core of pure peace, love and beauty and exist from it. This simple act has the greatest benefit for not only our own personal health but for that of humanity.

### **The 100<sup>th</sup> Monkey**

According to tests on the consciousness of monkeys, there is something called "the 100<sup>th</sup> monkey effect." What the results of these tests clearly demonstrate is how new information of a life-changing nature, being assimilated by members of the culture or tribe, affects the culture as a whole. The tests were run at the same time on monkeys living on different neighboring islands and involved feeding dirty sweet potatoes to one group on one island. Once one monkey had figured out how to wash the potatoes, the information was passed to its neighbors who also began to do the same. The interesting thing was once the number of monkeys had reached a critical threshold, 100 monkeys, *all* of the monkeys on *all* of the islands simultaneously began to wash their potatoes. What this indicates is that once a certain percentage of individuals have integrated new information into *the collective consciousness* then the whole tribe changes. The collective consciousness is the invisible database with which all human minds are connected. It is the collective reservoir of human thoughts to which we are all contributing daily, transmitting and receiving thought energy with our minds.

The new information that is being downloaded by members of the modern human tribe is based on the realization that the way we are living is less than optimal, in the sense that it creates dreadful disharmony and disease. The great revelation, however, is that there is a better way and it is our responsibility to make the choices to live that way. By doing so, we harmonize our way of being with the very Force of Life, itself, and nothing can bring us more alive than that.

The disharmonious way most of us live our daily lives, and the impact of the thoughts, words and actions associated with that way, are the cause of all disease and misery in the world. No matter what we have inherited from our ancestors, no one other than ourselves is responsible for this fact, and the time is ripe to change our ways. No matter who you are, where you are, or what you do, you *can* change your life for the better, and, in doing so, add to the momentum that is growing very quickly. You could be the 100<sup>th</sup> monkey. *Research, investigate, and live your dreams, whatever they may be.* You are not here to just make up the numbers. You are here to be who you are destined to be, who life wants you to be. It's inside you; it's inside us all. It is who you truly are. The shifts in human consciousness that we are witnessing today are nothing short of a complete revolution, a peaceful loving revolution, which requires every one of us to invest in self acceptance, forgiveness and love--to get on with the mission of being who we are designed to be, originally and naturally. The codes that define our identity are recorded in the seed of our being, the soul. Now is the time to water that seed, and we need not wait for anyone or anything to give us their approval to do exactly that.

The 100<sup>th</sup> monkey effect proves that on some level we are all one. As Kahlil Gibrain so eloquently puts it, "not a single leaf turns yellow without the silent knowledge of the whole tree."

All ill health and disease has a cause. If the body is weak there is a reason. If someone is stuck in dysfunctional behavioral patterns and a destructive attitude, there is an underlying reason why. One could say that the whole world is stuck in self-destruct mode. This is no coincidence. As long as we choose to function without the guidance of our Highest Source, we are bound to destroy ourselves. This is as true for an individual as it is for a nation. Before the subject of health can be discussed accurately, the question of identity must be clarified and resolved. Just exactly who is ill? Is the soul sick and the consequences of this sickness manifesting in the body? If so, how does one heal the soul? Is the dis-ease of the soul responsible for the dis-ease in the world? Is the fact that we are out of touch with our pure inner nature the reason why modern civilization is in such a mess?

*"What we feel we attract. What we believe we become."*

~Dr. Joseph Murphy

The sixth rule of Huna (ancient Hawaiian healing wisdom) is Pono which, roughly translated, means "harmony is a measure of truth." Are you in or out of harmony with your inner nature? Get in harmony is what this mission calls for. In Hopi Indian tradition there is an ancient prophecy referring to the emergence of a tribe called *The Rainbow Warriors*. The prophecy foretold the destruction of their race and of the earth and many

of the birds and animals, etc. It also predicts the emergence of a group of individuals who, when the world is on the brink of absolute catastrophe, rise from the delusion of ignorance and become an embodiment of truth. The keynote of this prophecy was also the central theme of the message of Jesus, Buddha, Mohammed and the many others who have borne witness to the extra-ordinary potential that lies within us all.

*“Have I not said that ye are gods?”*

~Jesus Christ

This tribe has no leader or political organization and is made up of people from all nations, religions and cultures. The members of this tribe are united in spirit, in consciousness; their mission is to transform the world by being an embodiment of peaceful natural goodness and by holding a golden vision, a vision of a perfect and wonderful world.

*“The world is created through vision.”*

~Siv Baba

Are you of that tribe? In every town, every city and every village in the world are scattered the seeds of this tribe. If you truly desire to make a difference, and, in this exciting time of wonderful opportunity, lend the full weight of your soul purpose to this peaceful, silent revolution, simply have the courage to uncover and be your *natural self*, to become soul conscious and to take the power of God. This process is greatly enhanced by being still and becoming focused and at one with your inner being. It requires recognizing the distinction between *the natural self* that life wills humanity to accept, honor and express and the self-destructive, habitual ego-identity, whose fearful sphere of action, thought and word creates suffering and delays the experience of the higher life. The golden key to unlocking the mystery of the Self is to understand you are an eternal soul and life is your playground, your canvas upon which to express. It is from this subtle focal point that you can have an accurate relationship with your Source. Without contemplation of the soul, there is no accurate basis for relationship with Source. In other words, if I don't know myself then how can I know God? And if I don't know God then how can I know myself?

*“Every human being alive today, modern or tribal, primal or over-domesticated, has a soul that is original, natural and above all, indigenous in one way or another. Like all indigenous peoples today, that indigenous soul of the modern person has either been banished to some far reaches of the dream world or is under direct attack by the modern mind...For there to be a world at all, every indigenous, natural thing must start singing its song, dancing its dance, moving and breathing according to its own nature, saying its name, manifesting simultaneously its secret spiritual signature.”*

~Martin Prechtel, *Secrets of The Talking Jaguar*

## Author's Introduction

*“Per ardua ad astra: Through hardship to the stars.”*

~Royal Air Force motto

My professional background is as a motivator and personal trainer to world-class athletes. This work is a synergy of cutting-edge holistic health principles, pure universal wisdom and the most efficient positive reality creation systems I have unearthed during more than two decades of international exploration and endeavor. I recommend you saturate yourself in the positive, uplifting information I am sharing here.

The main body of the work and the other programs I recommend are a phenomenal source of supercharged holistic health information gleaned from more than 20 years of continuing research. By applying the principles, following the links, reading the recommended books *and by discovering your own research* there is enough power here to completely transform your experience of reality. Enjoy the ride!

*“No man can reveal aught but that which already lies half asleep in the dawning of your own knowledge.”*

~ Kahlil Gibrain

Several years ago I was faced with a great crisis. My father and younger brother were both receiving conventional medical treatment for cancer. At this time, I was also told that I had a similar form of lymphatic cancer to that of my younger brother.

Eventually, my father died and then some weeks later my brother. They had both chosen the conventional medical healing path. I chose a different one. Now I am sharing this knowledge in the hope of helping anyone who may be receptive and in need of effective, healing wisdom.

Prior to this time in my life, I began the study of natural healing methods, including how to use natural foods to detoxify and rid the body of certain blockages that diminish and prevent the flow of normal physical functions. The men and women whose work I studied are the pioneers of *a modern medical revolution*. Time and time again, these brave souls have used the power of natural goodness to heal where modern medicine had given up. Individuals, such as Arnold Ehret, Jethro Kloss, Drs. John Christopher and Richard Schulze, Dr. Bernard Jensen, Dr. Deepak Chopra, Dr. Robert O. Young, Dr. Gabriel Cousens, Dr. Candace Pert, Paul Bragg, Dr. Ann Wigmore, Rev. Viktoras Kulvinskis, Dr. Richard Anderson, and many more.

For several years, Richard Schulze ran a clinic that only accepted cases that were deemed incurable. Some of these case studies are astonishing, and an undeniable testimony of the regenerative power of the human body, provided it is supported in the appropriate way.

It would be inappropriate, not to mention illegal, for me to say this program cures cancer and other forms of disease. However, it is a fact that individuals all over the world are using natural means to assist in healing themselves of even the most advanced stages of terminal disorder. A recent study on Natural Cellular Defense, an all-natural product containing *Zeolite* (see Appendix D), powerfully illustrates this point. **Seventy-eight percent of a 65-person control group with stage three and stage four (terminal) cancer, classified as beyond the capabilities of modern medicine to cure, achieved complete remission within 14 months of taking the product.**

As anyone who has studied the research of the success rate of conventional medical treatment of cancer knows, these figures are simply astonishing.

### **The Power of Thought**

*“Do you know that it is a scientific proven fact that the self-talk going on in your head right now programs your DNA for sickness or health for life or death at every given moment?”*

~Dr. John Jay Harper, *Ancient Vision of Modern Wisdom*

In addition to the aforementioned facts, there is plenty of documented videotape evidence of a clinic in China where the doctors use non-surgical means to dissolve cancerous tumors *on a daily basis*. Patients are brought into the operating room, and the whole procedure is viewed on closed-circuit TV screens. The Doctors, all practitioners of Chi Gong (energy healing), simply direct their energies to the area of disease and witness the tumors dissolve on a screen. As they cure multiple patients in this manner, they affirm one thing vocally: “It is done.” This unshakeable mindset of accomplishment is an integral aspect of achievement. Whatever it is you want to achieve, “*it is done*” is the optimum attitude to embody. Not just once but constantly. The power inherent in the focused mind of a human being functioning from selfless good heartedness is simply unstoppable.

*“You are not what you think you are, rather, what you think, you are.”*

~David Wolfe

A new way of thinking, aligned with these wonderful, natural healing events, is sweeping through the field of human consciousness like wildfire. If you are not already ablaze with the wonder and potency of its message, then it is my sincere wish that by reading this work you very soon will be.

I mention this example, and there are many more, to illustrate a very important point: what seems to be incurable is nothing of the sort. If you did not already know: *your thoughts and beliefs are the most critical determinants in not only the health equation but in the very way your whole life unfolds.*

## **The Power of Vision**

It says in the Bible that “where there is no vision the people perish.” What is your vision? How open is your heart and your mind? Do you see life as an eternal adventure or is it a mundane, predictable affair full of struggle and despair? Without vision you will not achieve the levels of health and happiness that are your birthright. Disease and all other forms of misery have a corresponding mental/emotional attitude that goes with them. If you are reading these words, your time has come to upgrade your vision. If you’re not walking on water then you probably still have a bit of work to do. Life is an eternal journey of Self discovery in wonder. As we begin to discover who we truly are, we climb aboard a magic carpet. Health, wealth and the deep happiness of personal fulfillment are a natural consequence of seeing the highest vision and creating the corresponding reality. It all begins in the mind. Tell yourself over and over: “I am a wonder-filled soul and my journey is full of magic.” Sing it, dance it, feel it and *be* it. The human being experiencing itself to full capacity is magical.

## **Resistance**

Resistance to positive change comes from the ego construct. The ego construct is a distortion within our own sense of self. In other words, we think we are our egos and allow ourselves to be driven by the impulses of the ego. According to the work of Dr. Carolyn Myss, an expert in the understanding of the dysfunctional human psyche, there are four major archetypal components to the modern human ego. From the thousands of treatments she gave, four common factors were isolated in every case. One of these factors is something called “the saboteur.” The saboteur is the aspect of the collective ego-mind which infiltrates our individual thoughts and urges us to do that which undermines our joyful experience of ascension, causing the process to become painful or otherwise discordant. The saboteur resists the highest good for the individual and maintains existing structures, no matter the pain they cause. It is a fear-based response which guarantees sorrow. Consider how the saboteur may be active in your mind, and whenever you find resistance to the information in this book, question it.

I know a lot about resistance. If you feel resistance to these words, challenge that resistance. Investigate it. Dr. Myss and many others, including myself, contend that we are often driven by internal forces which may be powerful negative influences in our lives. We do not need to obey the commands of the ego without questioning its motive. However, what are words? Merely symbols which affect us only by what we associate them with. Those associations are always based on past experiences, memory. Many of us do not have happy associations with God or Love. I could not even say the word God until I was 30 years old, let alone contemplate communion with. Also, other than on television, I never actually witnessed an adult male and female acting affectionately towards each other until I was 22 years old. Love, for me, like many of us was both frightening and repulsive. I am not trying to sell you anything here. If you experience resistance to these concepts, these symbols called “words,” and what they represent, go to nature with an open, yearning heart and immerse yourself in an experience *that shifts something in you*. After my father and brother died, I went surfing. Learning to surf was

some of the best medicine I ever took. Nature will birth you if you allow it. Holistic health is about becoming whole.

The Ancient Essenes, who were the Love Revolutionaries of their time, had three means of activating their full potential as human beings: the study of nature (which is science), the study of ancient wisdom and communion with The Source. Significant change *is* required. The energy that must shift is a change of mind, perception, attitude and awareness, so something Divinely natural may flow and express through your being. Herein lies the mystery and purpose of our existence. Harmonizing our thoughts, words and actions with this Force, consciously and willingly, is the fast track to living in natural magic.

### **The Power of Prayer**

There is a place in Portugal called Fatima. Here, over the years, thousands of pilgrims visit to experience healing in the form of what they call miracles. Fatima is famous for the visions people have seen of the Virgin Mary. Many healings of extra-ordinary note have been documented there. Years ago, a very thorough study was conducted to ascertain why some people had been healed while experiencing the vision and others not. There was only one thing *everyone* who saw the visions had in common. At the time they received their healings, they were all praying for *someone else*. I shall not expand anymore here on this concept but instead recommend the works of Earth Scientist, Greg Braden, (check out *The Isaiah Effect, The Lost Mode of Prayer and Beyond Zero Point*, all available on audio CD). The power of prayer is fact. What I am proposing, supported by the work of Braden and spoken in the words of Jesus, “whatsoever a man soweth in his heart that shall he also reap,” is that your way of being *is* your prayer. Rest assured, the reality you perceive is the response to that prayer. The way you feel toward others is the key factor in the prayer equation.

*“I looked around upon the world and saw that it was shadowed by sorrow and suffering. And I looked for the cause... I looked in books but could not find it. I looked within, and found there both the cause and the self-made nature of that cause. I looked again and deeper and found the remedy. I found one law, the law of love; one Life, the Life of adjustment to that Law; one Truth, the Truth of a conquered mind and a quiet and obedient heart.”*

~James Russel

### **The Truth About Cancer and The Law of Harmony**

*“Cancer is no mystery. It is the result of an inefficient immune system. Simplify your approach, address the real problem, and enjoy vibrant health.”*

~Linda Brooks

Cancer, and virtually every other form of disease, is a *condition defined by its symptoms*, (you can read what Dr. Robert O. Young has to say about this in his open letter in Appendix D). We do not catch cancer. We create the condition by breaking the biological laws which, when respected, maintain a constant state of health. Thoughts and feelings

create an internal environment. If that environment is out of harmony with the energetic presence of life which fills cellular space, a condition of disease is bound to manifest. If we dissolve the condition by respecting those laws, the body will rebalance itself. The Natural Goodness Program (NGP) is full of information to help you realign harmonically with the laws that govern your biology. A very obvious means of assisting this process is to strengthen the immune system. One of the simplest and most efficient means of achieving this feat is to practice *rebounding* on a daily basis. If you don't already have a rebounder, go out and buy one.

Check out the fabulous work of Albert E. Carter on the immune system and his book *The Cancer Answer* and his video *The Immune System* (see Resources). Here are some of the statements from Albert's work:

- Cancer cannot exist in the body that has an efficient immune system.
- Rather than attack the cancer in ways that weaken the immune system let us strengthen the immune system.
- This strategy comes under the heading of *immunology*.
- Mainly because immunology is not in the financial interests of the establishment, information about it has been uniformly suppressed.

Juicing is another powerful method of boosting the immune system. Someone once said if you can't afford a juicer, sell your car and get one. The healing process requires commitment. Everything you need to restore balance to your being is within your capacity to attain. I call it *Natural Goodness*. The soul you are in is full of it and so is nature.

Great changes are sweeping through the collective mind of modern humanity. Seemingly invincible, unbendable, unsinkable structures of traditional attitudes and thought are dissolving before the eternal light of Truth. The vast realm of health is being purified in the fires of revolution. *Nature heals cancer. Natural Love heals cancer. Natural Love is our inner nature. Love is who I am.*

## **Know Thyself**

Something I learned very quickly on my journey is that only you can take responsibility for your health. No one knows you better than you do. Only one statement was engraved above the entrance to all the healing temples of ancient Greece: *Know Thy Self and Nothing in Excess*. Self-knowledge, through the wisdom of experience, is the foundation of harmonious being. Life, lived in natural magic, is a great adventure in the eternal journey of Self-discovery through compassionate, creative expression. All disease is a signal that somehow we have gotten off course. In Truth, you are your own physician. I urge you to take advantage of the knowledge contained within this document and to experiment with the principles outlined. These are not only guidelines for health but, more importantly, directions to access a hidden potential that exists inside each of us. One of the most exciting discoveries of modern times is the connection between the expression of our inner potential and holistic wellness, for it is in the becoming of the full glory of human being that we experience the true meaning of health and vitality.

## **Co-Factors Associated with Disease and the New Health Paradigm**

According to Dr. Richard Schulze, there thousands of co-factors associated with disease. These include the influence of our ancestors, family, friends, lifestyle, environment, lack of knowledge, destructive thought/feeling, lack of consciousness, diet, exposure to toxins, viruses, bacteria, yeast, parasitic animals and many more. The modern traditional emphasis, when considering the treatment of disease, leans heavily to the visible (i.e. drugs, machinery and surgery). Is it a coincidence that even with all the remarkable advances in science and conventional medicine, physical and mental/emotional disease is at epidemic proportions? During my research into the most effective present-day healing models, I have noticed a definite and significant shift in attitudes towards the application of *non-visible solutions* to health problems. This shift rests upon a deeper understanding of what the human being truly is. The call from the more enlightened sectors of health practitioners today is for a new paradigm, one that sees physical disease as an indicator, a signal from the physiology, that within the core of the being all is not well. Pay heed to these signals and make the necessary adjustments to the underlying behaviors and attitudes causing them.

This shift in approach to defining disease suggests that our consciousness is the primary causal factor in the health equation, and matter is at the secondary level of effect. In other words, it is the state of our inner space that defines the health of our outward physical form. This puts the ball in the court of the individual as the creator and, ultimately, the healer of his or her own disease. The power is in our own hands or, more accurately, our own minds.

*“We can create more damaging body acids by mis-thinking than we can neutralize with all the alkaline-forming broths we can take.”*

~Dr. Bernard Jensen

## **Our Inner Potential**

The practice of holism is nothing less than becoming whole, becoming complete. During my studies, which began in New Zealand working with world-champion athletes, I discovered there is an incredible potential within us all that is bursting to be expressed. But for most of us, life in the modern world prevents us from experiencing that potential, and this is a root cause of stress and disease.

The human body has a will of its own, and it is when we are out of harmony with the intention, the song of that will, that we make decisions that cause harm. This includes choosing what to think, speak and do. It is the sum total of our thoughts, words and actions that generates the way we feel and the levels of happiness we can experience. Good health is merely a natural by-product of alignment with the will of this internal resource. When our thoughts, words and actions are not in harmony with our original design, we become diseased. As Jesus says in *Love Without End Jesus Speaks* by Glenda Green (a must read!), “be the Love that you are.” The simple Truth is that we were created by a Living Love. As seeds of that love, we were planted in wonder and granted

the gift of *free will*. Now, look what we have done to ourselves and our world. Surely there is a better way.

This inner potential is like a seed: when we are not aligned with the will of this seed, the natural instructions within us that allow us to unfold our destiny, we are resisting the will of nature. This is like the seed of an oak tree pretending it is a chicken. Sounds crazy, I know, but it's true. Out of all the things I am sharing within this work, if there was one thing I want you to retain it is this: *within us all is the very Force of life itself. This Force is one with the will of our creator. At any given moment we can access that Force by becoming peacefully still and at one with it.* In doing so, we can exist in harmony with it. Herein lies the purpose of our lives. Any deviation from this purpose is bound to cause dis-ease. How could it be any other way? May you be at one with The Force that *is* with you.

### **The Still Small Voice**

*“Not following the paths of righteousness and not following the dictates of conscience are the root causes of all diseases.”*

~Dr.V.B. Athavale

We all have a small voice within us that whispers guidance along the way, and it is when we ignore our conscience that we suffer. One may ask, what about the suffering of those who do not know about these natural internal resources? I, myself, was one such person. During my continuing education I have become aware of answers to these questions. It was an education without which I would not be writing these words for you. Life has prepared me to share with you information that I have synthesized from some of the most effective healing systems on planet earth. I absolutely guarantee that if you apply the principles contained here, not only will your health improve, but you will begin to access the natural internal resources that are your birthright. We all know we are living unnaturally. Why not make the effort to get in tune? It surely is the best experience in Life.

### **The Return to Innocence**

*“The Only Thing worth Living For is Innocence and Magic. Amen.”*

~David Grey

These are indeed exciting times for we are returning to our own original, eternal and natural power, recreating our own reality and therefore our world. Amazing research is being done all over the planet that is not covered by mainstream media organizations. The fact that individuals, like myself, are using natural holistic methods to overcome serious disease is part of this global awakening phenomenon. This awakening is nothing less than the purification and flowering of human consciousness. After the flower comes the fruit.

When dealing with disease we need to understand that symptoms are the effect of underlying causes. These causes have deep roots within our own psyche. The human

psyche, the reservoir of thought/feeling and creative energy, is a fertile garden. In it, we plant, by virtue of our conscious thinking/feeling processes, the very seeds that determine the levels of health we shall experience in our outward physical form. Not only our own personal health is grown from this inner garden but also the health of our communities, our culture and our world. Genuine healing requires recognition of this fact and an acceptance of the responsibility for sowing the seeds of not only our physical health but a brave new world based on the vision of an enlightened mind. What we are witnessing in the modern industrial world are the well-prophesied *end of times*. It is, however, only the end of what no longer serves. The old way of being, which goes with this diseased culture, is no longer appropriate. It is time to learn the lessons and move on.

### **The True Holistic Health Model**

Physical regeneration is a constant and natural process based upon certain fundamental principles which, if ignored, will destroy the body's attempts to rid itself of disease. In the case of my father and brother, the modern medical institution ignored those principles to a very significant degree, and, therefore, guaranteed and even hastened their physical demise. I do not mention this in malice but to clearly draw attention to the fact that the current conventional medical model, with all its high-tech advance and goodwill, is incomplete. The simple fault of that model lies in its non-holistic perspective.

What I am about to do is present a healing model which unites two schools of polarized thought existing within our modern world today. One is the purely mechanistic idea that the body can only be healed through physical means: diet, exercise and medical intervention. The other is more psycho/spiritual and encourages us to pay attention to our thoughts and feelings and to embrace our spirituality. A truly holistic health model is a fusion of both these points of view. We know about the importance of diet and exercise, detoxification and relaxation. What we are now being asked to embrace is a deeper medicine. This new wonder cure is nothing less than our very own illuminated mind and fully connected sacred heart, flowing with the magical natural goodness of an awakened soul.

*"Anamnesis: All knowledge is remembering what you always and forever know."*

~Plato

## **The Natural Goodness Program** (Medicinal Nutrition and Cellular Consciousness)

### **Introduction**

In this introduction I will give a brief overview of the factors involved in the physiological disease equation. These factors will all be discussed in greater detail later in the work.

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 NGP1, 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 Dr. 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 ageing process that nature has designed to be far less traumatic.

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 affect 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, digested or partially digested foodstuff enters 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/gall bladder 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 breakdown in health. Toxic conditions will always accumulate at bodily weak points. Each individual has a specific history and unique constitution which pre-disposes 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 which 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 electro-chemical 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.

### **Heart Disease – Constricted Love?**

The body breaks down in an infinite number of ways. One of the main diseases in western society is heart disease. *Heart disease allegedly kills more people than all the cancers put together.* Heart disease is the result of unnatural substances adhering to the inner walls of the veins and arteries. Blood travels along the venous and arterial pathways. On a physiological level, heart disease is the result of too many unnatural substances flowing through the blood system. It is as simple as that.

Within the context of the observations of Drs. Edward Bach and V.B. Athavale, heart disease would be considered a physiological manifestation of resistance to opening the heart to love and allowing love to flow through us and out into the world. Conventionalists may scoff at this but from my experiences, both personally and professionally, this is entirely accurate. What else are we here to do other than express love and receive love? Who doesn't want to love and to be loved? How much love do we experience within the context of the normal working day? Jesus says: "Love The Lord Thy God with all your heart and mind and soul and love thy neighbor as thyself?"

The NGP is based on a three-level approach to personal nourishment: 1) Spiritual Love, 2) Loving thoughts and feelings, and 3) Love-filled food and living environment. Without these essential ingredients in our health equation, we will always feel unfulfilled and, therefore, experience dis-ease in some way.

## **Cellular Purity**

There is somewhere between 50 to 100 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 bi-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 which do not support optimal cellular health or biological function. This toxic cocktail is the arena which 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 byproduct of normal biochemical activity) from the cells are governed by a natural law called *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 dis-ease, from the common cold to terminal cancer, are acidity and dehydration.

Now, how does diffusion occur?

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.

The whole of this process is governed by the law of diffusion. Nutrients and toxic elements can only pass from a higher concentration to the lower. That means the toxic 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 that 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 starvation 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 make up and constitutional strength of the individual.

## **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 72 hours) of complete abstinence and drinking only the purest water and honey. At all times, the brain needs to be fuelled 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 breakdown 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 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.

### **The Three ‘L’s’ of Cellular Health**

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 10,000 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.

## **The Unified Field of Infinite Possibility**

The findings of the world's most cutting-edge science, *Quantum Science*, suggest that what we think and feel has a definite impact on cellular health. Cells are made of molecules and molecules are composed of atoms. The largest thing inside an atom is its nucleus. If an atom were the size of a cathedral then the nucleus would only be as big as a penny. The rest of the atom is composed of space. This is not an empty space, however. It is what Dr. Deepak Chopra and Greg Braden call "a unified field of infinite possibility." It is with this energy field that our thoughts, words, actions and feelings interface. It is here, in this inner space, that we affect and define our reality. Our health, the world we attract, is sculpted with the tools of thoughts, words and actions. The individualized point of consciousness that we each are is constantly interfacing with the consciousness of life. It is on this level, according to the level of harmony we achieve, that we cause health or disease. Within inner space is the causal level of reality. Our physical body is the level of effect. We are consciousness interfacing with creation through biology. The premise upon which NGP is founded is that in order to optimize the life experience, we need to purify our consciousness and interface harmoniously with the medium of creation through healthy organic biology.

## **The Inner Climate**

Feeling-charged thoughts cause the release of certain biochemicals from the brain, which, in turn, affect every cell in the body. Constant thought activity of a specific nature creates a corresponding structure within the neural web of the brain. This has a corresponding impact on every cell in the body. For instance, if someone has been prone to negativity, depression and suffers from low self-esteem, the thought activity associated with this condition will have formed structures in the brain in accordance with this pattern. The chemical messages that the cells receive, based on this structure, will actually shut down and diminish cellular function to the point where cells cannot even absorb nutrition. Along with any dietary changes we make, we need to have an honest look at the quality of our emotionalized thoughts. It is the nature of the way we think, our inner vision, and how we represent those thoughts to ourselves in the form of our *internal dialogue* that are the most significant factors in our personal health equation. By investing in years of self-deprecating negativity, we are literally programming ourselves to die and cells will respond accordingly. If we wish to turn this situation around and enjoy the consequences of that shift through a healthy biology, the whole inner climate needs to be shifted to one that is far more conducive to health. (For a deeper understanding of these concepts, I recommend you check out [www.whatthebleep.com](http://www.whatthebleep.com)).

*"How you feel is not the result of what is happening in your life – it is your interpretation of what is happening."*

~Anthony Robbins

*"Emancipate yourselves from mental slavery, none but ourselves can free our minds. Have no fear for atomic energy, none of them can stop the time."*

~Bob Marley

## **Disharmony = Disease**

Because physical matter, on a subatomic level, is more than 98% 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.

## **Raja Yoga Meditation**

The most efficient way to re-attune to life's ever-present silent song is to simply be at peace with yourself. Sitting meditatively, simply observing with love, compassion and forgiveness, in a quiet beautiful space (if possible), permits the restoration of a critical natural harmonic.

The most potent form of meditation I know is Raja Yoga. The best definition of Raja Yoga I have read was in a book called *Breaking the Death Habit* by Leonard Orr. The definition was simply one word: *wonder*. Spiritual practice without the experience of wonder is like going to the beach on a cloudy day and not going in the ocean. You can still have a good time, but the main ingredients are not fully experienced.

The difference between Raja Yoga and many other forms of meditation is that God is seen as a pure point of consciousness, a pure reference point, so to speak. Quantum science would say this point is both localized and non-localized (i.e. it can be experienced anywhere and everywhere, depending upon the attitude of the observer). Raja Yoga would say that this point *is* localized and not of this world and that some mystical inner journey must be undertaken in order to experience communion with our Source. What we are really talking about is a change in state, facilitated by contact with the true ground of our being. This is a deeply personal experience. What we are after is contact, union, magnetic interface--communion. There are many artificial experiences available in the inner world, but there is only one genuine experience. How do we know when we are having it? Simple. It makes you feel GREAT! We know we have made genuine contact when we experience a deep abiding peace. The blissful states, which are a natural consequence of communion with "the most high," are the states which activate optimal homeostasis. In other words, the blissful states we may achieve simply by communing within ourselves, with our Source, trigger the optimal electrochemical and biochemical response from the biology which, in turn, creates the optimal cellular environment. When this is supported by a nourishing nutritional program, the full potential of the human being experience is available.

As we are made in the image and likeness of God, according to the Raja Yoga model, we, too, are points of consciousness which have the same qualities of being as our Source. However, depending upon our sense of self and the orientation of our thoughts, words

and actions based upon that sense of self, we may be ignoring this relationship with our Divine inner nature. The subtle challenge is being consciously aware of this relationship and nurturing it. This is nothing less than being centered in your true identity. In other words, the challenge of the times is TO GET REAL. This requires a redirection of the satellite dish within our minds, a fine tuning of the inner radio dial to the God frequency.

Thanks to quantum science, we now know we live in a holographic universe, any part of which contains the whole. The individualized point of consciousness that we are is like a diamond with many facets. This diamond is shining into a universe which reflects, like a holographic mirror, every thought, word and action into various energy formations which we call reality, the dream world or imagination, depending on how real we perceive it to be. According to *A Course in Miracles*, God did not create the world we perceive as reality. After all, how could perfect love create such a distortion?

We have fallen into a hypnotic state where we are enchanted by the reflections of this wonderland. This theme is common to many fairytales, mythology and indigenous perspectives. The game then is to awaken from our trance-like state. As we do, the world around us changes accordingly. The amazing thing, however, is that as we awaken from the dream, we become more empowered within it. The more fully realized we become, the further we shift away from the disease-ridden states of normality into an experience of being. This is nothing less than the manifestation into the world of form of our unlimited Divine potential. The key to this whole experience is found in a gentle, compassionate, loving relationship within oneself. The technological aspects and scientific perspectives of the quantum science and Raja Yoga models are fascinating and worthy of contemplation, but relationship is the keynote of the experience. And feeling is the keynote of relationship.

There is a very close relationship between these two models, and it is not worth our while to pursue a technical argument when what we are after is a feeling experience of Love. Every time we attempt to rationalize a mystical experience, we lose our sense of wonder and deny ourselves the experience. Meditation is a mystical communion with sweet Love Divine, it transcends all concepts and is beyond the realm of the theologian, the philosopher, the scientist and even the poet. It is the realm of the mystic.

The wonder of the soul is that it contains the qualities of God. The wonder of the God point is that its presence can be felt anywhere and everywhere all of the time. The nature of light is that it is both wave form and particle, depending on the presence of the observer. The wave forms emanating from the energy field of our being and the Source of that being, affect every particle of creation.

### **Merging the Fields**

Raja Yoga meditation should not be a theoretical concept. It is an actual experience of union in love. It is during this experience that you become aware of yourself as you truly are: a loving, peaceful being lacking absolutely nothing.

Yoga is often defined as communion. It is through yoga, the simple act of loving communion, we can merge the two points or wave fields. Remember, there are no gaps in

creation. These two points are generating an energy field. Harmonization of these fields is the key to blissful states of being. The point of *I* and the point of God are pulled together only by love. That is how we get on the same frequency and wavelength as God. It is a fusion of energies in mind. A distorted ego-driven mind is not in harmony with the God mind. We cannot use rational thinking processes or normal feeling states to make this connection. Even though, in truth, we have never become separate, we have imagined that we are and our sense of identity has wandered over a great divide into the realm of the physical. As a soul expressing itself through an energy field in the world of form, we have become over-identified with our physical bodies and the external manifestations of the material world.

This loss of accurate sense of Self *is* the foundation of dis-ease. As spiritual beings with eternal freedom, we have become somewhat enmeshed, through our minds, in an invisible net of interlaced energy fields. This is a holographic experience—a universal hall of mirrors in which diamond-like souls are sparkling away, shining the light into the world. Because of certain distortions within the subconscious soul mind, we imagine ourselves trapped in the great drama of life, caught in a sticky web to which we are attached with the glue of misconception. This karmic web is the great drama of life. We have created such a dilemma for ourselves that now we are faced with either oblivion into the depths of hell or a miraculous ascension requiring the energy of miracle.

These are such exciting times to dream. Our attachments to the material world are easily dissolved when we experience the magnificent benedictions of the love and peace of God. This is a mystical experience far removed from the limitations of the material world. If we cannot experience this love relationship with our Source, it is because within our subconscious minds there exists distortions that bind us energetically to the matrix of a disharmonic world. The good news is that there is an antidote for that situation: surrendering to the Love of God.

The point of consciousness known as God does not lose its sense of identity because its perspective is constantly unified and clear. The clarity that we can experience through communion with this perfect reference point feeds us with spiritual love and light. This is the highest and most necessary form of nourishment.

The highest point of consciousness is the focal point called God. The best thing for one's health is to *focus lovingly* on that point, to bathe in its unified field. Within the Christian model of the Holy Trinity, this field is The Holy Spirit. In Greg Braden's latest work: *The Power of The Blessing*, he informs us that this field, The Holy Spirit, responds to our intent. According to *A Course In Miracles*, The Holy Spirit is the intermediary between our minds and God's mind and may intercede in our lives, impacting them in such a way as to cause, what we perceive as miracles. Whatever model you choose to embrace, understand that a loving relationship based on subtle sensitive communication is the foundation here.

## **Feelings and Vision**

Our *feeling relationship* with the Source of life is the key factor in this equation. Integrity is its keynote. Ask yourself: "what is my motivation for this contact? Is it selfish or are

there deeper reasons that are driving me?” Through loving communion with that point of light within our own consciousness, which interfaces from the soul point of *I*, every cell in the body receives an immediate charge. And when you bring the physical body into the highest level of health, through the appropriate use of natural liquids and foods, exercise, rest and oxygenation than you experience maximum benefit from this process.

As we create our world through vision, if we have the highest, purest vision, we create the highest, purest world. Communion with the God point elevates and purifies our inner vision. Through yoga, we charge ourselves with the highest form of light. The experience of disease within our bodies is the consequence of the accumulation of factors impacting the cellular structure over a period of time. So, too, is it with disease in the world. If we want to enjoy a healthy future in a perfect world, we need to begin holding the corresponding harmonic vision.

*“Where there is purity and cleanliness, there can be no trace of sorrow.”*

~Siv Baba

### **The Holy Spirit and Manmanabhav: Spiritual Super Food**

We are not physical beings with a spiritual component. We are spiritual beings expressing through a bodily form. Nourishment for the soul comes from within and is magnetized by the power of love. The old Sanskrit word for this spiritual food is *manmanabhav*. In Christian terms, this is the *manna from heaven provided by the Holy Spirit*. It means allowing our mind and God’s mind to become one. This requires a redirection of the satellite dish in our heads, a turning away from the surface manifestations of the outside world and a turning towards the higher frequency inner world which lies beyond the boundaries of physical form. It requires an inward ascent up and away from our own ideas and five-sensory input into a still place where we can absorb the natural goodness constantly transmitted by God. It requires entering that level of reality which inspired the words: *the peace of God which passeth all understanding*.

It has been said there is no peace without love; no love without peace. This means the loving-feeling experience is essential in allowing one to access the natural levels of peace within our original state of being. We don’t have to seek peace because we *are* peace. If we are not experiencing peace, we are not centered in our true identity. Relaxing into being is an act of love. Relaxing into love is an act of peace. This allows us to experience brain activity on delta wave level which is the slowest cycle of cerebral activity, and it feels simply divine. When the brain is functioning on this level, biological functions are at their optimum. This puts us into our most resourceful state. In the Christian Bible, this re-orientation of our internal satellite dish is illustrated when Moses brought the Israelites (symbolic of the children of God) out of the slavery (the bondage of ignorance) of Egypt (representing the gross material commercial world). During the Israelites sojourn through the desert, they were sustained by *Mana* (bread from heaven). *Mana*, in the ancient Hawaiian tradition of Huna, means, “all my power is inside of me.” *Manawa* means: “Now is the moment to access that power.”

The simple act of yoga (communion with the highest point of consciousness) is being fully present, undisturbed by the future or past, and accepting this nourishment of *manmanabhav* with the gratitude of one who has been released from a lifetime of slavery. The story of Moses and the Israelites leaving bondage and arriving in the Promised Land, like many other stories, is an allegorical illustration of a spiritual journey. This is the journey of the purification of the soul. It begins with a shift in consciousness, as illustrated by the parting of the sea. What this aspect of the story communicates is that we are not prisoners of the world of form. The age of gross materialism has turned us into its slaves. Our destiny, however, *The Promised Land*, is the purification of our own consciousness. This is facilitated by an act of surrendered stillness and acceptance of the divinity within. The keynote of this relationship is loving communion. This communion occurs on the mountaintop of our own inner landscape. The greatest challenge in life is *to be the love that we are*. Within this simple attitude is the means to experiencing the full wonder of being.

*“I just want to do God’s Will and He’s allowed me up to go up to the mountain and I’ve looked over and I’ve seen The Promised Land. I want you to know tonight that we as a people will get to the promised land.”*

~Martin Luther King

### **Be Still and Know**

Modern scientists are calling our DNA the biological internet. When we are at one with life from the integrity of focused, pure intent, we can organically access any information. This information is in the form of a living Truth. It is not information in the sense of knowledge but a living Truth expressed through our being. Whatever your mission in life, if you lack the information for the next step, simply access it through being. This is the evolution of human consciousness expressing through biology. “Be Still and Know” means be still within and be certain that you are one with life. Instructions, guidance etc. will flow through as intuition and flashes of inspiration and clarity, illuminating the next step on the path. The mystery is revealed in us, through us, piece by piece, according to the necessity of the moment.

### **The Normal Waking State**

*“The most beautiful emotion one can experience is the mystical. It is the source of all true art and science. If we are a stranger to this emotion then we are as good as dead.”*

~Albert Einstein

Several years ago, scientists from Stanford University were conducting studies on human DNA. During their testing, they were amazed to find that a staggering 98% of our genetic material has no known function in what is termed *the normal waking state*. The normal waking state is the psycho-emotional-physical state we experience when awake and acting “normally” within the context of modern industrial society. In other words, the body-mind-feeling state we experience as a consequence of dancing the rhythm of the modern industrial system, only allows us to experience 2% of who we actually are. The psycho-emotional prison of the normal waking state is a mental construct, a web of

reinforced ideas, based on an inherited (programmed) misconception of reality. It is this inaccurate and disharmonious attitude of awareness that prevents the inflow of our natural potential. This mental format also redirects creative life force into unnatural forms causing us to construct through thoughts, words and actions an unnatural world system that keeps us imprisoned in our own reflected ideas. One of the consequences of being within this prison is ill health or dis-ease. The trick is knowing how to get out.

*“A man can be free without being great but no man can be great without being free.”*

~Kahlil Gibrain

Dr. M. Scott Peck, author of *The Road Less Traveled*, claimed in his work on mental disorders that if we truly desire health then we need to start asking the deeper questions in life. The same scientists from Stanford, working on the DNA, found that one of the ways to activate the dormant information in the mind was by engaging the feelings, especially the higher-frequency, shorter-wavelength feelings like love and compassion.

The attitude we experience in the normal waking state takes our spiritual energy down and out into the material world. This drains the power of the soul and creates karmic attachments. The attitude of *manmanabhav* is a loving internal upward movement which charges and purifies the soul.

Whatever your ideas are about God, meditation, yoga, Self discovery etc., I invite you to surrender them now upon the altar of innocent perception and, in a simple act of loving communion, with an upward internal orientation, nourish yourself with nature's number one superfood: *mamanabhav*.

Bodily detoxification is one of the most important and effective strategies we can employ if we are interested in experiencing maximum health. Spiritual detoxification is *more* important. When combined, these two strategies permit the individual to embark upon a conscious journey in proportionate harmony with the wonder of creation. However, as we well know, a journey of a thousand miles begins with the first step.

### **The Journey Begins**

*“The longest journey is the journey inwards of him who has chosen his destiny, who has started upon the quest for the source of his being.”*

~Dag Hammarskjold

The basis for healing, becoming whole, requires an accurate understanding of what is “wrong.” This is wisdom. The human body is essentially a vehicle for the expression of pure consciousness in the world of form. The spiritual component is what quantum science calls an individualized point of consciousness. In spiritual or religious terminology we would call it a soul. This soul is the point of *I*. The understanding of how consciousness and biology interface is the cutting edge of scientific research. This interfacing occurs through our DNA. Just as the light of the sun illuminates every particle of creation, the light of the soul illuminates every particle of our biology. DNA is the most important component of cellular structure. The way DNA interfaces with the

holographic universe is the way consciousness interfaces with life. Differences in combinations of only four simple components of DNA are the causal factors of all the differences in natural organic creation. Becoming who we truly are and fully experiencing that requires a certain feeling experience which earth scientist Greg Braden has termed *the science of compassion*. Genetic material, containing the codes of who we are, is activated by the feeling experience of our purest thoughts and feelings.

*“In organic life, DNA is constructed to conduct the complex and mysterious function of love.”*

~Jesus Speaks by Glenda Green

Thoughts and feelings are electrochemical events which affect biochemical stasis within the body. Perfect stasis is the combination of natural foods, neither eaten to excess nor improperly combined, and actions inspired by thoughts and feelings generated from a peaceful, enlightened spiritual core.

This spiritual core is who we truly are. It is our authentic identity. Every urge, impulse and drive to seek nourishment from the outer world, including all our addictions to food, people, places, situations and things, *is a misdirected attempt by our wandering sense of self-identity to fill a spiritual gap.*

If we were to remove all DNA from the 100 trillion cells that compose the human body we could contain it in something the size of an ice cube. However, because DNA is in the form of a double helix spiral, if we were to unravel the contents of the ice cube it would reach to the sun and back 50 times. Russian scientists estimate there is over 100 billion miles of DNA within the cellular structure. DNA is now being called *the biological internet*. It composes more than 90% of our being. Less than 10% of DNA is being used for building proteins.

The most effective method for achieving health is to experience pure consciousness. This is our original nature. Beyond thought, supported by vision and feeling, consciousness is a state of being focused and at one in love and peace with the point of life. The individualized point of consciousness, or *soul*, has a natural state or original nature. This state is purely peaceful, giving and loving. It is when we go beyond thought (fragments of consciousness) and experience the underlying unified field of awareness that we begin to know ourselves as we truly are. The personality that has been forged from our experiences in the modern world is, for many of us, definitely not in harmony with the original nature of the soul.

Bringing light into the soul and the love we experience in the deep peace of introspection has an immediate beneficial effect upon our cellular structure, restoring a natural harmonic which is critical to our sense of wellbeing. Underpinning this with an effective nutritional strategy, designed to detoxify and nourish, is the perfect way to support this new harmonic.

*“All disease is a result of conflict between the actions of the personality and the will of the soul.”*

~Dr. Edward Bach, 1931

The breakthroughs of quantum science now confirm that what and how we think and feel, has a massive impact on health. This is the starting point from which we begin the exciting journey into holistic health. *Manmanabhav* empowers and purifies the mind; however, if we are to experience this spiritual nourishment on every level of our being, we should support it as follows:

- positive internal dialogue
- a healthy emotional status (see Emotional Freedom Technique in Appendix)
- a positive, inspired mindset
- a holistic lifestyle dedicated to the living of your highest purpose

### **Integration**

Integrating our lives on the physical plane with our natural intuitions is an essential step in leading a healthy life. If we think of ourselves as limited physical personalities, we are denying our core identity – this is when we experience the conflict of personality and spirit that Dr. Bach spoke of in 1931. Ignorance of one's eternal identity spawns behavior which clouds our vision.

Cloudy vision drives us off our highest path, creating sorrow and disease; such suffering is a physiological cry for help, indicating we are out of tune with our higher will. The natural state of the soul is bliss, peace, wonder and love. This is the soul's original nature. Its form is light, pure light. This spark is what activates biology. Biology can still function without soul presence. It is possible to keep cells alive indefinitely provided the intracellular fluids are changed. According to B.K. Nityanand, the inherent attribute of the soul or psyche is consciousness, and consciousness is the source of metaphysical energy.

Consciousness is not an epiphenomenon of the brain or the electromagnetic forces at work in the body, nor can it be considered a product of chemical reactions taking place at a cellular level. It is the soul that experiences, through the sense organs of the physical form. You are not the body. The key factor in holistic health is the re-education of the sense of *I*. As with any organ or muscle, if one does not use it for a long time it will atrophy. In order to reawaken our full capacity we need to know who we truly are and get on with the mission of expressing it.

*“The extent the fragment re-focuses to Source equals the degree of totality that Source is brought into the fragments known as reality.”*

~Handbook For The New Paradigm

*“You are your own devil, you are your own god; you fashioned the paths your footsteps have trod. And no-one can save you from error or sin until you have hearkened to the spirit within.”*

~My Law- Tieme Ranapiri

*“You cannot know the meaning of your life until you are connected to the power that created you. Meditation is the only way out: when you meditate, you are in silence. You are in thoughtless awareness, then the growth of awareness takes place.*

~Mataji Devi

## **Consequences**

The consequence of becoming more soul conscious is a healthier physiology fueled by a more powerful and peaceful brain. This experience can be enjoyed to the fullest when it is supported by pure foods, the stimulation of the circulatory systems through exercise, appropriate amount of rest and creativity. When we lose the inner peace and sense of fulfillment that only comes from being centered in our true identity (soul consciousness), we look to sensory gratification and stimulation as a replacement for that experience.

Cells require a constant transfer of fluids. It is this flow of fluids that is undermined, or supported, by what and how we eat and drink. Diseases such as cancer, heart disease and diabetes are diseases of toxic excess. Partially digested, unnatural foodstuffs simply clog up the fine mesh of our biology, preventing the normal and natural flow of biochemical fluids. Overeating unnatural foods is a primary cause of physiological breakdown. The fact that we are continually stuffing ourselves to death has its roots in a global identity crisis. The soul is the driver of the bodily vehicle *not the vehicle itself*.

These are very important points to understand and, from my experience, essential to the success of the healing journey. As individuals born into the world today we have inherited a condition. The consequences of the thoughts, words and actions of the previous generations are being experienced by all of us in the world today. When seeking freedom from our own personal experience of disease, we are well advised to consider its depth. The truth is that if you could retrace the steps of humanity, you would find that the point where the seeds of suffering were sown was the point where we began to ignore our guiding light.

Where we are today is far from that beginning. All motion is curved and all curvature is spiral. Time is cyclic. Our distant past, whether we realize it or not, could very well be our immediate future. Quantum science and the wisdom of many ancient traditions tells us that all potentialities, all probable and possible futures, are occurring right now, and it is our energetic resonance with these potentialities that attracts them. The linear idea of time moving from past to future through now is definitely not the whole story.

The wonder of this realization is that healing occurs this instant. The power of Now contains what my friend David Wolfe calls “the X factor.” It means in any given moment we can access the power to dissolve the limitations that bind us and are the causal factors of all human disease. This is the most exciting revelation of the modern health revolution:

we are not bound eternally to the karmic consequences of our disharmonious actions. A Greater power is accessible any time of the night or day which dissolves all impurities of the soul. The challenge is will we commune with that power?

One of the most fascinating studies done on this subject is from the work of Dr. David Hawkins. While calibrating levels of consciousness, using kinesiology, he stated that 85% of the general human populace is at a level of consciousness which attracts negativity and therefore the corresponding reality. He also discovered that even though there were only a few souls at the highest levels of consciousness, the power of these souls was enough to offset the combined effect of the vast numbers of humanity vibrating on the lower frequencies. This means that at any given moment we can access the levels of consciousness that not only heal our bodies but purify our world.

*“All streams flow into the sea, yet the sea is never full. To the place the streams come from, there they return again, what has been done, will be done again; there is nothing new under the sun.”*

~Ecclesiastes 1. 7-9

*“The philosophy of reincarnation is not that simple. It does affirm your continuity and that is good. However, there is a twist in it which defers your immortality back to structure and linearity, which is not true. Your immortality is not imprisoned in a wheel of life, or pathway of cause and effect. Neither are you the product of linear evolvement. You were created in the perfection of perfect love and you do continue to re-manifest infinitely, but it is according to The Will of The Father, and according to your own purposes, your own love and your own place of service and learning.....The soul is the totality of your love, awareness, experience, ability, memory, emotions, and potential which comprise your immortality.”*

~Jesus Speaks by Glenda Green

## **The Facts**

*“So let us not talk falsely now, the hour is getting late.”*

~Bob Dylan

There are certain universal laws which govern the natural world, and living in harmony with these laws allows us, as physical individuals, to flourish. Living out of harmony with these laws guarantees our demise.

In many cases, physical disease and the various psycho-emotional illnesses associated with health breakdown are a consequence of our imbalanced behavior and attitude. The dilemma of the human condition runs deep. The shift away from our love-light nature and the manifestation of ego, the false persona with its attendant vices, is the birth of so-called evil in the world. The root of all evil can be found here at this critical point. What we are witnessing in the crises challenging the modern world is the external crystallization of *the inner human condition*.

The evolution of the distorted perception of *I* has produced a twisted society. It is the result of the refraction of the light and love inherent within the soul, creating automatically but discordantly through the laws of a fallen nature. A pure soul generates a pure world. A soul soiled by the impressions of its own distorted actions will create a world in proportionate discordance. Multiply this by lifetimes of billions of souls and you have some insight into the tangled web of karmic affairs. According to the Raja Yogic tradition, the primary vices that accompany ego are attachment, anger, lust and greed. According to Greek mythology, the nature of ego, the false persona, has three components: 1. Insecurity, a form of fear, hence the need to attach; 2. Ignorance, specifically of the fact of the soul and relationship to Source; 3. Arrogance or pride, the ego is proud of its achievements and becomes angry if anything threatens them.

Even the grossest manifestations of evil are nourished by these roots. These dark powers that haunt the labyrinth of the human psyche must be brought into the light. That is to say, it is up to us to bring the light into the darkest recesses of our minds to purify the soul. To do this, we need to take our minds up to God's mind, have fusion and purify through the merging of consciousness known as *manmanabhav* or, in Christian terms, *The Holy Spirit*. One of the ways this is achieved is through soul-conscious meditation. It is an act of spiritual communion. A subtle spiritual practice of silent, sensitive introspection in love. Using the intellect and an open heart, we can reach out to the inner light. In doing so, we not only do a great service for ourselves but for every soul in the world. We get back control of our lives from the dark forces of our own creation and fortify our ability to discern and discriminate appropriately.

### **Forces of Destruction**

Imbalanced human behavior appears to have been going on for quite some time. A great deal of negative momentum has been generated which, collectively and individually, we are now paying for. This theme is echoed in the various prophecies of pending doom abound. When the internal environment within a physical body becomes imbalanced, and the stasis shifts from optimum to non-supportive, then otherwise friendly organisms become destructive. This is called *pleomorphic activity*, whereby these organisms will actually mutate upwards and develop into creatures that "they are not supposed to be." As the internal environment gets out of balance, organisms such as yeast, bacteria and fungus, formerly a friendly composting and waste disposal system, proliferate and attack. In other words, nature allows this to happen so the host organism is destroyed. This is a perfect example of what in the Hindi language is termed *vinash* forces, or forces of destruction. Any evolving species out of harmony with life's will or tone automatically generates *vinash* forces. How these forces manifest is infinitely variable. But they *always* destroy.

Humanity is part of a whole. That whole is life, and there are certain rules that need to be understood and lived by in order to get the best out of life. War, disease, famine, crime, greed, hatred etc. are not natural forms of expression; they are the consequence of unnatural living based on concepts founded upon ignorance of the soul, our essential identity and the innate peaceful, loving qualities of the soul. The key to resolving this situation is to take responsibility as individuals NOW for the future we are creating collectively and express, through being, the natural potential of who we actually are.

## Identity

Who we experience ourselves to be is a very personal thing and often simply condensed into attitude. The shifting sense of *I*, however, is critical in determining how we perceive the world and our relation to it. It is from this perspective that our sphere of expression is determined, from the hub of *I*, at the center of this spiraling sphere we create. This strikes chords with life that are immediately recognized as harmonious or otherwise.

Our sphere of expression is divided into clear arenas of identity within which we define ourselves and interface with other individual points of awareness spiraling out from their centers. It is in this way that the karmic web is formed. Consider the concept of reincarnation and what a tangled affair it all must be. What or who is going to sort all this out? Are you?

*“Though I speak with the tongues of men and of angels, but have not love, I am sounding brass or a tinkling cymbal. Though I tell what is to come, and know all secrets, and all wisdom; and though I have faith strong as the storm which lifts mountains from their seat but have not love, I am nothing. And though I bestow all my goods to feed the poor, and give all my fire that I have received from my Father, but have not love, I am in no wise profited....”*

~Jesus Christ

*“The place that Solomon made to worship in, called the Far Mosque, is not built of earth and water and stone, but of intention and mystical conversation and of compassionate action.”*

~Rumi

The reality of who we truly are cannot be nourished by any *thing*. A spiritual being requires spiritual nourishment from a spiritual source. Nourishment, however, is only partially derived from the inflow of natural goodness from this inner relationship. For an individual to enjoy complete nourishment, there must also be an outflow of this energy. The love and light that comes to us from within must be extended out. The true secret to perfect health is based upon our attitude. *If there is an accurate understanding of our spiritual nature and cultivation of that nature through introversion and a loving relationship with internal source then we have a basis for true health.*

The modern world has formed out of ignorance of that essential identity and relationship. Like the old body, so too, the old world will be destroyed. We are not the body, and the world of form which we perceive as solid, is in fact made out of light. If we are to make the best of what will be, we need to start embracing our spirituality within the context of what lies ahead. The train tracks we have constructed in our insanity are heading for the cliff. We are in the train. It's time to find our wings because, very shortly, we are going to need them.

The truth, the human being is an instrument for the expression of a higher love. It is when we contact that love and allow its nature to purify our human nature that we become truly healthy and indeed nourished. The addiction to food, which is a significant factor in

almost everyone's health equation, is equivalent to the driver of a car eating and drinking oil and petrol. In our ignorance of the deeper truths of life and our own essential identity, the driver of the car, the spiritual essence, has become hypnotized in such a way that he now believes *he is the car*. Starving through lack of true nourishment and poisoned by guzzling the cars, he goes about his business in the world conducting insanity. Physical disease is merely an obvious and unavoidable consequence of this madness, and we are all, to one degree or another, contributing to its epidemic.

What I am attempting to do here is share the "map" I am following in my journey towards wholeness. It is a great challenge to negotiate the great divide that separates our false sense of self from who we truly are. It is a journey that requires courage, fortitude, and, above all else, the certainty that you are destined to succeed.

### **Conflict Resolved**

Lymphatic cancer and the emotional and mental devastation of losing my family was no easy puzzle to solve. Anyone who has taken the trouble to investigate will tell you there is an abundance of health-related information available. Much of this information is so contradictory that one can easily become confused and eventually disillusioned with it all. *What is required is a clear understanding of the basic principles that underpin natural bodily functions and knowledge of how to support them.* This, you find within the NGP. It is a simple, effective strategy that can provide a solid foundation for health. The reason it works is because it is based upon the pillars of truth that Dr. Bach made known to the medical world almost 75 years ago: "the root cause of disease is conflict between personality and soul."

It has taken me years to fully appreciate that statement, but now I know it to be true. It is only when we embrace the fact of the soul, our essential, eternal spiritual identity, and realign our actions, thoughts and words with this great center of wellbeing within us, that we can truly enjoy a sense of holistic health and experience true success upon the playing fields of life. At first this was an alien concept which I struggled to grasp. However, when I began to accept that there was a false persona to which I had become too strongly identified and that a key factor in my quest for health was realignment with my true inner nature, things began to take a completely different shape. It is this inner relationship that forms the backbone of this work. Not just the backbone but the whole cellular structure.

It is when we turn our backs to the sun that we follow our shadow, and it is when we turn to the light that the shadow falls behind.

To complement this spiritual research, my study of nutritional medicine has been thorough, continuous and deep. However, this aspect of holistic healing can only supply the physiology with the raw materials for its renewal. But what of the scars to the psyche? The wounds to the emotional body? And how to eradicate the destructive tendencies, addictions and attitudes that are driving the dysfunctional behavior that is creating the physical disease? Again, from my own experience, I know that this arena is healed only by coming into alignment with the light of one's own soul, such is the power of natural goodness found in one's true identity, the essential Self. This question of identity (who am I? What am I?) is the key factor in this healing program.

It is when we can answer those questions honestly that a great door, hitherto closed, swings open. Behind this door is another world. A world of a mightily different consciousness to the one we have inherited from our over-identification with materialism. It is only in this world, in this other consciousness based on an accurate sense of who “I” am, that I find the love and peace which, in vain, I have sought externally. When we feel this love, we realize that it was only the lack of its contact from which we suffered. This love emanates from the Source of creation. It is the turning away in ignorance from this point of love that is the single cause of all human suffering. It is the soul that suffers and this suffering manifests as physical disorder.

*“You own two shops, and you run back and forth. Try to close the one that’s a fearful trap, getting always smaller. Checkmate this way. Checkmate that.”*

~Rumi

## **Relationship**

The more we reorient our life focus towards this internal relationship, the more the disease of the soul is relieved. This is an act of love; the internal dynamic is of a long-lost child reunited with its father/mother. This tangible, deeply personal relationship with the parental aspect of our most potent resource, our very own Source, has been overlooked for far too long. The mother and child re-union is the keynote of the best medicine in the world. The magic word is relationship.

I have heard it said that happiness is the best medicine. Well, there is nothing in the outer world to compare with the bliss one can experience through this re-union of soul and Source. This pure inner happiness is a perfectly natural state. It is the automatic consequence of being aligned with nature’s original will transmitted in waves from the father/mother Source. The nature of light is such that as soon as one is focused upon it the light waves change to particles. Waves of possibility become particles of experience. Quantum science informs us that unlimited possibilities exist simultaneously and that, as observers, we choose through our focused awareness which potential reality collapses into our experience. Think about this. This phenomenon is occurring constantly in the lives of us all. The collective effect of this is what we call our outer world.

In the inner world, the Ocean of Love, from which we all have come, pulses in waves of light. It is when we turn our attention towards this inner communion that the waves also become a beam of light particles or *photons* and we can take a powerful infusion of light which charges our spiritual batteries with exactly what they lack. This is why the internal attitude of meditation, yoga and pure prayer is one of an intense focus blended with a complete surrendering to love and letting go.

*“In the human spirit, as in the universe, nothing is higher or lower; everything has equal rights to a common center which manifests its hidden existence precisely through this harmonic relationship between every part and itself.”*

~Goethe

So much of the stress, frustration and inner sorrow that we experience is a direct result of the demands of the ego identity and the unnatural world that has formed accordingly. This split in the psyche drives a wedge between who we are and who we pretend to be. Like insane actors on a stage, we have forgotten our real identity and become obsessed with the character part we are playing. It is by using the key of introversion that we can unlock the chains of misconception. As we reunite essence and Source, we heal the cause of our disease.

The latest breakthroughs in quantum theory confirm that it is energy, not matter, that defines our experience. Conscious energy is what we are, and in my holistic health model, the definition of soul is a metaphysical point of conscious energy. Genes do not define us, they adapt. Consciousness interfaces with the medium of creation through the DNA. It is the science of compassion which awakens DNA and allows our potential to flow through into this realm so we can experience through our creative expression the wonderful gifts of who we are designed to be. The wonder of nature lies within us all. The soul seed contains these secrets, and all we have to do is allow it through. Creating sacred time for that essential internal communion is of paramount importance if we are truly committed to the amazing process of holistic self-activation.

Quantum science also reveals how DNA becomes tense in stressful situations and requires an alkaline environment in which to flourish. Alkaline/acid levels are significantly affected by what we think, feel, eat and drink.

*“The body is the soul’s house. Shouldn’t we take care of our house so it doesn’t fall into ruin?”*

~Philo

The NGP embraces body and soul. In it is the essence of the most potent healing modalities I have been able to uncover. We are all aware of the environmental and social problems facing our world right now: global warming, war and poverty are just a few of the factors we have to deal with. Yet within the world today there is also a massive synthesis of information that has been distilled from brilliant minds, who are keen to discover the root causes of such problems, so that we can become aware and responsible individuals. Some scientists are now certain that a massive transformation is taking place in the form of energy waves impacting the current human reality. My understanding is that this change is causing both devastation and renewal; ultimately, it will lead to a shift of consciousness that enables us to live in tune with our higher nature. The Mayan calendar (an ancient yet astronomically advanced system of dividing time) points to December 21, 2012 as the date when this cycle of events peaks. Nostradamus weighs in with dire predictions within the same time frame. Geoff Stray has amazing insight into this subject in his superb book *Beyond 2012*. Drunvalo Melchizadek suggests that according to original Mayan calculations, the date is February 2013. For some of us this crucial time will lead to a heightened sense of awareness and responsibility, but if we do not correct the things we are doing wrong (i.e. things that are out of sync with our higher nature) then we may experience great pain. Do you know that we reap what we sow? Every little action has its own reaction. This time is an opportunity to sow seeds of health, peace and harmony.

We all know that our physical lives are a temporary manifestation, and it is time to embrace the examination of physical death as a highly probable imminent experience. However, if we embrace the reality of the amazing journey that is life, we can begin to harmonize with our higher nature, become more aware of what lies beyond physicality and make the most of our lives in the present. Do you feel that what you are doing now reflects the best manifestation of your Self? Why not stop wasting anymore time and start living our wildest dreams?

*“...let us reconvene in 2013, when we are beyond 2012, and talk about what accompanies us unscathed through the eye of the needle, the Sun Door at Worlds End, the Ginnungagap between The Ages, the eschatological symplegades, the still-point threshold crossing – the nexus between death and rebirth.”*

~John Major Jenkins

One of the undeniable and fundamental sources of disease is our disharmony with the natural world. Every living thing in creation is part of a wondrous symphonic harmonic that defies the boundaries of conception. Getting in tune with the natural rhythm of things requires a definite shift in our current way of being. We are all well advised to consider our daily routine and see where we can adjust according to our inner intuitions. We are like seeds planted in the fertile soil of creation, and the properties to become complete are already within us; whether you call it intuition or DNA, that fact of our inner knowing is undeniable.

I wish you well on your adventure. Rest assured that turning your mind to the natural frequencies of creation is a most wondrous aspect of the return to wholeness. And so the journey begins.

The soul's natural impulse is to give of its essence. The original nature of the soul is peace-filled and compassionate. Its attitude is forgiving. The soul is for giving.

While you read on, try to breathe soft, natural circular breaths. Allow the body to breathe itself somewhat. Focus on the inhalation and let go on the exhalation. Enjoy.

*“The soul is the totality of your love, awareness, experience, ability, memory, emotions, and potential which comprise your immortality.”*

~Love Without End. Jesus Speaks by Glenda Green

Vincit omnia veritas: Truth Conquers All

## Part Two: Detoxifying the Physical Body

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

~Hippocrates

The strategy we are about to implement is based upon the following truth: RAW FOOD IS MEDICINE.

True healing occurs when we integrate our lifestyle with our real, natural sense of identity. This identity involves both physical and non-physical aspects. Holism is a subtle blend of emotional, physical, mental and spiritual nourishment and expression. If any one of these components is ignored then holistic wellness will not be experienced. By embracing the eternal nature of our spiritual component, the essence of *I*, we are bound to see life from a different point of view. It is from this more accurate and elevated perspective that we can see what we are now engaged in may very well be something that no longer serves our highest interests. And there is no time like the present to begin this practice.

*“What you eat determines primarily whether your body is healthy or diseased.”*

~Roe Gallo from her book *Perfect Body*

### Introduction

During the past decade I have practiced and studied nutritional medicine intensely. In other words: *how to use the natural goodness of natural foods to cleanse the body of internal blockages and create the type of inner environment that is conducive to health, happiness and wellbeing.*

Nature yields amazing resources, which all of us can use to improve our sense of wellbeing. Before I explain how we can all benefit from living a more natural lifestyle, I would first like to share with you how this program has changed my life.

As I mentioned earlier, the motivation to pursue this path of learning was the combined experience of watching my father and younger brother die of cancer within eight weeks of each other. At the same time I was diagnosed with a similar form of the same disease. It is impossible for me to accurately communicate to you the impact that this experience had upon me. The emotional devastation was utterly shattering, leaving not only a physical disease to heal but also the broken psyche of a deeply wounded soul. The NGP, therefore, embraces not only physical aspects of health but also the emotional, mental and spiritual components.

The depth of ill health that burst onto the surface of my reality, engulfing my emotional, mental and physical being, meant I was obliged to find effective medicine fast. And I can now proclaim that the most powerful medicine on planet earth is not to be found in a packet or a pill. Nor can it be delivered by a machine or synthesized in any laboratory. The most powerful medicines are the most natural. In no order of priority, these

medicines are as follows: spiritual sustenance, oxygen, water, prana (life force energy), love, peace, happiness and pure simple food. Before reading on, take a deep breath and slowly release the exhalation.

By turning away from our inner nature we have turned away from Mother Nature, and we have become diseased. I have read government-backed reports that predict 1:2 of the general populace of Great Britain will be diagnosed with some form of cancer before the end of this decade. Heart disease kills twice as many people as all the cancers combined in the United States and obesity is fast staking its claim as one of our most serious problems.

The good news is that the NGP is an effective strategy for reversing these epidemics.

The internal resource of the human body has a will of its own, and it is when we are out of harmony with that will that we make the decisions that cause harm. This includes choosing what to think, speak and do. It is the sum total of our thoughts, words and actions that generates the way we feel, and consequently the levels of happiness we can experience. This inner potential is like a seed: when we are not aligned with the will of this seed, the natural instructions within us that allow us to unfold our destiny, then we are resisting the will of nature. This is like the seed of an oak tree pretending it is something else, a cactus for example.

Good health is merely a natural by-product of aligning oneself with the will of this internal resource. When our thoughts, words and actions are not aligned with our original design we become diseased. We all have a still small voice within us that whispers guidance along the way, and it is when we ignore our conscience that we suffer.

True healing wisdom is based upon an accurate knowledge of the self. The ancient healing temples of Greece recognized this knowledge, and the sign above their entrances read, quite simply, *Know Thyself and nothing in excess.*

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 72 hours) of complete abstinence and drinking only the purest water and honey. At all times the brain needs to be fuelled and, as glucose is its food, 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 an opportune time to enter into a deeper relationship with one's spiritual source.

## **Disclaimer**

Although myself and many other individuals have experienced great benefits from living according to these guidelines, I, personally, do not claim to heal anything or anyone. The body does all of that itself. *If* we allow it.

I strongly suggest that if you are suffering from any form of disease while applying these principles that you are monitored by a qualified medicinal practitioner *who is sympathetic to them*. I offer these guidelines as a means of allowing you to perceive and experience health from a far clearer perspective. The nature of the time requires that we all accept a far greater degree of responsibility for our own wellbeing. As the good man Dr. F. Scott Peck has stated, "the doorway to true and lasting health swings open when we start asking the deeper questions in life." The times are indeed changing, and let us give thanks for that. Very shortly, the modern approach to healing disease simply by relieving or removing the evidence of symptoms will be seen for the utterly inadequate model it truly is.

A new paradigm or foundational perspective is establishing itself in the world. This point of view regards *symptoms as signals* that all is not well within. The challenge is to be honest enough to recognize where you are out of balance in your life, not just physically but also mentally, emotionally and spiritually. Those deeper questions that Dr. Peck is referring to are ones like: Who am I? Where did I come from? Where am I going when I die? Am I living my life according to my highest philosophy and ideals? Do I have deep peace of mind and heart, and, if not, why not? Am I honest with myself or am I living some kind of a lie? What is my vision? Am I living life to the fullest? What am I afraid of? Am I listening to *the still small voice within*, my inner guidance? Can I even hear it? If not, why not? And the list goes on. The time is coming when the commercialized veneer of this ultra aggressive material world, behind which we all hide to one degree or another, shall be removed. The strain and stress that we are all feeling is a direct consequence of living unnaturally. As Dr. Athavale says, "ignoring our conscience and functioning out of harmony with the 'right-use-ness' that we are designed to express means we become diseased." A modern civilization such as ours, which exists in such discord with the natural world, is doomed to fall. If we do not wish to fall with it we need to awaken from its hypnotic and mind-numbing effect and discover who we truly are, and then have the courage to express it. Health, wealth and happiness *are* a natural consequence of this process.

\*If you are suffering from any form of terminal ill health begin taking Natural Cellular Defense (Zeolite) immediately and apply the principles of this program. Purchase a copy of *Eat Right for Your Type* by Dr. P. D'Adamo. This advises nutritional strategy according to blood group classification. Find out your blood group type and consult the appropriate recommended food list. Apply the recommendations of the blood type book within the guidelines of the NGP and use only foods recommended as highly beneficial. For example, if you are an O blood type exclude coconut and apple cider from this program and increase the consumption of the foods that are highly recommended such as

cayenne, linseeds and walnuts. Also, try tapping in “all natural cancer cure” on Google and be prepared to have your mind expanded.

## Health Facts

What follows here is essentially a medicinal nutritional program. I would like to re-emphasize 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% of physical disease emanates from the improper function of the digestive tract. (Dr. Harvey Kellogg)
- More than 90% of all dis-ease 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 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.
- Acidification and dehydration are the two most common factors in all degenerative disease situations and therefore the primary factors involved in the ageing 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 moulds. 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 ageing 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.
- Re-hydrating 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 30 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 re-hydrating 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 every organ, gland and all other areas of physiology are repaired and maintained constantly. Some schools of thought claim that within 12 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, micro-organisms 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 bi-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, 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 which 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 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. 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.

### **The Law of Diffusion**

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 byproduct of normal biochemical activity) from the cells are governed by a natural law called *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. The appreciation of this point is fundamental in understanding just how modern eating habits sabotage our health. Remember the two key factors in all disease situations, ranging from the common cold to terminal cancer, are acidity and dehydration. Now, how does diffusion occur?

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 bi-product of the 100 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 a higher concentration to the lower. That means that the toxic 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 those of us who have grown up on traditional western food is that due mostly to what we eat, drink and breathe but also how we constantly feel, 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 eventually stopping it and the whole system gets backed up all the way to the cells. Cells then 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 because of being starved of the oxygen that 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 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 we should do light exercise to 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 make up 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 ageing 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.

### **In The Heart**

The body breaks down in an infinite number of ways. The main disease in western society is heart disease. Heart disease kills more people than all the cancers put together. Heart disease is the result of unnatural substances adhering to the inner walls of the arteries. Blood travels along the arteries. Heart disease is the result of too many unnatural substances flowing through the blood system. Habitual behavior, in the form of poor nutritional choices is the vehicle for self destruction.

Within the context of the observations of Dr. Edward Bach and Dr. V.B. Athavale as quoted in the previous section, heart disease would be considered a physiological manifestation of resistance to opening the heart to love and allowing love to flow through us and out into the world. Conventionalists may scoff at this, but from my experiences, both personal and professionally, this is entirely accurate. What else are we here to do other than express love and receive love? Who doesn't want to love and to be loved? How much love do we experience within the context of the normal working day?

The NGP is based on a three level approach to personal nourishment: 1. Spiritual love, 2. Loving thoughts and feelings, 3. Love-filled food and living environment. Without these essential ingredients in our health equation we will always feel lacking in some way.

One of the most powerful healing modalities I have learned is something called Emotional Freedom Technique. This simple method requires tapping certain energy points, corresponding to key energy meridians, while vocalizing the affirmation of self love and acceptance. I have seen this shift the heaviest sorrow almost instantly, simply through the power of the spoken word resonating with self acceptance and self love. The dis-ease within the modern western world caused by the epidemic of over consumption, in my opinion, is nothing more than the unfortunate consequence of trying to achieve the impossible: namely, to fill the void within us through what we consume physically. Yet, the lack we feel is not necessarily physical.

We have been created to experience love. Experience love in a spiritually-evolved way not in a dependant, emotional way. We are perfect instruments of nature designed to live in tune with the deepest impulses of life. The modern world is a dreadfully discordant place; by living in tune with its industrial symphony, we have turned into a dysfunctional

species bound for the scrap heap. Compulsive overeating is just one of the ways we are destroying ourselves. Any adjustments in diet need to be underpinned by a significant shift in consciousness. By asking the deeper questions in life and, when necessary, changing in accord with the answers, we can establish a foundation upon which sustainable progress on all levels of health can be made. Without this internal nourishment, our dietary systems, no matter how appropriate, are doomed to fail.

Everything we eat immediately passes into the bloodstream. Most of us have large amounts of mucoid plaque clogging up the walls of the small intestines. Mucus is secreted as a natural protection mechanism by the body when too much foreign matter, indigestible food combinations, have been absorbed. *Cleanse Thyself* by Dr. Richard Andersen is the best reference source I know to understand the negative impact of this phenomenon. Mucus adheres to the foodstuffs and creates a build up of sticky waste throughout the whole G.I. tract and specifically the small intestines. The filth in the small intestines is constantly absorbed into the blood. This situation is the main cause of physical degeneration. In the case of heart disease, according to Paul Bragg, cayenne pepper is a most effective remover of arterial plaque. If you have any form of arterial disease, I recommend adding cayenne pepper to salads and vegetable juices. You can also drink it as a hot tea. See the recipe for “Jungle Juice” for another powerful way to cleanse the blood transportation system using cayenne.

If we follow natural guidelines and the use of cayenne, we can dramatically reduce the risk of heart disease and strokes; this is just one example of the many ways natural foods can be used to assist the natural bodily functions. The application of cayenne pepper within the diet is one very good illustration of the way informed polarized opinions violently clash. One school of thought with impressive credentials will tell you cayenne pepper is a toxic substance and should definitely not be included in the diet. Another school of thought will say the opposite. Find out for yourself. I recommend it within the context I have defined. The great challenge for us all is to accept responsibility for our own health. The reason why all manner of cures work and do not work is mainly because of the power of belief involved. Cayenne is like a paint stripper that helps dissolve accumulations along arterial pathways. It will not purify the blood because it is a slight natural toxic substance. Its energetic qualities are fire, which is good news for treating blocked and clogged arterial pathways. Sometimes we need a bit of fire to burn away impurities. So, in my considered opinion, it is a very good cleanser as long as it agrees with you.

What follows 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.

### **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% reduction in food increased the production of anti-ageing genes by 400%.

Overeating poor-quality foods creates digestive stress. Because so many nerve plexuses are located in the abdomen, our sensitive psycho-emotional 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 100 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 deserts. 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 20 – 30 minutes have elapsed. It can be eaten after other properly combined foods if 3 – 4 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% 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 Wholefoods* 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 gogi 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 1 liter of water should be consumed for every 40 lbs. of body weight. By taking two large glasses of water approximately every two hours and up to 30 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

## **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 a day is acceptable (for very large individuals), but not within 30 minutes before a meal or within 2 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 which 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 gastro-intestinal cleanse such as the 'Arise and Shine Program' by Dr. Richard Anderson, (more first class products are available at: [www.totalhealthsecrets.com](http://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 which 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% 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 which 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 ([www..](http://www..) 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 which 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 self, 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 and 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 which one simply mixes with water and takes orally. Oxygen kills cancer cells immediately and also destroys all anaerobic organisms. (Check out [www.chrisbar.com](http://www.chrisbar.com) for products such as Oxy Powder.)

Alternate nostril breathing is an ancient yogic technique which 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 a 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.

### **Important Point**

Because so many factors are involved in the health equation, I like to recommend general foundational effective protocols for super charging the immune system. One of the very best support strategies to achieve this end is inhalation of essential oil of SAGE.

This strategy is particularly relevant in these times because so many of the viruses and microbes which challenge are health are very often air borne germs. Sage oil is the ONLY thing I have ever heard of which absolutely kills all this stuff, which can live in the folds in the lungs for seventy years or more.

I once treated a dreadful cough, suspected Swine Flu, with Sage oil combined with an all raw food diet and within less than 24 hours all symptoms of disease had disappeared.

I recommend dropping 4-5 drops of Sage oil in a bowl and pouring a small amount of boiling hot water over them. Just enough to get the vapor going then place a towel over the head and breathe deeply and strongly until the vapor is noticeably weaker. At this point discard the water. Have a rest for a minute or two then repeat at 5 – 6 times. Do this 2 -3 times a day for a week.

It is guaranteed to knock out all residual lung infections and kick-start your ascension into super health.

The lungs are perhaps the most important organ in the body. Responsible for Lymphatic energy, heart energy as well as oxygenation of blood. The importance of keeping them in tip-top health cannot be overstated.

### **The Program**

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

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.”

- ½ tsp. Ginger Root Powder (anti inflammatory, immune-boosting, helps circulation and digestion)
- ½ tsp. Turmeric Powder (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 (re-mineralizes the body and helps you to stay hydrated)
  
- ½ tsp. 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 20 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 oz. Pure Water
- ½ tsp. Ginger Root Powder
- 1 tsp. Licorice Root Powder
- ½ tsp. Kelp Powder
- 1 tsp. Sarsaparilla Root Powder
- 2 tsp. Ginseng
- 1 tsp. Raw Honey

Blend.

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 84-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 add your herbal mix. Boil it up and allow to simmer very gently for 30-40 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 wolf berries 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% 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. Anytime throughout the day if you are experiencing fatigue or 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, 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 within 10-15 minutes or so. Work up to 1.5 liters 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](http://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 CO<sub>2</sub> 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 ½ teaspoon magnesium oxide powder into 1 liter of sparkling water and place in refrigerator for 3-4 hours, shake at 1-2 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 is a minimum dose and 8 oz. (4 oz. 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 which 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 72 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 liberally in all juices and salads, chia seed, or Merlin's Magic Root Formula.

**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% 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 the 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 ones 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 over night. The following day discard the soak water and blend in one liter 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](http://www.shamanshack.org) is a perfectly balanced super high quality protein formula.

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.

### **Mid Morning**

At least two hours after breakfast take up to one liter 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% 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 mid-day 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 8 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 2 or 3 times and drain, then place the jar upside-down in a small bowl to catch the excess draining water. Rinse 2 to 3 times a day and harvest when the tail is around ½ 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](http://successultranow.com))

Making sauerkraut is another simple process. Slice green or red cabbage thinly, preferably on a mandoline, 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-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 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 3-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 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.

### **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 30 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.

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: Anti-fungal, immune booster, anti-viral, anti-inflammatory, anti-bacterial. 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.

**Shilajit:** One of the top substances utilized in Ayurvedic Medicine. Harvested at high elevations and contains 84-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.

**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.

**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.

#### 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 90 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 4 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 3 to 6 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 48 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.

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,

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.

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

### **Weekly Fast**

Once weekly, do a 24-36 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](http://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 Recipes**

How you choose to embellish this program by the addition of creative food combinations is up to you. The keynote is simplicity. Therefore, I make no apologies for the simplicity of the following suggestions. Combine these foods with the ones previously stipulated in the plan. Add or subtract ingredients according to your *intuition*.

#### Teas

Peppermint, Pau D'Arco, Astragalus, Essiac formula, Horsetail, Ginseng Root, Ho Shou Wu root, Nettle, Reishi Mushroom, Saw Palmetto berries

#### Natural Goodness Health Drink

Vegetable juice

Linseed oil, soaked linseeds, chia seeds, or hempseed oil

Slippery elm, Merlin's Magic Roots Elixir, Herbal Fiber Blend, or green powdered superfoods

1 tbsp. apple cider vinegar

1 pinch of cayenne.

1 Pinch of kelp powder.

Blend with pure water and drink slowly. Make sure you chew well.

#### Protein Power

One scoop of hemp protein powder

One large teaspoon of maca root

One large teaspoon of carob powder and raw cacao

Mix with 1/2 liter of almond milk or any of your favorite juices

#### Pure Heart

Chocolove

Cacao's Girlfriend

Coconut water

Rose water

Honey

Dragons Herbs Tea

Cayenne

Cacao Butter

Vanilla

Hot Peppers

#### Surf Brew

Coconut water/Goji

Cacao powder/nibs

Red

Cordyceps

Bee pollen

Cistanche (tonix)

Deer Antler (jing herbs)

Cacao butter

Coconut oil

Mesquite

Ho shou wu/Reishi/BC Manna

Tocotreinols

Cinnamon

Astragalus

Salt

#### Sexy

Gold

6 Cistanche

2 Sq. Deer Antler

Maca

Honey

Home 1/15/10 12:10 PM

**Comment:** Quantities?

Bee pollen  
Vanilla

***Soups:***

Coconut Green Soup

Very lightly steam a selection of green non-starchy vegetables. Alternatively, steam a root vegetable and juice the greens. This should only take a minute or two. Do not overcook.

Remove pan from heat.

Allow water to cool slightly then place the raw green juice into the water used for steaming.

Add 2 tbsp. of 100% pure coconut oil.

Blend ingredients together.

Add herbs of choice.

Add a pinch of kelp and cayenne pepper.

Garnish with parsley.

Miso, Greens and Sea vegetables (my primary recommendation)

For something more substantial try:

Sweet Potato, pumpkin, squash, or other robust root vegetable soup

Cut and slice, then lightly steam

While root vegetable is steaming, prepare a raw juice.

When the root vegetable is very lightly cooked, take the water off the heat and allow to cool slightly.

Add the root vegetable

Add 1 tbsp of Miso

Blend together

Add juice and apple cider vinegar, cayenne pepper and herbs to taste.

Add a pinch of kelp and mustard powder.

Use the root vegetable to thicken the soup so you get the desired consistency

If the soup is still too watery then add slippery elm as a thickener

\* Try not cooking the potato and adding it only as a raw juice. Potato is a member of the deadly nightshade family and creates a subtle poison to the blood when cooked. Juiced however, organic potatoes provide some of the highest concentrations of alkaline forming minerals.

\* Beans can be substituted for root vegetables. Soak the beans overnight, discard soak water and cook very slowly, preferably in earthen ware.

\* Add soaked seaweed to your soups for a delicious nutritional fix. Soaked seaweeds can also be used in salads.

*Try these other ace recipes from the Living in Magic crew:*

Double shot of wheatgrass juice  
Root ginger  
Red chili pepper  
Lime juice  
Cherry tomatoes

*Simple Recipes for LIFE*

by Julia Corbett aka RAWJules

(Contact at [rawjules@gmail.com](mailto:rawjules@gmail.com) and visit [rawjules.ning.com](http://rawjules.ning.com))

Green Smoothie (visit [GreenSmoothieRevolution.com](http://GreenSmoothieRevolution.com) for more info.)

Any combination of your favorite fruits, and leafy greens/herbs

2 Oranges (with seeds if possible)

1 cup Berries

½ bunch Kale or other Dark leafy green

Small handful Parsley

½ inch Ginger

½ Lemon

Blend all ingredients in a high speed blender along with 2 cups of alkaline/spring  
/mineral water.

Fulvic Acid Power Drink

2 inches fresh Aloe or 3 T Aloe Juice

1 Noni Fruit or 1 T Noni Powder

1 cup Grapefruit Juice

Small handful Holy Basil

½ inch Tumeric

½ inch Ginger

Fulvic Acid (use recommended dose on bottle)

Blend all ingredients in a high speed blender and drink slowly.

Elixir of Life

2 capsules Reishi Mushroom powder

2 capsules Cordyceps Mushroom powder

2 T Cacao powder

1 tsp Shilagit powder

1 tsp Bacopa powder

2 T Honey

2 T Cacao butter, melted with a double boiler or shaved

1 cup Coconut water

½ Vanilla bean

Cinnamon stick, shaved with microplane

Nutmeg, shaved with microplane

Blend all ingredients in a high speed blender and drink daily.

#### Liver Cleanser Tea

2 tsp Shilagit

¼ cup Chanca Piedra

¼ cup Schisandra berries

2 T Milk Thistle seeds, ground

1 Vanilla bean shell

2 inches Fresh Ginger, chopped

2 inches Fresh Tumeric, chopped

Place all ingredients into a large pot except shilagit and milk thistle, fill with filtered or spring water and turn on medium low to slowly bring to a boil. Add shilagit and milk thistle when ready to drink.

#### Dandelion Tonic

2 cups Dandelion root tea, warm

1 Vanilla bean, scraped

1 cup Coconut water

2 T Honey

1 tsp Shilagit

Few shakes Sea salt

1 T Coconut oil

Blend all in a high speed blender until frothy.

#### Hemp Mylk

½ cup Hemp seeds

1 cup Coconut water

2 cups alkaline mineralized water

Shake sea salt

Blend in a high speed blender until smooth and creamy.

Variations: use Pumpkin Seeds instead of hemp for a super Zinc powered Mylk. Use Brazil Nuts instead of hemp for a super Selenium powered Mylk.

#### Sparkling Grapefruit Juice

3-4 large Grapefruit

1 cup Young Coconut water

1 cup Sparkling Mineral water

3 T Honey

¼ tsp Habanero Pepper powder

Juice grapefruit with hand juicer, add all ingredients to a large glass jar and mix with a wooden spoon.

#### Grapefruit Lavender Juice

5 Grapefruit

1 handful dried Lavender flowers

¼ cup Ginger juice

Juice grapefruit with handheld juicer, stir in flowers and ginger juice, let sit for a few hours so the flavors can meld.

#### Parsley Lemon Ginger Sweet Shot

1 cup Parsley

1 Lemon

1 inch Ginger

3 stalks celery

2 Apples or other sweet juicy fruit

Place all ingredients through a juicer and drink immediately.

#### Alive Applesauce

4 of your favorite apples

1-2 lemons, juiced

2 tsp cinnamon

½ tsp sea salt

Blend in a Vitamix or other high speed blender until you reach your desired consistency.

#### Sea Mineral Soup

1 oz Wakame or Kombu

1 oz Arame

1 oz Sea Palm

2 T Red Miso

½ cup Lemon Juice

2 cloves Garlic, chopped

1-2 inches Ginger, chopped

1 small hot pepper

2 T Coconut oil

Fresh Lemongrass

4 cups Mineralized water

Heat water, seaweeds, miso, garlic, ginger, pepper, and lemongrass on stove on low heat until warm to the touch. Add coconut oil and lemon juice when warmed and serve immediately. Top with cubed avocado, lightly steamed veggies, and sprouts, if desired.

#### Tomato Basil Soup

2 medium size Heirloom tomatoes

small handful Holy basil (Tulsi)

1 Lemon

2 cloves Garlic

½ inch Ginger

1 T Miso

½ tsp Sea salt

3 T Olive oil

½ cup Seaweed soak water

1-2 Young coconuts

Place all ingredients in blender, along with coconut meat and water and blend on high until smooth. Top with fresh basil strips, chunks of tomato, and olives.

#### Sealicious Salad

2 sheets Nori

2 T Kelp powder

1 cup Sprouts

2 T Spirulina and/or chlorella

1 Lemon or lime, juiced

Handful Olives

1 Avocado

Few shakes Sea Salt

¼ tsp Cayenne pepper

1-2 cloves Garlic

Slice Avocado into chunks, and mix in a large bowl with kelp powder, spirulina, lemon, sea salt, cayenne, and garlic. Top a bed of sprouts with this mixture and toss the olives on top along with torn up sheets of nori, or roll the mixture in the nori.

#### Grow your Own Wild Salad

Wild greens

Fresh herbs

Fresh Kale

Edible flowers (nasturtium, impatiens, hibiscus, borage, lily)

Lemon or apple cider vinegar

Olive oil or other raw oil

Sea salt

Hemp seeds

Spirulina or chlorella

Eat as many greens as you like, chop with a ceramic knife and sprinkle on the lemon, olive oil, salt and hemp seeds.

#### Super Amazing Heirloom Salad

Large Heirloom tomato

Large buttery avocado

1 cucumber

¼ cup Dulse

1 lime, juiced

Sprinkle Cayenne pepper

1 clove Garlic

Few shakes Sea salt

Slice and dice the heirloom tomato and cucumber, place in a large bowl. Add cubed avocado, dulse strips, chopped garlic, lime juice, cayenne pepper and sea salt. Mix and enjoy!

#### Fresh Minty Salsa

1 cup Mint

1 Pineapple  
2 medium Heirloom tomatoes  
1 Jalapeño pepper  
2 Avocados  
2 limes  
Few lime leaves

Chop mint into fine strips with a ceramic knife. Slice pineapple, twist the top off first, then slice off the top and cut the pineapple in half. Proceed to cut off the skin, and then de-core and slice into small chunks. Slice tomatoes, jalapeño, and avocados, and add to a large bowl to toss with mint and pineapple. Squeeze in the lime juice and sprinkle on finely diced strips of lime leaves.

#### The Best Fruit Salad Ever!

1 Pineapple  
2 Papayas  
2 cups Berries  
1 cup Mint Leaves  
¼ cup Honey  
2 T Spirulina  
½ Cup coconut water

Blend mint, honey, coco water, and spirulina until smooth. Chop up fruit into bite-size chunks. Portion out fruit into bowls, and top with the green frosting and fresh mint leaves.

#### Orange Kiwi Berry Salad

3 Oranges  
1-2 cups Kiwi Berries, or kiwi  
1 cup Blueberries  
1 Lemon, juiced  
½ inch Ginger

Nutmeg shaved on a microplane

Slice oranges and kiwi berries, mix with blueberries in a bowl. Add lemon juice, chopped ginger, and nutmeg. Top with edible flowers!

#### Berry Tart

2 ½ cups Fresh Berries  
½ cup Tahini (sesame seeds)  
½ cup Honey or grade B maple syrup  
8 Dates  
½ tsp Sea salt  
½ tsp Vanilla  
¼ cup Lucuma powder  
¼ cup Chia seeds  
2 cups Dried nut mylk pulp, or coconut flakes  
1 orange

In food processor, pulse mylk pulp, ½ orange juiced, chia seeds, ¼ tsp salt, ¼ tsp vanilla and ¼ cup honey, until a dough forms. Add coconut oil if it isn't sticking together. Press mixture into a glass pie plate. Blend tahini, 1 cup berries, ¼ cup honey, the dates, ¼ tsp salt, ¼ tsp vanilla and the Lucuma powder until smooth. Pour into pie crust, top with the rest of the berries. Refrigerate until set, about 2 hours.

#### The Living Mandala Pie

4 Avocados

½ cup coconut water or fresh orange juice

1/3 cup Honey

3 T Spirulina

1 tsp Sea salt

2 T Bee pollen

2 T Maca

1 Vanilla bean, scraped

Edible flowers

2 cups Hemp seeds

¼ cup Carob powder

½ cup dried fruit, like bananas, figs, or dates.

Seasonal fruit to decorate

Pulse hemp seeds, carob powder, dried fruit and ½ tsp salt in food processor until a dough forms. Press into pie plate. Blend avocado, honey, spirulina, bee pollen, maca, vanilla, and ½ tsp salt in a high speed blender, using a plunger to mix if needed until super creamy. Pour into pie crust, decorate with flowers and fresh fruit and refrigerate for a few hours until set. A great special treat to serve at potlucks!

#### Superfood Mashup

½ cup Cacao nibs

3 T Mesquite powder

3 T Maca powder

Handful Chlorella tabs

2 T Noni Powder

¼ Cup Honey

2 T Bee pollen

½ tsp Sea salt

¼ cup Tahini

½ cup Goji berries

Throw all ingredients into a bowl and mash it up with a wooden fork! Share with friends!

#### Yogurt Parfait

2 cups Cashews

½ cup Hemp seeds

½ cup Orange juice

1 Vanilla bean

¼ cup Honey

½ cup Mint leaves, chopped  
2 Organic papayas  
1 cup Strawberries

Soak cashews overnight, blend with 2 ½ cups of alkaline water and the hemp seeds in a high speed blender. Place in a large glass jar, cover with cheesecloth and let sit in a warm place (on top of a running dehydrator (on low temp) works) for 8 to 24 hours, depending on how cultured you want your yogurt. You can also add a probiotic or probiotic containing powder to the mix before letting it culture. Now you have your yogurt base, you can choose to add the orange juice, scraped vanilla bean, honey for a sweet treat. Layer with papaya, strawberry and mint leaves. Top with local bee pollen!

#### Chocolate Cream Pudding

2 Avocados  
1/3 cup Honey  
½ cup Cacao powder  
2 T carob powder  
3 T Maca powder  
1 Vanilla bean  
1 Lemon  
2 T Spirulina  
½ tsp Sea salt

Place all ingredients in a high speed blender, along with about ½ cup water or coconut water. Blend until smooth, using a plunger if necessary. Top with edible flowers!

*Following By Jared Port:*

#### Heavy Metal Chelation Wraps

Filling:

1 tbsp chlorella powder  
2 tsp spirulina  
1 tsp maca powder  
2 Avocados or 1 large  
2 lemons (juice)  
¼ tsp salt (Himalayan or sea)  
1 tbsp flax DHA oil, made by Flora (any high omega 3 oils work great)  
1 tsp olive oil  
2 bunches Cilantro (finely chopped)  
1 large handful Dulse sea vegetable  
1 tsp cumin  
1 tsp turmeric  
Cayenne (to taste)

Optional enhancements for filling mix: Milk Thistle extract (open capsules if powder not available; assists in protecting the liver and enhanced purification), Reishi Mushroom Extract (liver and immune boosting; enhances metal purification), other medicinal mushroom extracts, Horsetail or Nettle powder (contains organic silica primary mineral component of skin, hair, nails, collagen, bone/joints, tendon; many areas where heavy

metals and excess calcification are stored) Vitamineral Green (Health Force Nutritionals; provides highly beneficial probiotics, herbs, sea vegetables, and green foods).

Be creative!

Can also be made into a soup by adding semi-hot (touchable) water with all ingredients in a blender. Soup is really great with extra presoaked kelp or wakame.

Mix and mash wrap filling ingredients in a large bowl (preferably ceramic or glass, no metal). Wrap the filling a nori sheet (common sea vegetable for sushi) and wrap the nori in a collard leaf or one of them if you like.

May also add any of the following chopped veggies and fruits:

Cucumber, bell pepper, onion, minced/pressed garlic, papaya (improves assimilation of amino acids and proteins), pineapple (improves assimilation of amino acids and proteins).

Be Creative...there are no limits!

### Superhero Dressing

**Excellent for use in conjunction with heavy metal purification programs and heavy metal chelation wraps.**

1 handful Brazil Nuts

1 handful Pumpkin Seeds

(presoak nuts/seeds for 4 hours; not essential, very beneficial)

3-6 cloves garlic (make it strong; remove the inner sprout)

Juice of 2-3 lemons

2 tablespoons of high quality oil, your preference (coconut oil is great)

large pinch of salt

trace minerals, small dose for complete nutrition (I like Concentrace by Trace Mineral Company)

Cayenne (optional; to taste; I prefer it hotter for enhanced cellular pening and purification)

Add any blend of herbs or spices

Add water to desired thickness.

Optional additives: Chlorella, Spirulina, Milk Thistle extract (open capsules if powder not available; assists in protecting the liver and enhanced purification), Reishi Mushroom Extract (liver and immune boosting; enhances metal purification), other medicinal mushroom extracts, Horsetail or Nettle powder (contains organic silica primary mineral component of skin, hair, nails, collagen, bone/joints, tendon; many areas where heavy metals and excess calcification are stored) Vitamineral Green (Health Force Nutritionals; provides highly beneficial probiotics, herbs, sea vegetables, and green foods).

Be creative! The possibilities are in our imagination. Imagine that you can imagine if you cannot imagine.

### **Autumn / Winter**

During autumn and winter months in a cold damp climate – *for many of us* most food should be warming or neutral. Every kind of food has a thermal nature which means it can be either cooling, neutral or warming to the system. For example, nearly all fruit is cooling. Internal coldness, especially when associated with dampness is the kind of inner environment associated with a cold damp condition within the individual.

Cancer is a good example of a disease in which dampness is a factor. Wheatgrass juice is a very powerful anticancer elixir but it is also a damp cooling liquid, so if we want to use it (which we definitely do), then we have to change the thermal nature. The best way to do this is to either add warm water, freshly pressed, or dry ginger and a pinch of cayenne pepper. *Do NOT, use boiling water with wheatgrass juice or any other enzyme-rich food.*

It is also advisable to eat with the seasons, preferably local organic food. Fresh local vegetables during the winter months are a wonderful tonic for the body and perhaps offer far more nourishment than tropical fruits imported from overseas. Follow the NGP and let your intuition guide you.

A good autumn-winter program is to increase the herbal tea intake and introduce slow cooked whole grains such as porridge oats in the morning. Not every morning but when really desired. Winter is a challenging time to be cleansing. Obviously, if we are seriously ill then we have no choice about postponing our detox strategy until the weather warms up. So we need an intelligent program that includes plenty of nourishing whole foods. Winter is the time to experiment with vegetable broths and soups. It is a good idea to take warming soup for breakfast as well. Miso soup and greens with ginger is a great way to start the day in wintertime. Try and get a liter of root vegetable juice in, as well as carrot juice. Herbal teas should be slow cooked and boiled then simmered using the roots and bark and adding leaves later. These should be taken first thing, and then throughout the day. Broths and soups then could comprise the main meals – and that would be an excellent way to support the body in regeneration.

Any whole foods should be chosen from the accepted list. Slow cooked soups are a great source of nourishment. During the wintertime, especially if the weather is cold and damp, the main part of the diet should be nourishing. Raw foods tend to strip us down and the whole key to health is found in balance. It is absolutely useless if we become unstable by doing too much cleansing. An intelligent balance of nourishment, building and cleansing needs to be found. Generally speaking, the lighter we can go in the mornings and evenings, the better off we are in terms of allowing the body to detoxify.

### **Spring / Summer**

During the spring and summer months the bases should shift to juices and raw foods. The basic principle is that the simpler and more natural the food, the easier it is to digest. This relieves the body of a great deal of stress and releases energy that can be directed towards regeneration. Simplifying the diet but maintaining a balance of fruit, especially in the mornings, with leafy green salads and nuts taken at lunch time, and very healthy fatty foods such as avocados or coconut (see food combining chart) for the evening meal is an excellent way to get the natural goodness we need for optimum health.

*Be Simple. Be Natural.*

Springtime is also an excellent time to begin an exploration into the wonderful benefits of fasting on pure water. For this, the purest water is required. Mineral water will do but there are better choices. Distilled water is available in many grocery stores, but you are much better off with a machine, or try reverse osmosis water, or charcoal filtered water as

a last choice. Distilled water is the best for fasting and cleansing but not for prolonged use without the addition of suitable minerals. I particularly recommend the addition of Original Himalayan Crystal Salt. I urge you to get a hold of *The Miracle of Fasting* by Paul Bragg. More importantly, begin to drink only pure water one day a week and completely rest the digestive organs. This weekly fast is a critical part of the NGP and should be extended to 3-day fasts each quarter (every 3 months). You may, like me, abhor the idea of not eating, but I assure you that if you try this wonderful method you will be astonished at the results. Fasting allows the body precious time to regenerate and rebuild from the damages of excess. Find your rhythm. Try fasting on the full moons and increase the focus on cleansing around these times.

Don't forget to take honey with the water if you feel blood sugar levels dropping (fatigue, light-headedness, weakness) or thought processes becoming sluggish.

### **Living Foods**

Along with powerful natural foods like wheatgrass, we can add life force to our system with living foods. For the purposes of detoxification and alkalization, it is advisable to take as much food as you can in its raw and unadulterated state. All food has an inherent thermal nature that means it is either cooling or warming. Most raw foods are cooling. For someone with digestive weakness and a tendency to diarrhea, an excess of cooling foods, especially in the wintertime, can further weaken one's system. Pineapple is a good cure for this condition. So is carob powder. This is the reason why it is advisable to warm juices, if necessary, either by preparing as soups (as outlined above) or by adding warm water and always a pinch of cayenne and plenty of fresh ginger. By doing this, the juices we consume do not have that weakening affect. During the process of detoxification, at times we can experience feeling low on energy: this is a signal that the body is using most available energy for the purposes of repairing and regenerating areas of the cellular structure that need it most.

### **Balancing Raw and Cooked Foods**

We have heard it said many times over that balance is a key factor in anyone's health equation and balancing cooked and raw food to personally suit your individual requirements is something only you can figure out. Eating any form of cooked food generates heat in the body. Digestion is a process of combustion, in other words the food is heated up then assimilated. Cooling food (i.e. all raw food) requires some heating up by the body to digest it. This is good when balanced with a sensible early morning strategy that involves mainly cleansing foods. If you feel too cool after eating them then you can engage in some pressurized breathing some time after the meal and heat will be generated very quickly.

Vigorous exercise is also a very good way to generate lasting heat in the body. A good vigorous exercise session will leave you feeling warm for quite some time afterwards. It is a fallacy to say that a raw food diet cannot be eaten in a cold climate. There are many individuals who thrive on such a diet, but if you are a thin, nervous type then raw foods need to be balanced intelligently with warming foods. Whether to eat raw or cooked is not really the issue. A better question to ask is what would I really benefit from right

now? In order to answer this question honestly we need to ask ourselves where we have come from and be honest about what is really serving us.

If we have been stuffing ourselves with junk then moving onto fruit mainly in the mornings, salad and whole foods in the afternoon and light soups in the evening time is a very good improvement. A greater emphasis can be placed on raw foods in the spring and summer time, and moderation should always be the keynote. For those of us who tolerate it or who have moved through the transition phases slowly, a mainly raw diet with nothing taken in excess is a real joy.

Also, any cooked foods other than vegetables should be chosen from the following list if we wish to lend *maximum* support to the detoxification process.

- Quinoa
- Millet
- Brown rice (use sparingly)
- Amaranth
- Barley
- Wheat whole grains
- Oats
- Buckwheat
- Tofu and tempeh (use sparingly)
- Whole beans and legumes
- Baked potatoes
- Any other root vegetable
- Any other whole foods

It is best to restrict grains to no more than three times weekly. With the exception of millet, they are all acid forming to some degree. Quinoa is botanically a fruit and is an excellent source of protein. Although the foods on the above list will generate some acidity and dehydration, they can be used intelligently in a cleansing program to “apply the brakes” to the detoxification process. If detox symptoms become too severe simply add a little food from this list and slow down the process. Toxicity is stored in the tissues of the physical body. As soon as the body is allowed to rid itself of its accumulations, it will begin this process. As toxicity levels rise in the bloodstream and accumulations build up in the bowel we can very often feel quite overwhelmed. Drink plenty of fresh water and take a coffee enema once a week.

Try to restrict all unnatural and processed foods to an absolute minimum. Never overeat *anything* – leave the table feeling light.

It is always advisable to make gentle changes to the daily habits rather than abrupt major shifts. If you have experienced any form of serious disease or are simply interested in experiencing the highest levels of health and vitality you should transition smoothly through the phases away from a dairy/meat-based diet through cooked vegetarian foods to a mainly raw regime.

According to Dr. Gabriel Cousens, who is probably the most knowledgeable doctor in the world today, we are all individuals, and so there is no “one diet fits all” system. Dr. Cousens recommends the same basic principles that are outlined in the NGP, tailored to meet individual requirements.

(For an in-depth study of these considerations I recommend two books: *Conscious Eating* and *Spiritual Nutrition*, both by Dr. Gabriel Cousens).

### **Don't Go Nuts**

When transitioning to a more natural diet do not overeat nuts. Nuts, with the exception of almonds, can be quite acidifying and difficult to digest. Nut milks are a great option blended with super foods in smoothies. Eat nuts with plenty of greens, and do not have more than a handful a day. Seeds are a better option, preferably sprouted. Try making all smoothie mixes 80% water content.

### **Mucous**

One of the consequences of acidity and toxicity is excess mucous in the system. Mucous is a natural substance secreted by the body as a protective mechanism to prevent the absorption of substances the body does not desire. Pasteurized cow's milk is one of the most mucous-forming foods. Anyone interested in researching this subject further should find information on Arnold Ehret and *The Mucusless Diet*. Apart from being a strong antioxidant, lemon juice clears up excess mucous. Antioxidants mop up free radicals. Free radicals are unstable substances that react with and damage the molecules of cells. It is these damaged molecules that have been linked to almost every degenerative disease.

### **Antioxidants**

The three main antioxidant nutrients are vitamins A, C and E and they work very well together.

*Vitamin A* is found in all fruit and vegetables and is especially high in yellow and orange fruits and vegetables as well as dark leafy greens.

*Vitamin C* is found in all citrus fruits, potatoes, green leaves and tomatoes.

*Vitamin E* is in fresh beets, celery, avocados and green vegetables, especially watercress.

### **Hydration**

What kind of water to drink and in what quantity has become a much-discussed subject amongst health experts. I suppose it rather depends on your circumstances. One of the finest books on the subject: *The Body's many Cries For Water* by Dr. F. Batmangelidj, was inspired by his experiences in an Iranian jail. He was using ordinary tap water to cure people of various conditions. Dr. Gabriel Cousens contends that water needs to be distilled to be pure, restructured by adding salt crystals, re-programmed by words or song and energized in a variety of ways. He maintains that hydration cannot occur when the dry residue content is over 60mg/l. I leave it to you to decide. It seems to me that water is

required for two main functions: *hydration, and as a solvent for dissolving blockages within the body.*

Any water will act as a solvent. Fresh raw juicy foods are all high water content solvents.

The body *does not* need six to eight glasses of mineral water each day.

The body *does* need six to eight glasses of LIVING WATER each day.

Living water is the kind of water that we find in fresh fruit and vegetables. It is the living water from living plant food and is full of the cellular nutrition that our cells need. Bottled mineral water does not contain this nutrition. There is plenty of debate whether the body can even absorb inorganic minerals that are present in bottled mineral water. If you do use mineral water, look on the back and find the dry residue figure. Look for water that has a dry residue of 220mg/l or below. The reason for this, according to Dr. Gabriel Cousens, is that if the mineral content of water is over 60mg/l then hydration efficiency is significantly diminished. Hydrogen electrons have to be given to the cells in order for hydration to occur. Over 60mg/l of inorganic mineral presence means that the minerals bind the hydrogen electrons preventing cellular hydration. After approximately 220 mg/l the hydration effect is virtually zero. The best water is found in fresh fruit and vegetables

For the purposes of detoxification, distilled water is also very good, particularly in the cases of arthritis. Reverse osmosis water is also useful. Distilled water can be ordered by your local pharmacy. Alternatively, buy yourself a water distiller (see appendix for details). If you have no choice then use mineral water but check the dry residue and go for the lowest. Also make sure you add the Himalayan rock salt. Add a tiny pinch of original Himalayan salt to one gallon of distilled water for the most effective hydration.

The human digestive system is a sophisticated juicing machine. The elements that pass through the main filter, i.e. the liver, should be organic compounds in soluble form. The living elements of juices from fresh fruit and vegetables provide these compounds in an easily digestible form.

Within the health equation, the water factor cannot be underestimated. It is the major solvent and we need plenty of it. If I were to drop dead in ten seconds and wished to impart the synthesis of my learnings relating to healthy physiology, I would just say: breathe and drink water. There are several powerful publications relating to the power and necessity of water. Try and do some research on the works I mentioned earlier: *The Water Cure Recipe* and *Your Body's Many Cries For Water* by Dr. F. Batmanghelidj.

Another amazing work on water is by Dr. Masaru Emoto, called the *Hidden Messages in Water*. This groundbreaking work illustrates the capacity of water to absorb the vibrations of the atmosphere and also of thoughts. The suggestion is that as our physical bodies are largely composed of water, all of the thoughts and feelings and vibrations of words we speak are recorded in the cellular structure. These vibrations crystallize, and Dr. Emoto has captured brilliant photographs of this phenomena. Well worth researching if you have any doubt regarding this subject.

Remember, we are not attempting to get our minerals from water. We use water to hydrate and dissolve. Hydration requires the transfer of hydrogen electrons to the cell site. Alkaline water with high mineral content has the lowest capacity to hydrate. Slightly acid water (distilled water) is the optimum hydrator. By adding a pinch of original Himalayan salt (1/16 tsp. to one gallon) and giving it a good stir, we structure the water. Structured water will hold an energetic imprint. Dr. Masuro Emoto's work is a marvelous illustration of this. We can then bless the water and receive the healing benedictions of our intent.

### **Prepare All Food With Love**

The amazing work of Dr. Masuro Emoto (*The Message of Water a must read*) leaves us in no doubt that water absorbs and records the energy of consciousness. The mixing of loving feelings and thoughts with the foods and liquids we are preparing is an integral part of this process. We are born to love. It is our inner nature: there is no other purpose to existence. There are many enlightened schools of thought who contend that, in fact, as spiritual beings, we can only derive nourishment from Love.

### **Sprouts**

Dr. Satish Gupta makes special reference to the beneficial effect of the life force element in sprouts. Things like mung, alfalfa, aduki, lentil, radish and fennel are excellent additions to any salad. Sprouting is very simple. Just take the seed, soak it in a glass of water for one night, then drain and rinse the next day. Leave in the kitchen, in a not too warm, not too cool place and rinse every day for two to five days. The sprouts will be ready during this timeframe, depending on how cool it is. When seeds sprout, reserves of energy are released. Free from any additives and with nothing taken away, sprouts make an ultra-healthy instant food. Weight for weight they are probably more nutritious than any other form of food. I recommend *The Sprouters Handbook* by Edward Cairney for anyone interested in expanding their knowledge of sprouting living foods. Never boil sprouts and include in all salads and soups.

### **Hot Tip!**

Soak linseed or chia seeds overnight and blend with vegetable juices. Soaked linseeds generate a gelatinous substance that lubricates the bowel and provides *essential fatty acids*. They are very cheap and very good. In order for the essential fatty acids to be fully activated, the presence of a *sulfur-based protein* is required. Dr. Johanna Budwig has had amazing results in cancer patients using linseeds and sulfur-based proteins. The reason for their effectiveness is the fact that the presence of essential fatty acids is required for communication to the cells. This does not mean that you cannot take linseeds or chia without sulfur. Linseeds are very good for the bowel and I recommend you using them a lot in smoothies, juices and salads. Although they are a seed, they seem to go well with fruits in smoothies, so try them and see how you feel. Have a good tablespoon two or three times a day. You cannot overdose on soaked linseed or chia.

Without essential fatty acids, this communication between bodily intelligence and individual cells is ineffective. By combining sauerkraut with soaked linseeds, not only do

we improve cellular communication but also provide the intestinal tract with first-class probiotics, living organisms that are beneficial to the body. Dr. Budwig has also done a lot of research into cellular health which is well worth checking out online. Get into the habit of investigating information and compiling your own dossier.

According to Dr. Gabriel Cousens, the best oil blend is 3:1 teaspoons coconut oil and linseed.

Other examples of sulfur based proteins are sauerkraut, kale, cabbage (eaten raw or juiced) cottage cheese – take only if you are weaning yourself off dairy products – and mustard greens. Garlic, onions etc. are also examples of sulfur-based proteins. Garlic is an excellent natural antibiotic and can be added to juices, however, the subtle stimulating effects of this type of food can undermine the essential base of inner peace that is the foundation of the NGP. Check out the work of Dr. Johanna Budwig.

### **The Miracle of Fasting**

Physical health begins in the digestive organs, and these organs do not need to be constantly working. Bring yourself to higher levels of health by the appropriate use of natural foods, deep breathing and exercise. The electrical systems of the body need to be stimulated and this can be achieved through a regular practice of yoga asanas (postures) and chi gong. Another marvelous tool for enhancing well being is fasting. I strongly recommend the work of Paul Bragg on this subject; he is without doubt a great authority on this. Without going into great detail here, fasting simply gives the internal system a very well-deserved rest.

The NGP includes a once weekly fast lasting between 24-36 hours. The first thing to do is get your diet sorted out. After the first six weeks on the program, introduce juice fasting and water therapy. Quite simply, all of the excessive eating habits take a great toll on the system and it needs a rest. On fasting days, try to use only the purest water and be as quiet as possible. A lot of progress is made on these days, which is definitely noticeable when you break the fast. For a full 24-36 hours try and take only juices and have them diluted with the purest water. When you feel confident, try fasting the whole day on pure water only. This is a fabulous thing for your health. Distilled water is the purest water.

### **Elimination Tips**

Because every food we are using on the NGP has cleansing properties, we are obviously going to spend a fair bit of time on the toilet. Most of the toxicity will pass through our bowels. It is, therefore, very important that this channel is clear and flowing freely. Enemas can be a big help in this department. An enema is the way we wash out the bowels by inserting a small plastic tube into the anus that is connected to a small bag of warm water. This is an extremely efficient method of ridding the bowel of excessive waste poisons and really makes a difference to how we are feeling. Anyone serious about regenerating their health definitely needs to include regular enemas as a part of their weekly program. See later for details on how to take an enema. A series of colonic irrigations are also an option.

Linseeds, chia seeds and/or herbal fiber blend will also significantly improve bowel movement.

It should be clearly understood that, as these high-quality natural nutriment are included in the daily food, the body will begin to rid itself of any areas of cellular tissue not in good health. Cooked food and poor-quality nourishment can only supply the cells with inferior materials with which to repair physiology. A lot of waste will be eliminated. This is why it is very important that the bowel is functioning smoothly. If the bowels are blocked or sluggish then we need to get them moving. If one is feeling weak or dizzy or has headaches when cleansing, then use an enema kit and remove the toxic build up from the bowel. Taking herbal and pro-biotic supplementation is also advised if the bowels are sluggish (see appendix for details). Add oat bran and slippery elm powder to vegetable juices. This thickens the juices and gives the sense of a meal. The bran assists bowel movements. The best product I know is Herbal Fiber Blend. It is a combination of herbs, slippery elm and psyllium husk fiber – it not only cleanses the bowel but also encourages it to regenerate.

## **Healthy Points**

### **1. Chew your food**

There is nothing more acutely beneficial to one's health than the ability to chew thoroughly and to breathe deeply while eating perfectly balanced nutrition. Anyone serious about getting healthy needs to become a master here.

All food ingested, whether juiced or solid, should be masticated very well before swallowing. As I mentioned previously, the digestive system is an ultra-sophisticated juicing system. Everything is converted to liquid. This process is greatly enhanced by chewing food thoroughly. Try chewing each mouthful 40 times before swallowing. Have "slow eating races" with your friends and family and see who can eat the slowest. Combining spiritual awareness with eating is the best idea. Try meditating before eating. Simple practical tips like putting down the cutlery and breathing deeply between mouthfuls do wonders. Get in touch with your feelings while chewing. Chew food until all that's left is liquid love. This is a wonderful feeling and is such a healing experience for the physiology.

Much ill health is generated by the anxiety that living in the false world creates. When we allow this fear to dominate our eating habits then each meal becomes a subtle form of prostitution. These negative archetypes will rob us of our holistic health if we allow it. Eating is the time to be extra alert for their subtle infiltration into our world. Far too often we display the characteristics of starving pigs when eating, and this is a far cry from our authentic angelic natures.

## 2. Skeletal Structure

The whole physical system is dependant upon every other system within it. It is said that a chain is only as strong as its weakest link. The skeletal system (i.e ones posture is vital to a healthy organism). I recommend chiropractic adjustment if necessary and regular massage supplemented by a daily stretching and callisthenic routine.

## 3. Chi

The modern western medical system is the ONLY system in the history of the modern world which does not include biological electrical energy otherwise known as chi. By practicing Qi (Chi) Gong one can enhance the flow of this essential life force. I highly recommend this as a daily practice. The natural energy derived from this practice, in my experience, is far superior to that found in virtually all foods and supplements. Just as a car will not function without oil, water, fuel and electricity, neither will we. Breathing evenly and deeply is a good way of generating Chi. Sexual energy enhanced, but not to the point of ejaculation for males, is also a great help here. (There are more details on all facets of Chi in our SUN Chi Gong programs).

## 4. Sweating

As the skin is the major organ of elimination, keeping the pores open by sweating regularly is an effective way to guarantee the excretion of toxicity from the system. Daily exercise to the point of raising a light sweat is a very good idea if it suits you. Saunas and steam baths are also highly recommended. The ideal supplements to assist in the sauna sessions are: Vitamin C (1000mg), Niacin (approx. 100mg), take enough to make your cheeks flush a little red.

## 5. Natural Highs

There are many ways to achieve a natural high without paying the cost of toxicity. Eliminate toxins, replenish with healthy, vibrant foods and you'll be amazed how good you fee. Check out a great book by Patrick Holford and Dr. Hyla Cass called *Natural Highs* (ISBN:07499 2254 0).

## 6. Enzymes

Enzymes are required for every chemical reaction in the body. Digestion utilizes large quantities of enzymes. Living foods, such as sprouts and wheatgrass, are loaded with enzymes. All raw foods have their enzymes in tact, which assists in the digestive breakdown and assimilation of the food. Cooking at high temperatures destroys the enzymes in food and requires the body to supply the required enzymes in order to complete digestion. Enzyme supplementation is a very good idea. Natures First Law and The Fresh Network has top quality enzymes (see appendix)

*"Enzymes are catalysts. They are transformative elements. They are truly analchemical symbol of transformation. On a physical level, enzymes help to overcome digestive lethargy. On a spiritual level, enzymes help to overcome life's ruts and setbacks - enzymes overwhelm spiritual stagnation...If you want things to change for you, if you*

*want to attract and create beauty in your life, you have to do something different than you are doing now. If you desire a different destiny (destination) than relatives and friends who ended up dead-broke or dead at the age of 65, then you must do something different now. Food enzymes make the difference."*

~David Wolfe, *Eating For Beauty*

### **A Few Words on Sugar**

Sugars are potentially the most destabilizing food group. White sugar is the worst but also sugars in fruits can upset our balance if we overdo it or don't combine them with a pacifying food such as green leafy vegetables or dry green super-foods. That's why it's good and necessary to water down all juices by up to 50% and add a little green powder or green juice.

Juicing machines are a great tool but they remove all the fiber. Natural fiber slows down digestion and also gives us the cofactors that nature put in the food in the first place. I recommend combining juicing with eating the whole food. A good compromise is to blend whole fruits. Just take a bunch of grapes or an apple, blend with water and drink. Be sure to chew them up. Ghandi once advised to chew your liquids and to drink your food. Without proper mastication we cannot digest especially the sugars in foods.

### **What About Meat, Eggs and Dairy?**

#### *Meat*

*Eventually, mankind will eat little or no meat. However, that will come only when a stronger heart and a greater refinement of physical energies can produce hormones and nutrients which cannot be manufactured by most people at this time. It is pointless to feel guilty about eating meat when you need it. Vegetarian ideals should not be prematurely enforced on people who are not ready for them. It is far more important that people awaken in their own hearts and decide which direction to go in as they look for greater health. Meanwhile, you will benefit more by gratitude and appreciation for those who have bestowed the bounties of life upon you. For I assure you, it is not by food that you are nourished, but by love. A humble meal that is beautifully prepared with love and shared in loving company is more nourishing than vegetarian cuisine eaten on the run. No combination matters if love is not the central ingredient. The major cause of overweight, malnutrition, and dietary diseases is loveless meals from unloved plants and unloved animals, grown on an unloved earth. There is no coincidence that such problems have increased in proportion to lifestyles of hasty and obsessive eating.*

*Love Without End Jesus Speaks.* Glenda Green

Notwithstanding what Jesus has said, which I consider to be the highest perspective on this subject, a great argument rages, especially between conscientious vegetarians and their carnivorous cousins. It is a fact that in all of the most effective proven cellular

rehabilitation programs meat is not on the menu. There are various reasons why this is so, ranging from the moral to the scientific.

Unless you are absolutely addicted to these foods, reduce them significantly. If this proves too difficult then reduce them very gradually. All of them are acidifying and mucous forming, and there is absolutely nothing in them that cannot be found from another source. If you have been eating significant quantities of these foods and have become ill, it is obvious that they have played a contributory role in the disease, primarily by clogging the system to a degree and acidifying the blood. Even so, not everyone can go through the “cold turkey” experience without reverting back to old eating habits. As soon as the urges begin to drive you to get back on these dense types of food, question them. Experiment with alternatives, and when you do have these foods put a great deal of love into their preparation and observe food combining principles.

If you are a big consumer of animal products consider this: the commercial industry of animal farming is one of the most violent and unconscious form of commerce on this planet. I was brought up on a farm, eating meat etc. three times a day. I grew into a big strong lad of a rugby player and could run around full sprint nearly every day of the week for many years smashing into my contemporaries with a mixture of terror and joyful wild abandon. Meat makes you strong and tough early on. However, as you become more enlightened, you realize that it is not the optimum food source. I have seen chicken farms and the way they are killed. Eating commercial meat is supporting an industry that has essentially lost its soul. If you are preparing a meal with meat, understand it *needs a great deal* of love.

If you are stuck in this arena, upgrade to organic meat and free range. To really understand what you are doing try buying the animal alive and follow these instructions:

First of all, make sure the animal is what you want to become because spiritually you are about to merge. Have you heard the saying *you are what you eat*. Now, assuming you have chosen the right animal and you have met in the soul, so to speak, you can begin to kill it. Fish are the easiest to kill, but you don't want to eat fish all of the time. Also, their meat is the fastest to decompose. Have you ever smelt rotten fish? Well, that will be in your guts within 24 hours. Keep a nose on your bowel movements. If they stink, you know that it's toxic s.h.i.t. When you have fully connected with the soul of the animal you may begin to murder it but not until. Does this disturb you? If it does, you are moving out of the consciousness that thinks it needs meat to survive.

The benefits of upgrading the nutritional intake to lighter, healthier foods far outweigh the temporary satiation of withdrawal symptoms. *If it all gets a bit much then choose the highest quality versions of these foods and very small amounts as a treat, rather than staple fare.* Remember, this program is designed to cleanse and remove the accumulated blockages of previous bad habits. For more information on this subject read, *The Mucusless Diet Healing System* by Arnold Ehret (ISBN: 087904 004 1 ) and reread the opening passage by Jesus on this subject.

*If you are unhealthy or ill, these foods can do far more harm than good.*

## *Dairy and Eggs*

With the exception of cottage cheese, which can be used in combination with linseeds as per Johanna Budwigs' recommendations, commercial dairy products are not helpful in a medicinal nutritional program. Make sure the cottage cheese is of the highest quality if you do use it. Many of the cottage cheeses have a chalky, indigestible calcium added.

It is a complete fallacy that *pasteurized* milk has health-giving properties. This is a fabrication and there is plenty of well-researched evidence that proves this. Even a calf will die within a matter of months if fed its own mothers milk when it has been pasteurized. The human being is amazingly adaptable, but the number one reason why children are often streaming with mucus is because their bodies are reacting to milk and dairy products. However, if we have grown up on milk then we will obviously crave it if we cut it right out. Be sensible. If dairy is chosen then try and go for goat's milk products which are slightly alkaline and more compatible with the human system. Take cheeses with large salads and include tomatoes, but do not mix with bread or other starchy carbohydrates.

Dairy can also be taken with acid fruits if it agrees with you. The acid in those fruits helps to digest the proteins. (Check out [www.curezone.com](http://www.curezone.com) for almost every possible answer to any questions you have).

If you do have eggs, make them free range and separate the yolks out. Meat is best organic.

One of the reasons many cooked food vegetarians look less healthy than meat eaters is because the grain and flour based vegetarian diet is extremely mucus forming. Meat does not generate a lot of mucus and, as long as it is combined well (i.e. not with starchy carbohydrates), it will not cause the problems that a high-starch diet does, especially when not eaten in excess. This is not to recommend meat eating but to clarify an important point. If one is ill and used to eating a lot of meat, then begin by eating smaller amounts only with salad or steamed vegetables and definitely not mixed with any starchy foods such as potatoes or bread. Or take stews with lots of green leafy vegetables. (See food combining regulations in Appendix C)

*\*Tip:* When preparing the evening meal save a portion of everything as if another person were to join you (including desert, cheese, coffee etc.). Place this portion in a saucepan with a little water and heat gently for an hour (this simulates part of the digestive process). Allow to cool and leave overnight. Check this concoction in the morning, have a good smell. You will be shocked at just what we ask our bodies to process. This simple test will give you insight into the biological foundation of disease. Cooked food vegetarians should try this experiment as well. It is a good advert for eating naturally. Cooking carbohydrates produces specific acids which are extremely detrimental to health.

### **Worried about Protein?**

Proteins in the form of amino acids are necessary for bodily health. All fruits and vegetables contain amino acids, especially the dark leafy greens and chia seed. The best

source of protein I know is hemp seed (see appendix for recommended suppliers of hemp protein powder and add it to your smoothie mixes daily). Bee pollen is full of it and nuts and seeds also have plenty. Sprouted seeds are also good sources. Sprouts have amazing Life Force energy. Have them in salads and add them to soups but do not cook. Beans, like black eyed, red kidney etc.) are a mix of protein and carbohydrates which is why for some folks they can be difficult to digest and often produce gas. They are best slow cooked with ginger and greens (added later) for very hearty winter broths and are a good transition from foods such as meat.

## Supplements

Before buying any supplements, especially vitamins and minerals, read what Dr. Richard Schulze has to say on the subject on the Cure Zone website. In my opinion, with a healthy system flowing, well supplied with high-quality nutrition, they are not necessary. However, in the case of specific deficiencies and disease, check out *The Optimum Nutrition Bible* by Patrick Holford or consult a recommended professional. Dr. Gabriel Cousens recommends supplements to many of his patients in the early days of therapy. Many nutritional consultants do for there is no doubt that they help to kick start a health program. However, by applying the principles outlined in this program, shifting to a mainly raw regime with regular exercise and relaxation, and doing what makes you truly content you may very well by-pass the supplement road. There is a great argument for taking recommended supplementation in whole food form as all of the requisite co-factors which assist in assimilation are present. I favor this argument and emphasize the BE HAPPY approach. "Vitamin Joy" is the most potent medicine in the world and it is found in the path of your happiness. You were not born to be miserable and suffer. Discover your purpose for being and express it.

## Conclusion

Arnold Ehret is a great professor from the 1920s whose life work was based on the subject of diet. In his magnificent work, *The Mucusless Diet*, Ehret informs us in brilliant clarity about the workings of the human body in a way that makes tremendous sense. He explains how every disease that humans suffer from is caused through wrong diet. This is not to deny the claims of Edward Bach, who you will recall, posited the underlying cause as conflict between personality and soul. As soon as the false or impure ego is in charge, poor choices are guaranteed, including inappropriate foods. Ehret's teachings have cured many thousands of people whose conditions were diagnosed by medical science as incurable and, in many cases, terminal. This may sound fantastic but is an absolute verifiable fact. Dr. Richard Schulze has achieved the same thing and the NGP is based upon the exact same principles.

*"All constitutional encumbrances throughout the entire system are the source of every disease; the greatest and most harmful source of lowered vitality, imperfect health, lack of strength and endurance and any and all imperfect conditions. All have their source in the colon, never perfectly emptied since birth."*

~Arnold Ehret

## **Integration**

No matter what the quality of the wisdom I have shared may be, YOU have to experience it. Get in touch with the essence of who you truly are. To do that it is wise to reduce the influences that make us feel like *who we are not*.

It is wise to understand that as we proceed deeper into the mystery of ourselves through the purification of consciousness and biology, we catalyze the purification of our world. It is through this detoxification process of our physical, emotional, mental and spiritual realities that we accelerate the detox of the planet. This purging means that all of our hidden poison in the form of twisted behavior spills out onto the surface of human affairs to be held in the light of Truth. No matter what we witness in these times ahead, no matter how dreadful the evil, we should never lose our innate sense of knowing that we are bound for a future of pure beauty. This future is the harvest of our purification through introspection. The secrets of life's perfect mystery lie within us all. Water the seed of the soul you are with loving attention and awareness. Understand by experience that your original and eternal nature is perfect peace. In Sanskrit language this fact is stated thus: *Om Shanti*.

As much as spiritual awareness/attitude, a pure diet, and harmonic alignment with the natural forces of creation are a foundation for health, our creative expression and contribution to our culture and world is also a critical factor in completing the holistic mission for which we are born to serve. As Matt Furey and Dr. Maxwell Maltz clearly state, true peace comes from being fulfilled. Fulfillment comes from doing your mission, being who you truly are, active in the world of form and contributing to the wellbeing of others around you. That may mean something very subtle and non-descript or it may mean major contributions that obviously change the world. It doesn't matter either way. By expressing our Truth, becoming holistically complete and living the life we were born to live, we are transforming the world.

The best model I have found which illustrates this point is the Sevenfold Peace of the Essene tradition. I include the following text for your consideration. It is a perfect example that being truly healthy means to be truly human and being truly human means being truly peaceful. I wish you well.

*"To live in peace is to actively create Heaven on Earth."*

~Dr. Nick Good

### **The Sevenfold Peace**

As the Essene communions with the Angels of Mother God access the power of the physical domain, and the communions with the Angels of Father God open the door to powerful spiritual forces, the height of the Essene teachings is accessing our unique Christ expressions using the path of the Sevenfold Peace. The Sevenfold Peace is a spiritual discipline which nourishes the expression of our unique Godhood within ourselves, our families, humankind and ultimately all physical and spiritual reality. This path proves to be a powerful and effective spiritual blueprint for harmonious living, in a peaceful world where we can express our Divine potential.

The ancient Essenes knew that the experience of peace is a personal one. If we ever hope to have a collective experience of peace, *we must first as individuals heal that which hinders our experience of peace.*

One of the communions of the Sevenfold Peace is honored daily at noontime. Another one of the communions is honored weekly on the Sabbath, so that all aspects of the Sevenfold Peace are honored every seven weeks. The following are the seven aspects of contemplation for The Sevenfold Peace used by both ancient and contemporary Essenes.

#### Peace with the Body

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to our bodies your Angel of Life, that it may reside there forever.*

We recognize the body as a divine product, created by spiritual laws, and know that in the body are manifested all the laws of life and the cosmos. The Essenes learned the healthful foods, herbs, breathing techniques, etc. that were needed to have a vital physical body. This communion nurtures the power of love and acceptance for our physical expression. It is through our spiritual relationship with our bodies that the ability to heal is mastered.

#### Peace with the Mind

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to our minds your Angel of Power, that our thoughts may be stronger than death.*

The quintessential communion for Sevenfold Peace is through thought. Thought is considered to be a superior force – far greater than either feeling or action, because it is the creator of both. It is important to understand the power of the mind as a tool of manifestation. It is what empowers us to be co-creators with God. It is through the use of the mind that we direct the flow of energy – through the choices we make about our thoughts.

#### Peace with Family

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to our families your Angel of Love, that we may see ourselves reflected in their eyes.*

This communion is a reflection of our love towards one another. It governs our relationships with those who are in our close environment and our spiritual families. Through this communion we learn how our families are mirrors in learning more about ourselves and our feeling bodies. The Essenes knew that the feeling body is a most powerful instrument for the production of good health, vitality and happiness. Peace with Family is about releasing that which manifests as in-harmony in the feeling body.

#### Peace with Humanity

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to humankind your Angel of Healing, that we may each know the blessings of our unique contribution.*

A powerful step in the path of the Sevenfold Peace, this communion refers to harmony between groups of people. The Essenes teach that each of us travels a unique path in serving human evolution, and it is only when we pursue our own unique contributions that joy and peace will reign in our societies.

#### Peace with the Wisdom of the Ancients

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to our knowledge your Angel of Wisdom, that we may follow the pathways of the Ancients.*

In this communion we utilize the masterpieces of wisdom from all ages. The Essenes believed there were three pathways to discovering truth:

1. Through intuition- this path is followed by mystics and prophets.
2. Through nature- the way of the scientist.
3. Through the pathway of culture – exposure to the great masterpieces of literature and the arts. This communion opens the door to our spiritual ancestors, and their spiritual truths. Essenes consider it the duty of all to learn from cultural masterpieces, commune with the Ancients, and pass teachings down to the next generation as a way of contributing to the evolution of humankind.

#### Peace with Earthly Mother

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to the Earthly Mother your Angel of Joy, that we may experience the full blessings of this earthly domain.*

This communion nurtures how we live in harmony with the Earth and the physical domain. It is coming to terms with the knowledge that our health and wealth is dependent on how we interact with the physical planet. As we develop a loving relationship with the Earth, the planet nurtures our own spiritual beings.

#### Peace with The Heavenly Father

*Our Father, who art in heaven, bring to the Children of God your Angel of Peace and bring to the kingdom of the Heavenly Father your Angel of Eternal Life, that we may be with you forever.*

It is with this step of the Sevenfold Peace that we experience one power and one presence in our lives and in the Universe. A doorway opens in our consciousness that accesses powerful, loving guidance and support from spiritual energies.

The Sevenfold Peace asks us to evaluate ourselves and the way we present ourselves in our world. With every thought, feeling and action we are creating and contributing to the world. The question is, are we contributing to peace or to more chaos? Am I building up or am I breaking down?

The Sevenfold Peace offers us an opportunity to become aware, awake and conscious. To live in peace is to actively create Heaven on Earth.

*~Amen~*

## Appendix A

### **Liver Cleanse**

99.95% of people diagnosed with cancer have intra-hepatic stones.

A liver detox is often the first vital step for the body to begin to heal itself. Liver cleansing recipe is the same as gallbladder cleansing recipe. Cleansing of both organs is achieved by the same procedure. All people who have stones inside the gallbladder always have stones inside their liver (proved by their cleansing experience). All people who have stones inside their liver do not necessarily have stones inside gall bladder (proved by ultrasound examination and liver flush).

The liver/gallbladder cleanse is necessary even if one has had their gallbladder removed. Also, anyone who has already had their gallbladder removed should be taking a product called Cholacol which replaces the bile salts that your gallbladder would normally be producing. This is needed for the rest of your life so that your body can properly digest fats.

#### Liver - Gall Bladder Congestion

The most important factors involved in dealing with all diseases of the human organism are liver and gallbladder congestion. In fact, doctors have found that in all serious diseases, particularly cancer, the liver was in extremely poor condition.

Liver congestion is caused by toxic overload: it is unable to detoxify the bloodstream effectively. When the liver is congested, the toxins circulate in the bloodstream and can enter into the brain, nervous system or other organs. When the liver tries to expel the poisons forced on it, the burden goes to the kidneys which then causes additional congestion. Constipation prevents the liver from eliminating toxins. The liver can also become congested by an excess of fat, sugar, alcohol, white flour products, and chemicals found in water, food, and air.

#### Pre-Disposing Factors:

Excess use of alcohol, refined carbohydrates, caffeine, hydrogenated fats and oil

Food poisoning

Environmental toxins

Chronic constipation

Over use of prescription drugs

The bile, which is stored in the gallbladder in a more concentrated form, is of extreme importance in all areas of the body. The gallbladder actually draws the bile into itself from the liver duct. Many back problems, in fact, are the direct result of inadequate bile flow. The synovial fluid around all joints will decrease if bile flow is low, sometimes

causing terrible pain. Many people will take cortisone injections for relief, mistakenly believing it to be arthritis or some other inflammatory disease. The cure, of course, comes with liver cleansing.

Another area of the body that can suffer from lack of bile is the sinuses. This soothing lubricant (bile) keeps mucus membranes moist, otherwise they become dry and inflamed. Most allergy conditions can be traced to liver congestion. Avoiding foods that create a reaction brings relief, but will not cure the allergy. Allergies and sinus conditions will often disappear after the liver has been cleansed.

Also, the body begins to suffer the effects of poor assimilation of fat-soluble nutrients, which may play a role in the development of eczema, psoriasis, dry skin, falling hair, tendonitis, night blindness, accumulations of calcium in tissues, and sometimes prostate enlargement in men. Hemorrhoids due to blockage of the portal vein draining the liver are often the result of this congestion.

The importance of cleansing the debris from the liver and the gallbladder, thus keeping the bile free flowing, cannot be overemphasized. This can be accomplished by doing the Liver -Gallbladder Flush, which is necessary even if one has had their gall bladder removed.

There are four basic ingredients in this procedure:

A) *Apple juice* (high in malic acid) - acts as a solvent in the bile to weaken adhesions between solid globules. The apple juice should be coarse, unfiltered and free of additives and preservatives.

B) *4 tsp. Epsom Salts* (magnesium sulphate) - to allow magnesium to be absorbed into the bloodstream, relaxing smooth muscles. Large solid particles which otherwise might create spasms are able to pass through a relaxed bile duct.

C) *1/2 cup Extra Virgin Olive Oil*- stimulates the gallbladder and bile duct to contract powerfully, expelling solid particles kept in storage for years.

D) *1 Large Grapefruit* (or 2 small, or use 3 lemons) - the acid juice speeds the transit of the olive oil through the stomach and into the duodenum, which helps prevent or minimize nausea.

### **The Liver-Gallbladder Flush**

The Liver-Gallbladder Flush is one of the most important procedures for persons over 15 years of age. If one is above 15 years of age and his or her physician gives approval, he or she should do this the first week of their Alternative Cancer Treatment Program. The steps in doing this are not difficult and are as follows:

**Step 1:** For five days prior to the "Flush" consume as much apple juice or cider vinegar **especially in the morning time** as the appetite permits, in addition to regular meals. Nutritional supplements should also be taken during this time. For the last two days (day

4 and 5) try to take 8 oz. of apple juice every two hours until 1/2 gallon each day has been taken.

**Step 2:** On the sixth day, eat a no-fat breakfast and lunch. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones. Take no medicines, vitamins, or pills that you can do without; they could prevent success.

**2:00 PM** - Get your Epsom salts ready. Mix 4 tbsp. in 3 cups water and pour this into a jar. Do not eat or drink after 2 PM. If you break this rule you could feel quite ill later.

(You can substitute 3 cups water with 3 cups freshly-pressed grapefruit juice, or freshly-pressed apple juice. This makes four servings, 3/4 cup each. Set the jar in the refrigerator to get cold. This is for convenience and taste only).

**6:00 PM** Drink one serving (3/4 cup) of the cold Epsom salts. If you did not prepare this ahead of time, do it right now. You may also add 1/8 tsp. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil and grapefruit out of the refrigerator to warm up.

**8:00 PM** Repeat by drinking another 3/4 cup of Epsom salts. You haven't eaten since 2 PM, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success. Don't be more than 10 minutes early or late.

**9:45 PM** Pour 1/2 cup (measured) olive oil into a pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 cup, but up to 3/4 cup is best. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit does this).

(If using lemon juice, do not blend juice with oil. Drink a little oil, a little juice from 2 different cups. If you mix olive oil with lemon juice, it may slightly congeal and get a slimy consistency that is not easy to swallow. It never happens with grapefruit juice).

**10:00 PM** Drink the potion you have mixed. Drinking through a large plastic straw helps it go down easier. Take it to your bedside if you want, but drink it standing up. Get it down within five minutes (fifteen minutes for very elderly or weak persons).

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie on the right side with the right knee drawn up toward the chin for at least 20 minutes (you can briefly stretch your right leg, if necessary) or lie down flat on your back with your head up high on the pillow for 20 minutes before going to sleep. This encourages the oil to drain from the stomach, helping contents of the gallbladder and/or liver to move into the small intestine. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thanks to Epsom salts). Go to sleep. You may fail to get stones out if you don't.

Next Morning

**Upon awakening:** take your third 3/4-cup dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6 AM.

**Two Hours Later:** take your fourth (the last) dose of Epsom salts. Drink 3/4 cup of the mixture. You may go back to bed.

**After Two More Hours:** You may eat. Start with fresh fruit juice. Half an hour later eat fruit. One hour later you may eat regular food, but keep it light. By supper you should feel recovered.

How well did you do?

Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks, but gallstones float because of the cholesterol inside. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two-week intervals.

Note: If one should vomit during the consumption of the oil and juice, the procedure should be continued until it is finished. It is not necessary to make up for the amount that was vomited. Nausea felt during this process usually indicates stimulation of the gallbladder and/or liver.

Helpful Hints for the Flush:

1. Taking one hydrochloric acid tablet at bedtime will reduce any nausea during the night.
2. If you have a tendency to get nauseated from oil, take 2 tbsps. of Aloe Vera juice after your doses of oil and citrus juice or drink some pineapple juice.
3. Placing a hot water bottle over the liver area (under the right ribcage) during the night also helps relieve nausea.

Note: One should not be frightened by the above references to nausea, vomiting, soreness of abdomen, etc. Chances are the symptoms won't be severe enough to cause vomiting or soreness of the abdomen, as this happens only very rarely. Many people complete this procedure with minimal discomfort and nearly everyone feels better after completing it.

Often, people suffering for years from gallstones, lack of appetite, biliousness, backaches, nausea, and a host of other complaints will find gallstone-type objects in the stool the day following the flush.

These objects are light to dark green in color, very irregular in shape, gelatinous in texture, and of sizes varying from "grape seed size" to "cherry size". When a large volume of gallstones is seen, the liver flush should be repeated in two weeks.

Generally, the liver flush is repeated at 2 -4 week intervals until the volume of gallstones seen (each time) has been greatly reduced. This can require 10 -15 flushes, or more, because your liver will be "pulling" cholesterol out of your body, where it may have accumulated for many years or decades. After the initial series, repeat the liver flush two times per year for maintenance.

### Fasting

After The Liver-Gallbladder Flush a fast may be started. The fast should last one or two days. We are now giving the body a rest and an opportunity to cleanse itself of much waste on the individual cell level. Each day of the fast one quart of fresh carrot juice and one pint of celery juice should be taken, along with all the reverse osmosis-filtered or distilled water desired. It is best to dilute the fresh juice with equal parts water. It is important to remember that unless sufficient fluids are taken, the poisons become concentrated and are not eliminated in the natural way.

### Disclaimer

Consult your physician before doing the flush. There is always the possibility of complications from the flush. If the stones are too large and unable to pass through the bile ducts, not only could that cause excruciating pain, you could end up having your gallbladder removed in the emergency room. Gallstones are made of cholesterol, primarily, but also calcium. If the stones are large and calcified, there is more chance for complications. If you know you have stones, find out the size and type from your doctor. If you know your stones are of the calcium variety or if they are very large, do NOT attempt the Liver/Gallbladder flush.

### Alternative Liver/Gallbladder Flush: Jubbs Liver Cleanse

Take the following three times per day for one-two weeks:

1 tsp Oxy Mag with 8 oz. glass of water

5 minutes later, 1 lemon juiced

30 minutes later, 8 oz. Apple Juice or Apple Cider Vinegar

On the day before you decide to do the flush stop eating all fats and oils. On the day of the flush in the evening take 8 oz. of grapefruit or lemon juice with 8 oz. of olive oil. Then go to sleep.

This a simple, ultra effective variation.

While doing a liver flush any combination of the following mix is a great support:

Apple Juice

Burdock

Ginger

Garlic

Chile

Turmeric

Black Radish

Olive Oil

Apple Cider Vinegar

### **Enemas**

*"A coffee enema should be given every morning for one month; then twice a week for eight months. The coffee enema is very stimulating to the liver, and is the greatest aid in eliminating its toxic poisons."*

~Dr. William D. Kelley, DDS, MS

Enemas are an often-used strategy in any detoxification program. What follows is an excerpt from the "All Natural Cancer Cure Program" which gives deep insight into the most effective enema: the coffee enema.

Cancer can be viewed as a TOXIC CONDITION. It therefore stands to reason that any attempts at detoxifying the body will benefit anyone who is either trying to prevent the disease or getting cured from it. Alternative cancer treatment specialists regard detoxification as an essential element for successfully treating cancer.

What is a Coffee Enema?

More ubiquitous than the wheel, enemas have been used for thousands of years to cleanse and detoxify the body and mind. The coffee enema is a retention enema that has a highly detoxifying effect on the liver and, consequently, the entire body. It should be pointed out that taking coffee by mouth is toxifying (contributes to dis-ease) and will not have the same detoxifying effect.

Coffee enemas work by the actions of several key ingredients: caffeine acts to open the bile ducts, making way for an increased detoxification by the liver, while neutraceuticals such as Theophylline and Theobromine dilate blood vessels and increase blood dialysis across the colon wall. But the true power of the coffee enema lies in the Palmitates, which increase production of prime free-radical quencher glutathione S-transferase (GST) more than 700 times, resulting in a powerful, effective detoxification. As all of the blood in the body passes through the liver every three minutes, this 15-minute retention enema represents a form of dialysis, resulting in a uniquely effective detoxification.

This detoxification is reflected physically in an almost immediate relief of pain and improvement of symptoms of 'acute' toxicity such as nausea, tiredness and 'the flu', as well as relief from more 'chronic' ailments, particularly pain of any kind, such as that from headaches and migraines; mentally, in increased energy, clarity and motivation; and

emotionally, in an almost paradoxical increase in calmness, reduction in anger, relief from stress, as well as enhanced optimism, happiness and just plain feeling good. This relief from symptoms is a crucial aspect of the coffee enema as it allows us a glimpse into how we can feel when our bodies are relieved of their toxicity, giving us an impetus to work towards cleansing and detoxifying our bodies, minds and spirit.

Coffee enemas have been used by such pioneers as Dr. Max Gerson, William D. Kelley, and Dr. Nicholas Gonzales in reversing degenerative diseases such as cancer, heart disease, stroke, arthritis, MS, ME, lupus, AIDS, HIV, and allergies. As well as cleansing the colon, coffee enemas create a powerful detoxification of the liver, increasing the ease and effectiveness of any detoxification program.

### How to take a Coffee Enema

Coffee enemas detoxify the liver, stimulating both liver and gallbladder to remove toxins, open bile ducts, increase peristaltic action, and produce enzyme activity for healthy red blood cell formation and oxygen uptake. The coffee enema is a retention enema. Depending on your experience with enemas, you may prefer to have a water enema beforehand to help with retaining the coffee. The cardinal rule of coffee enemas is to use only organic coffee. Inorganic coffee contains a host of carcinogenic chemicals, which, due to the nature of the colon and coffee enemas in particular, are carried directly to the liver. Organic coffee is available through health food stores. Never use inorganic, instant, or decaffeinated coffees.

One of the best-known effects of a coffee enema is its awakening effect, which is clarifying, energizing and often inspiring. When taken too close to bedtime, this can result in a somewhat 'over-productive' night awake in bed. For this reason, it is best to do the coffee enema in the first half of the day.

What you will need:

3 rounded tbsp. of ground organic coffee

Use purified or distilled water only

Non-aluminum, non-Teflon pan (enamel pan is best)

Strainer or sieve fine enough for use with the coffee

Jug for carrying the coffee, at least a quart in size

Enema bag / bucket and enema tip hook or chain / twine to hang the bag from

Plastic sheet large enough to protect the floor from any spillage

Towels and a pillow to make the floor more comfortable

Clock or timer with which to time the enema

Aluminum is a metal and is extremely toxic to our bodies, contributing to many degenerative diseases and always contributing to ill health. When we cook food, coffee,

etc., using aluminum, some of the aluminum is transferred to what we're cooking and so finds its way into our bodies, where it causes untold damage to vital organs such as the brain, kidneys, and especially the liver. When taking in a coffee enema, the aluminum is transported straight to the liver, thus bypassing the body's natural defenses against such poisons.

Teflon, like aluminum, is unsuitable for cooking and should never be used in preparing a coffee enema. Safer alternatives are stainless steel, enamel (ceramics, Le Creuset) and for non-boiling purposes, glass: modified forms of glass such as Pyrex, pottery (porcelain) and wood. Although any of these alternatives is preferable to aluminum (or Teflon), enamel is the only truly suitable option for preparing coffee enemas. When used for this purpose, stainless steel reacts with the acid of the coffee, releasing nickel, another toxic heavy metal. Although stainless steel is preferable to aluminum, enamel leaches no such toxic elements, and is the only truly suitable option. Again, never use aluminum or Teflon.

Although UK tap water is usually suitable for use in a coffee enema, fluoridated and/or chlorinated water should not be used. Although promoted for their positive effects, these poisonous chemicals are unfit for consumption, contributing to many forms of illness (toxicity) and always toxifying the body. Chlorinated water kills anything subjected to it - including humans, by inches. Such poison has no place in our bodies, and although several minutes' boiling will remove the chlorine, a more complex filtering system is needed to remove fluoride.

Promoted for its supposed benefits in the field of dental decay, fluoride is a toxic by-product of the aluminum industry and has been shown to have extremely negative effects on dental health as well as on health in general. Once fined for dumping this poisonous chemical into our waterways, the aluminum industry is now handsomely rewarded for its valid contribution to our dental health, so vital as to be included in almost every toothpaste. Fluoride is also a destroyer of human enzymes.

Sodium Fluoride, the extremely poisonous chemical used as rat poison and added to most water supplies in the U.S. and some in the U.K., has been shown to have an effect upon the brain that dulls the mind and renders the victim more susceptible to suggestion but continues to be promoted by politicians the 'civilized' world over, despite such obvious symptoms of its toxicity. Such poisons have no place in our bodies, whether via toothpaste or water. Fluoridated and/or chlorinated water must not be used. Use (and drink) bottled or distilled water instead.

The sieve/strainer is used to separate the liquid from the grinds, the solid coffee left at the bottom of the pan. Anything fine enough to catch the grinds is suitable, from an un-dyed cloth strainer to a fine sieve.

### Preparing for the Coffee Enema

The best place to take an enema is usually the bathroom as it provides easy access to the toilet and allows the enema bag or bucket to be hung over the bathtub, saving the carpet from any spillages. The person taking the coffee enema lies on the floor, made more

comfortable with a pillow and towels, under which is laid a plastic sheet to protect against any spillages. For extra safety, or in the absence of any suitable plastic, the enema can be taken lying in the bathtub. This can be helpful for your first enema, for it protects the floor from any spillages and allows you to relax. The pillow and towels can still be laid in the bathtub.

The enema bag is usually most easily hung from the shower-rail using some chain or twine (strong enough to support the weight of a filled enema bag), or from a hook or handle set in the wall. The height at which the bag is hung will determine the rate of flow for the enema. The higher the bag, the higher the water pressure. If your bag is equipped with a tap to regulate the flow, you can hang it where it's easiest to fill and use the tap to adjust the flow to the appropriate rate. If, however, your bag has only the standard on/off clip with which to control the flow, the height of the bag is directly proportionate to the speed at which the coffee will try to enter your colon. A crucial comfort factor to say the least.

Recommended heights range from one to three feet above body level (usually referring to the top of the bag), but experience will show what's best for you. Many like to have books to read while taking the enema, and it's useful to have some way of telling the time. A small oven timer is ideal, but any clock visible from the floor is sufficient for timing the enema.

A coffee enema should be a relaxing, rejuvenating experience and a great opportunity to read inspiring books on cleansing and detoxification. Indeed, coffee enemas offer a kind of meditation on healing and are a great time to deal with both our physical and emotional toxins. The release and elimination of physical toxins always corresponds with an accompanying release and dissolving of emotional toxins (anger, fear, sadness) and dealing with and eliminating either type creates an opportunity for the other to be healed.

Any detoxification of the body has its reflection in the mind. Every emotional toxin is bonded to a physical toxin and vice versa. The room in which the coffee enema is to be taken should be made draught-free and heated to a comfortable temperature in order to allow the coffee enema to be as relaxing as possible. You can't have an effective coffee enema lying on a cold, draughty bathroom floor.

The effectiveness of coffee enemas is also hampered by dehydration. Although the majority of people are dehydrated all the time, taking the time to drink some water beforehand can greatly improve the effects of a coffee enema. Taking a coffee enema when you're dehydrated, too soon after eating, or drinking anything other than water, for instance, can cause headaches (a symptom of dehydration ) and worsen any jitteriness caused by the caffeine.

Most importantly, relax. If this is your first coffee enema, or even your first enema, don't worry. Most people feel tense and anxious about taking their first enema, but there's really no need. Millions of people, all over the world, are taking enemas and coffee enemas, right now, at this very moment. Take your time, relax, and don't worry.

### How to Prepare the Coffee

The basic method of preparing coffee for enemas is as follows:

First, add 3 tbsps. of ground organic coffee to a quart of boiling water (in a suitable pan) and boil it for 3 minutes, before leaving it to simmer for 15 minutes.

When the coffee's done, strain it (through a sieve or strainer fine enough to catch the coffee grinds) from the pan into a suitable jug, before leaving to cool, or, more conveniently, mixing with cold water in order to bring it to body temperature. Dipping your finger into the coffee best tests this. The right temperature is about 'finger-warm'. If you do add water, bear in mind you'll have to retain more coffee.

There are two variables in preparing a coffee enema. The amount of coffee and the amount of water. The general 'serving' (from Gerson) is 3 rounded tablespoons. However, others, such as alternative cancer therapist William D. Kelley, recommend building from 1 teaspoon up to as much as 5 tablespoons of coffee per enema, and as many as 9 tablespoons have been used at once with no ill effects. 3 tablespoons is generally a good amount, but don't be afraid to experiment.

The amount of water used is really a matter of experience. The standard amount for any enema is 1 quart (just over a liter), but many cafeteros prefer full enema bags (about twice that). The benefits of larger enemas lie in their greater enematic effect: a full bag will allow your colon to eliminate far more than the standard quart will. In terms of coffee enemas, a larger amount of liquid should, in theory, allow for a greater absorption of the active elements from the coffee, and so a more effective coffee enema. Many people who use full bags do indeed find 'half-bag' coffee enemas far less effective. In practice though, while it's certainly worth experimenting with larger enemas, everyone has their own point to which their colon is willing to stretch. And although water enemas can be used beforehand to empty your colon, the best amount to use is however much you're comfortable with. If this is your first enema, start with a quart. Remember, you'll need to retain the coffee, the recommended time being 15 minutes.

### Taking the Coffee Enema

The 15 minutes' retention is based upon studies of caffeine absorption, which showed that in 10-12 minutes, most of the caffeine had been absorbed, and by 15 minutes it was almost entirely gone. Caffeine, although important, is not the crucial factor in a coffee enema's powerful detoxifying effect, and 15 minutes is not always necessary for an effective coffee enema. When one becomes experienced in taking coffee enemas, it's not uncommon to experience a 'kick' or push of peristalsis (effort by the colon to eliminate) after anywhere from 9-13 minutes, depending on the person. That seems to indicate the best time to eliminate the coffee, beyond which the peristalsis subsides. Ultimately, you'll get to know just how long you need to retain the coffee in order to benefit from its effects, and once your liver's accustomed to coffee enemas, it will usually let you know when it's finished with the coffee.

It's generally recommended to take coffee enemas lying on your right-hand side, often with your knees pulled up, as this sucks the coffee deeper into the colon and can make it easier to retain. However, in practice, there's only one position in which to take a coffee

enema, the one that works. There are as many postures recommended as there are types of coffee. Common positions for insertion range from lying on one's back, to on all fours. For retention, the emphasis must always be on what's comfortable, and can be eased by elevating the legs, breathing deeply, and massaging the colon. The latter can also help with elimination and encourages a greater release of toxins and mucoid debris.

The enema is conducted into the colon via the standard rectal tip. These are usually about 2-3 inches long and made of slightly bendable plastic. At the base of the standard tip, there is a collar to prevent the tip from sliding into the colon any further than necessary. Some form of lubricant is generally used to ease the insertion of the tip, the best option being soap, as it's easily removed and eases any paranoia over cleanliness. Alternatives include KY Jelly or Vaseline.

After 15 minutes, you may expel the enema. You should not strain to hold the enema. If you feel the need to expel before the 15 minutes then do so. No straining of any kind should be done. The whole process should be very effortless. You can expect to feel a sense of ease and well being on the completion of the enema. Should you experience jitteriness, shakiness, light-headedness, nervousness, weakness, etc., you will need to decrease the strength of the coffee solution.

## Appendix B

### **SUPERFOODS**

#### **More on Jungle Juice Ingredients**

##### Ginger

- 1) Aids in Digestion -Perhaps the best herb for digestion, ginger root prevents indigestion and abdominal cramping. Ginger also helps break down proteins, aiding the digestion process.
- 2) Alleviates High Blood Pressure -Ginger improves and stimulates circulation and relaxes the muscles surrounding blood vessels, facilitating the flow of blood throughout the body.
- 3) Treats Nausea and Morning Sickness -Ginger has been widely shown to prevent as well as treat motion sickness. Ginger root relaxes the stomach and relieves the feeling of nausea.
- 4) Lowers LDL Cholesterol -Ginger root extract can help reduce the levels of LDL (bad) cholesterol in the body, reducing the risk of developing heart disease.

##### *Other Health Benefits of Ginger Root:*

- \* Research shows that ginger root may help treat ulcers.
- \* Ginger also possesses anti-inflammatory properties that could help with arthritis.
- \* Ginger root has been used to fight off and alleviate the symptoms of colds and flu, as it contains immunity-boosting abilities.

(Source: <http://www.herbal-supplements-guide.com/ginger-benefits.html>)

##### Turmeric

- 1) Lowering LDL Cholesterol -Studies have shown that turmeric lowers LDL cholesterol levels.
- 2) Treating High Blood Pressure -Turmeric has been shown to improve blood flow as well as strengthen blood vessels.
- 3) Guarding Against Cancer -Studies point to turmeric's ability to neutralize free radicals, chemicals that could damage cells. Turmeric can ward off cancer and tumorous growths.
- 4) Promoting General Health -Turmeric extract contains powerful antioxidants which can help boost the body's immune system and protect against illness and disease.

##### *Other Benefits*

\* Some of the other turmeric benefits include protecting the liver, aiding in digestion and helping with irritable bowel syndrome.

(Source: <http://www.herbal-supplements-guide.com/turmeric-benefits.html>)

### Lemon

- 1) High in vitamin C, bioflavonoids, potassium and calcium.
- 2) Possess Anti-Oxidant Activity-Destroys putrefaction bacteria in the mouth and intestines, thus purifying the breath.
- 3) Antiseptic, antifungal and antimicrobial. They stimulate the liver and gallbladder, releasing toxins and encouraging the formation of bile.
- 4) Moves Stagnant Liver Qi- This regulates the spleen and pancreas, aids digestion, and improves mineral absorption.

### *Other Benefits*

- \* Alleviates intestinal gas, bloating and pain, dispels flatulence, and promotes peristalsis.
- \* Strengthen blood vessel walls and cleanse the blood, treating thick and poor circulating blood.
- \* Lemon is calming to the nerves.

(Source: <http://www.lemonflower.com/health/health.shtml>)

### Cayenne

- 1) Contains vitamins, minerals, and non-nutritive functional compounds that promote system cleansing, increase peripheral circulation and promote overall health and wellbeing.
- 2) Stimulates gastric juice output and cleanses the digestive tract.
- 3) Rich in vitamins B-complex, C, E, K, and other flavonoids.
- 4) Cayenne pepper contributes significantly to a healthy heart and strong peripheral circulation.
- 5) Cayenne Pepper contains vitamin E in a stable form and vitamin C – both of which are strong antioxidants.

### *Other Benefits:*

- \*The alkaloid capsaicin, found in abundance in cayenne pepper, boosts energy expenditure, stimulates digestion, and supports proper metabolic efficiency.
- \*The heat generated internally by cayenne pepper can induce intense sweating.

## Salt

It is true we need salt to live. Our own cellular makeup is very similar to seawater. Much more than a solution of salt water, the ocean's waters contain a complex combination of minerals and elements. It is this coincidence that has likely made salt, which is essential to life, the condiment most used for thousands of years.

“Salt” is actually a chemical term for a substance produced by a reaction of an acid with a base. The terms, "salt" and "sodium" are used interchangeably, but technically this is not correct. "Salt" is sodium chloride. By weight, it is 40% sodium and 60% chloride. Sodium is an essential nutrient, a mineral that the body cannot manufacture itself but which is required for life and good health. Human blood contains 0.9% sodium chloride, or salt -- the same concentration as found in saline solutions used to cleanse wounds. That coincidence is why we crave it and why man came to covet it.

Dr. Bernard Jensen, author of *Come Alive*, stated, “All cellular structures become alive through electrolytic activity. Life begins with electrolytes. Trace minerals carry the life force in our bodies more than any other substance.”

Mineral salts create electrolytes. Electrolytes, often called the spark of life, are what carry the electrical currents throughout our bodies -sending messages to the cells in all of the different systems. Electrolytes are also necessary for enzyme production. Enzymes are responsible for breaking down food, for absorbing nutrients, muscle function, hormone production and more.

(Source: <http://www.celticseasalt.com/saltforlife.html>)

### **How to Grow Wheatgrass**

- 1) Take 500g of good quality wheat grain and soak overnight in water.
- 2) The following morning, drain and rinse and allow to breathe all day.
- 3) Rinse again in the evening and allow to breathe all night. The following morning they are ready for planting.
- 4) Prepare about 1 inch of soil in a suitable tray or box with drainage holes. Make sure the soil has an even seedbed. Water the soil.
- 5) Spread the seeds evenly and thickly to cover the seedbed. Try and make sure no seeds are on top of one another.
- 6) Cover with a sprinkling of soil and keep in a shaded place for 3– 4 days. It is important that this place is not too warm. About 50 degrees Fahrenheit is perfect.
- 7) Water again as soon as grass begins to peep through. Wheat likes cool and wet environments. Do not over-water. Soil consistency should always be firm. Allow filtered light or mild exposure to direct sun. Do not allow trays to overheat or to dry out.

8) Harvest grass when at least 6 inches tall. As soon as some of the blades start to bend over the grass is ready for cutting. Ideally this takes 7-10 days. Cut the grass as low as possible and grind through a juicing press. Ordinary centrifugal juicers will not do this job.

Hand grinders called “Porkerts” are available from The Holistic Research Company, contact: [info@holisticresearch.com](mailto:info@holisticresearch.com) (tell them it is for The Natural Goodness Program).

### **How to make Rejuvelac**

Rejuvelac is a very refreshing, fermented, sprouted grain drink.

- 1) Take one cup of three-day-old sprouted wheat and place in jar.
- 2) Cover with fresh water.
- 3) Leave 24 hrs in a warm place.
- 4) Strain off rejuvelac and add fresh water. Drink up!
- 5) Repeat three days in a row then discard wheat.

### **Chia Seed**

By: William Anderson

In the last twenty-five years, there has been a resurrection in the definition of medicine, a resurrection that amplifies the significance of our eating habits and our lifestyle. Medicine is not only defined as a treatment for illness and disease, it is now understood to be for the *prevention* of illness and disease. That would mean, for example, laughter is a medicine because research found it to boost the immune system. Exercise is good medicine for its cardio-vascular stimulation, muscle toning and flexibility and expelling toxins and for giving you a feeling of well-being, all immune boosters. To express a positive attitude towards life is not only good medicine for you, it is good medicine for those in contact with you. But the most important medicine, especially for the prevention of illness and disease, is our diet. It only needs our cooperation in supplying proper hydration and the needed nutrients to effectively maintain a state of wellbeing.

*Research has revealed that more than two thirds of all deaths in the United States are diet related.* More than 50% of all deaths are caused from coronary occlusion, blockage of the blood flow to the heart and/or the brain. These are all preventable deaths according to the Journal of American Medical Association which published in 1961 that, “All coronary occlusion can be eliminated by 97% through a vegetarian diet.” Fourteen hundred American’s are dying of cancer every day. In the prestigious Advances in Cancer Research, they concluded, “At present, we have overwhelming evidence... (that) none of the risk factors for cancer is... more significant than diet and nutrition.”

Because the question of what might be the optimum diet can, at times, be emotionally charged for many people, having had a significant emotional commitment in believing they know what’s best, I would like to suspend the issues of diet and introduce you to a

“super” food that all would agree on. It is known as the Chia Seed. Once valued so much that it was used as currency, this unique little seed has exceptional nutritive and structural benefits.

Chia, is familiar to most of us as a seed used for the novelty of the Chia Pet™, clay animals with sprouted Chia seeds covering their bodies. Little is known, however, of the seeds tremendous nutritional value and medicinal properties. For centuries this tiny little seed was used as a staple food by the Indians of the southwest and Mexico. Known as the running food, its use as a high-energy endurance food has been recorded as far back as the ancient Aztecs. It was said the Aztec warriors subsisted on the Chia seed during the conquests. The Indians of the southwest would eat as little as a teaspoon full when going on a 24hr. forced march. Indians running from the Colorado River to the California coast to trade turquoise for seashells would only bring the Chia seed for their nourishment.

If you try mixing a spoonful of Chia in a glass of water and leaving it for approximately 30 minutes or so, when you return the glass will appear to contain not seeds or water, but an almost solid gelatin. This gel-forming reaction is due to the soluble fiber in the Chia. Researchers believe this same gel-forming phenomenon takes place in the stomach when food containing these gummy fibers, known as *mucilages*, are eaten. The gel that is formed in the stomach creates a physical barrier between carbohydrates and the digestive enzymes that break them down, *thus slowing the conversion of carbohydrates into sugar*.

In addition to the obvious benefits for diabetics, this slowing in the conversion of carbohydrates into sugar offers the ability for creating endurance. Carbohydrates are the fuel for energy in our bodies. Prolonging their conversion into sugar stabilizes metabolic changes, diminishing the surges of highs and lows creating a longer duration in their fuelling effects.

One of the exceptional qualities of the Chia seed is its hydrophilic properties, having the ability to absorb more than 12 times its weight in water. Its ability to hold onto water offers the ability to prolong hydration. Fluids and electrolytes provide the environment that supports the life of all the body's cells. Their concentration and composition are regulated to remain as constant as possible. With Chia seeds, you retain moisture, and regulate, more efficiently, the body's absorption of nutrients and body fluids. Because there is a greater efficiency in the utilization of body fluids, the electrolyte balance is maintained.

Example: Fluid and electrolyte imbalances occur when large amounts of fluids are lost resulting from vomiting, diarrhea, high fever, or more commonly from sweating. The loss of extra-cellular fluid occurs in these conditions. Intracellular fluid then shifts out of cells to compensate, causing abnormal distribution of electrolytes across cell membranes resulting in cellular malfunction. So retaining and efficiently utilizing body fluids maintains the integrity of extra-cellular fluids, protecting intercellular fluid balance. The results of which ensure normal electrolyte dispersion across cell membranes (electrolyte balance), maintaining fluid balances, resulting in normal cellular function.

Chia seeds are the definitive hydrophilic colloid for the 21<sup>st</sup> century diet. Hydrophilic colloids, (a watery, gelatinous, glue-like substance) form the underlying elements of all

living cells. They possess the property of readily taking up and giving off the substances essential to cell life. The precipitation of the hydrophilic colloids cause cell death.

The food we eat, in the raw state, consist largely of *hydrophilic colloids*. Cooking on the other hand, precipitates its colloidal integrity. This change in the colloidal state alters the hydration capacity of our foods so as to interfere with their ability to absorb digestive juices. If we were to eat a raw diet we wouldn't need to introduce the addition of any hydrophilic colloid to our diet. Uncooked foods contain sufficient hydrophilic colloid to keep gastric mucosa in the proper condition. But even with raw foods, they must first be partially broken down by the digestive juices, beginning in the mouth and continuing through the upper tract, to allow the gelatinous reaction to take place. Because of this upper tract digestive process, those who suffer from slow digestion, gas formation, relaxed cardia and heartburn in which the burning is due to organic acids instead of an excess of the normal hydrochloric acid, which frequently accompanies chronic inflammation disease affecting such organs as the heart, lungs, gall bladder and appendix, are usually restricted from eating raw foods.

A hydrophilic colloid incorporated with these foods may be used either in connection with the patient's regular food or with whatever diet the physician feels is best suited for his patient. The patient with gastric atony or nervous indigestion who complains of heartburn and/or vomiting four to five hours after eating is often helped. There is a lessening of emptying time if the stomach and an improvement in gastric tone.

Chia seed may be used in conjunction with almost any diet your doctor or nutritionist feels is necessary for your condition. The chia's hydrophilic colloidal properties aid the digestion of any foods contributing to the patients suffering as a result of a sour stomach. Even if you have sensitivity to certain foods, they may be tolerated with slight discomfort or none at all if a hydrophilic colloid is made a part of your diet. The positive effects on the digestion in the upper portion of the gastrointestinal tract often leads those who have to puree their foods may find benefits from hydrophilic colloids which may lead to eliminating the necessity for pureeing. Even raw vegetables, green salads and fruits, which are largely restricted, may often be given to these patients with little or no discomfort after a short time.

There are several hydrophilic foods available that offer these natural benefits. Cactus juice, beet juice, agar, the edible seaweeds, and many proprietary preparations, which include the silica gels, mucilaginous substance of vegetables origin, are among colloids that prove effective. Each one of the above mentioned substances have one or more drawbacks. They are either too expensive, they may produce toxic side effects, bad tasting, not readily available, insufficient hydration capability, or it is indigestible.

Chia seed, *a muscle and tissue builder* and an energizer of endurance with extensive hydration properties, possesses none of the above disadvantages, and because of its physiochemical properties, supports effective treatment in immediate problems of digestion. Exactly why this should be true may be puzzling at first. However, if we consider the effect of unusual irritation upon the nerves of the gastrointestinal canal, it is reasonable to think that a less violent and more balanced digestion might quiet the activity of the otherwise hyperactive gut. In as much as the same foods, which formerly

produced irritation, may frequently be continued without harm when hydrophilic colloids are used. The relief to nerve irritation seems to offer a logical explanation.

The change, in the lower gastrointestinal tract, is due to the effect of the hydrophilic colloid and to a more complete digestion-taking place along the entire tract due to physiochemical alterations. Both factors are important, as there is undoubtedly a better assimilation of food that supports enhanced nutritional absorption while significantly extending necessary hydration as well as encouraging proper elimination.

As a source of protein, the Chia, after ingestion, is digested and absorbed very easily. This results in rapid transport to the tissue and utilization by the cells. This efficient assimilation makes the Chia very effective when rapid development of tissue takes place, primarily during growth periods of children and adolescents. Also for the growth and regeneration of tissue during pregnancy and lactation, and this would also include regeneration of muscle tissue for conditioning, athletes, weight lifters, etc.

Another unique quality of the Chia seed is its high oil content, and the richest vegetable source for the essential omega-3 fatty acid. It has approximately three to ten times the oil concentrations of most grains and one and a half to two times the protein concentrations of other grains. These oils, unsaturated fatty acids, are the essential oils your body needs to help emulsify and absorb the fat soluble vitamins, A, D, E, & K. Chia seeds are rich in the unsaturated fatty acid, linoleic, which the body cannot manufacture. When there are rich amounts of linoleic acid sufficiently supplied to the body through diet, linoleic and arachidonic acids can be synthesized from linoleic acid.

Unsaturated fatty acids are important for respiration of vital organs and make it easier for oxygen to be transported by the blood stream to all cells, tissues, and organs. They also help maintain resilience and lubrication of all cells and combine with protein and cholesterol to form living membranes that hold the body cells together.

Unsaturated fatty acids are essential for normal glandular activity, especially of the adrenal glands and the thyroid gland. They nourish the skin cells and are essential for healthy mucus membranes and nerves. The unsaturated fatty acids function in the body by cooperating with vitamin D in making calcium available to the tissues, assisting in the assimilation of phosphorus, and stimulating the conversion of carotene into vitamin A. Fatty acids are related to normal functioning of the reproductive system. Chia seeds contain beneficial long-chain triglycerides (LCT) in the right proportion to reduce cholesterol on arterial walls.

The Chia seed is also a rich source of calcium as it contains the important mineral boron, which acts as catalyst for the absorption and utilization of the calcium by the body.

Chia, as an ingredient, is a dieter's dream food. There are limitless ways to incorporate the Chia seed into your diet. Chia must be prepared with pure water before using in recipes. The seed will absorb 9 times its weight in water in less than 10 minutes and is very simple to prepare.

Food Extender/Calorie Displacer: The optimum ratio of water to seed, for most recipes, is 9 part water to 1 part seed. One pound of seed will make 10 pounds of Chia gel. This is

the most unique structural quality of the Chia seed. The seed's hydrophilic (water absorbing) saturated cells hold the water, so when it is mixed with foods, it displaces calories and fat without diluting flavor. In fact, I have found that because Chia gel displaces rather than dilutes, it creates more surface area and can actually enhance the flavor rather than dilute it. Chia gel also works as a fat replacer for many recipes.

**Making Chia Gel (9to1 ratio):** Put water in a sealable plastic container and slowly pour seed into water while briskly mixing with a wire whisk. This process will avoid any clumping of the seed. Wait a couple of minutes, whisk again and let stand for 5 to 10 minutes. Whisk again before using or storing in refrigerator (Gel will keep up to 2 weeks

In addition to adding up to 50% to 75% more volume to the foods used, you have displaced calories and fat by incorporating an ingredient that is 90% water. Use as a fat replacer, for energy and endurance, or for added great taste.

There are additional benefits from the Chia seed aside from the nutritive enhancements when used as an ingredient. It was also used by the Indians and missionaries as a poultice for gunshot wounds and other serious injuries. They would pack the wounds with Chia seeds to avoid infections and promote healing. If you place a seed or two in your eyes it will clean your eyes and will also help to clear up any infections. There is a wealth of benefits beyond the information outlined in this article and treasure-trove of benefits yet to be discovered. Chia seed, having a qualitatively unique situational richness along with a profound nutritive profile is one of man's most useful and beneficial foods and is destined to be the Ancient Food of the Future.

"There is Truth in the information outlined in this article. Truth flows with the fluidity and ease as the valley's river. Each drop, as with each word flows as the river in the Truth that reaches to and becomes the ocean." -Wm. Anderson

### **Fresh Organic Bee Pollen**

Bee pollen is quite simply an extra ordinary source of every essential mineral and nutrient the cellular structure requires. Replete with anti-bacterial and anti-biotic powers this remarkable super food stands on top of the mountain of natural medicinal nutrition. Often referred to as nature's most complete food bee pollen rejuvenates the body, regulates the organs and glands and enhances vitality and cellular rejuvenation. Bee pollens ability to consistently and noticeably increase energy levels makes it a favorite substance amongst many world-class athletes and those of us interested in sustaining quality performance.

Pollen is the male seed of flowers. The tiny particles consist of 50/1.000-millimeter corpuscles, formed at the free end of the stamen in the heart of the blossom. Every variety of flower on the planet puts forth a dusting of pollen. It takes one bee, working eight hours a day, one month to gather one tea-spoon of pollen and that tea spoonful contains

2.5 billion grains. One of the most interesting facts about bee pollen is that it cannot be synthesized in a laboratory. Many thousands of chemical analyses have been made on bee pollen with the very latest diagnostic equipment but there are still some elements in bee pollen which science cannot identify. The bees add some mysterious extra of their own.

These unidentifiable elements maybe the reason why bee pollen works so well against so many diverse health conditions.

BEE POLLEN COMPOSITION

Being the vegetal masculine cells, pollen has ALL necessary substances to sustain the life of future seeds and/or plants. Its variability is extraordinary, if we keep in mind that there are over 2,000 plants visited by our bees.

This variability can be seen in two ways: 1) As a big advantage, for those who seeks variability in their diet; 2) as a disadvantage, especially for those scientists who think about Apitherapy (pollen therapy) only in terms of "active substances," "repeatable" and "predictable" results.

However, in spite of this great variability, the following type of composition is generally accepted for pollen:

AMINO ACIDS (PROTEIN)

+ 35-50 grams pollen per day can satisfy human protein requirements; Pollen contains the same number of amino acids. Though each varies greatly in quantity.

CARBOHYDRATES

Gum-pentoses-cellulose

Sporonine (7-57 % of pollen of the various species); 28 % in bee collected; 57 % hand collected.

Starch : 0-22 % of pollen

Polysaccharides-raffinose-ribose-desoxyribose

<b>* Indispensable and Essential</b>	<b>** Partially indispensable</b>	
<ul style="list-style-type: none"> <li>• Tryptofan *</li> <li>• Leucine *</li> <li>• Lysine *</li> <li>• Isoleucine *</li> <li>• Threonine *</li> <li>• Histidine *</li> <li>• Methionine *</li> <li>• Phenylalanine *</li> </ul>	<ul style="list-style-type: none"> <li>• Arginine **</li> <li>• Glycine **</li> <li>• Tyrosine **</li> <li>• Cystine **</li> </ul>	<ul style="list-style-type: none"> <li>• Aspartic acid</li> <li>• Hydroxyproline</li> <li>• Carbamic acid</li> <li>• Alanine</li> <li>• Valine</li> <li>• Glutamic acid</li> <li>• Proline</li> <li>• Serine</li> <li>• Citrulline</li> <li>• Asparagine</li> <li>• Ornithine</li> <li>• Isoleucine • Glycin</li> </ul>

TOTAL SUGARS: 30-40 % Sucrose (= cane sugar) Glucose (= grape sugar= dextrose) Fructose (= laevulose; = fruit sugar)

REDUCING SUGARS: 0.1-19 % Bee-collected pollen:

Non-reducing sugar: 2.71 %

Reducing: 18.82 % - 41.21 %

Mean: 25.71 %

### FATTY ACIDS

Caproic (C-6)

Caprylic (C-8)

Capric (C-10)

Lauric (C-12)

Myriatic (C-14)

Palmitic (C-16)

Stearic (C-18)

Arachidic (C-20)

Behenic (C-22)

Palmitoleic (C-15); 1 double bond

Oleic (C18); 2 double bonds

Linolenic (C18, C20) 2 double bonds

Brucic (C-22); 1 double bond

As an example, *Pinus* dry pollen contains: 1.25 - 1.33 % fatty acids based on dry weight of pollen. Major are: linolenic, oleic and stearic fatty acids.

### FATS & OILS

Fatty acids (see above) may be up to 5.8 %.Hexadecanol may be 0.14 % of pollen by weight. Alpha-amino butyric acid is present in pollen fat. Unsaponifiable fraction of pollen may be 2.6 % by weight.

### VITAMINS

- Provitamin A (Carotenoids): 5-9 micrograms %
- Vitamin B1 (Thiamin): 9.2 micrograms %
- Vitamin B2 (Riboflavin)
- Vitamin B3 (Niacin)
- Vitamin B5 (Pantothenic acid): 5-50 micrograms/gram
- Vitamin B6 (Pyridoxine): 5 micrograms %
- Vitamin B12 (Cyanocobalamine)
- Vitamin C (Ascorbic acid)
- Vitamin D
- Vitamin E
- Vitamin H (Biotin)
- Vitamin K
- Choline, Inositol, Cyanocobalamine, Folic acid: 5 micrograms %

- Rutin: 16 miligrams %; rutin in beehive pollen: 13 %
- Vitamin PP

### ENZYMES & COENZYMES

Lactic dehydrogenase  
 Succinic dehydrogenase  
 Cytochrome systems  
 Saccharase  
 Phosphatase  
 Amylase  
 Diaphorase  
 Catalase  
 Pectase  
 Diastase  
 Cozymase

Note: The cozymase in mixed fresh pollen runs about 0.5-1.0 mg/gram, comparable to the amounts in yeast.

*Bee pollen contains all known enzymes & coenzymes - and probably all that will be identified in the future!!!*

### MINERALS

Calcium : 1-15 % of ash  
 Phosphorus: 1-20 % of ash  
 Iron: 1-12 % of ash; 0.01 - 1.3 % of fresh pollen; 0.6-7.1 milligrams of air dried pollen  
 Copper: .05-.08 mg % of ash; 1.1-2.1 mg % of fresh  
 Potassium : 20-45 % of ash  
 Magnesium : 1-12 % of ash  
 Manganese: 1.4 % of ash  
 Silica : 2-10 % of ash  
 Sulphur: 1 % of ash  
 Sodium  
 Titanium  
 Zinc  
 Iodine  
 Chlorine  
 Boron  
 Molybdenum  
 Selenium

Note: 28 minerals are found in the body. 14 are essential vital elements present in such small amounts that they are called trace elements or "micro-nutrients." Pollen contains all 28 minerals.

### PIGMENTS

Xanthophyll: 20-50 micrograms

Alpha/Beta carotene: 50-150 micrograms

Chlorophyll

### WATER

3-20 % of fresh pollen by weight.

Even though not directly related to this subject, we can say that besides substances, quantifiable on a "matter" related basis, fresh pollen contains a lot of bio-energy or "living energy".

In Apitherapy it is important to know this aspect, especially when the other sources of bio-energy or its absorption in the body are limited by different causes.

### POLLEN PHARMACOLOGICAL PROPERTIES, EFFECTS, ACTIONS

As we have learned from the other chapters on pollen, this wonderful floral and bee product has a potential source of over 1,000 different flowers; as a result, its composition and, of course, its properties are very variable.

The main properties of bee pollen are related to its great richness in nutrients (amino acids, carbohydrates, vitamins, enzymes etc.).

So, bee pollen is first of all a very good FOOD! However, as Hippocrates said over 2,000 years ago, "*a good food, well administered, can be also a remedy.*"

Below, you will find the main properties of bee pollen, listed alphabetically.

You will see that our day-to-day pollen may offer us over 40 properties!!!

#### 1. APHRODISIAC (adjutant)

Pollen is a sexual vegetal cell.

#### 2. ALLERGIC (hay fever)

Because of the long different proteins present in pollen; however, the main allergic pollen grains are usually the ones carried by the wind and NOT by the bees.

#### 3. ANABOLISANT

Pollen contains a lot of vitamins and other nutrients which usually increase the appetite and help the building of new cells.

4. ANTI-ANOREXIA (anorexia = loss of appetite)

Given by the presence of many vitamins, especially from the group B.

5. ANTI-ALLERGIC (hay fever) (adjutant)

When given in very small doses, as a food, pollen mixed with honey or in wax capping, may desensitize against these allergies.

6. ANTI-ATHEROSCLEROSIS (adjutant)

Pollen, because of its complex composition, may lower the high blood pressure, improve the blood flow through improvement of liver functions, and regenerates the endothelial arterial cells.

7. ANTI-DEPRESSIVE (adjutant)

Pollen has all the amino acids necessary for the nervous system to create its own, natural anti-depressants, like endorphins.

8. ANTIOXIDANT

Caused by the pollen content in bio-flavonoids, carotene, selenium, etc.

9. ANTI-PYRETIC (adjutant)

Pollen helps the immune system (see previous paragraph); a strong immune system can get rid of many causes of fever (bacteria, viruses, parasites and the unrelated substances) more easily and quickly.

10. ANTI-TOXIC (adjutant)

Pollen is one of the best food for liver; a healthy liver can better neutralize the toxins.

11. BIO-STIMULANT

Fresh pollen is made of billions of strong living cells which have a very powerful "life force"; think of oak or lime pollen which allows these trees to live for over 1,000 years!

12. DIETETIC

Pollen is very good as a food, as it was mentioned above; it is a very well-balanced vegetal source of nutrients, thus it is recommended for obesity, high blood pressure, gout etc.

13. DIMINISH the EDEMA (excessive water in tissues)

Pollen increases the level of proteins in the blood, thus absorbing excessive water from the tissues back into the blood stream.

14. DIMINISH HAEMORRHAGES (adjutant)

It nourishes the liver which produces all necessary anti-bleeding factors; it strengthens the capillary walls; it increases the blood's and body's energy; according to the Traditional Chinese Medicine, when Qi (the bio-energy) is low, bleeding appears more often, higher Qi = none or less bleeding.

#### 15. DIMINISH HIGH BLOOD PRESSURE (adjutant)

Improves the blood's fluidity because pollen diminishes the blood's fats; reduces the micro-hemorrhages, thus the incidence of atherosclerosis; softens the interior walls of the arteries, capillaries and veins; nourishes the arterial muscles, thus making them more flexible; nourishes the heart muscles and nerves; a healthier heart can better handle the blood pressure variations.

#### 16. DIMINISH the levels of BLOOD CHOLESTERINE, FREE FATTY ACIDS, TRIGLYCERIDES, BETA-LIPOPOTEINS and ALBUMINS

#### 17. DIMINISH the negative effects of excessive STRESS

Pollen contains all nutrients necessary for the functioning of the nervous system; a healthier nervous system means better adaptability to many stress factors.

#### 18. DIURETIC (adjutant)

The pollen's relative high content of carbohydrates increases the body's biological water. The bio-flavonoids have usually a light diuretically effect, too.

#### 19. ENERGIZING

It has all nutrients necessary for all our dynamic cells (muscle and nervous system cells included).

#### 20. GIVES a FEELING of WELL BEING

See the endorphin secretion enhanced by the presence of enough amino acids in the blood.

#### 21. HIGH QUALITY FOOD

See the pollen composition...

#### 22. IMPROVES ALL BRAIN FUNCTIONS

This is directly caused by the presence of incredible large quantities of different nutrients in pollen; these substances nourish directly, as mentioned several times above, all neuronal cells; the indirect effect is caused by the nourishment of the liver; a healthier liver will create in his turn other very important substances for the brain functioning.

#### 23. IMPROVES HAEMOGLOBIN and BLOOD RED CELLS PRODUCTION

Pollen contains all necessary substances for cellular regeneration, including those required for the blood cells; pollen also has iron which is very important for the

hemoglobin syntheses. Free FAT ACIDS are present in heart and other muscles as metabolic energy sources. Triglycerides = Link (ester) of glycerin with fat acids; a group of lipids class. Lipoproteins = water soluble macromolecular link between lipids and proteins. Albumin = a relative small protein molecule found in blood and other body fluids.

#### 24. IMPROVES LARGE INTESTINE FUNCTIONS

Because it finally nourishes the large intestine flora.

25. IMPROVES THE NUTRITION and THE FUNCTIONS of ALL body's MUSCLES (included the smooth muscles of internal organs) see the nutrients story.

#### 26. IMPROVES PROSTATE FUNCTIONS

Pollen is a sexual vegetal cell; it is anti-bacterial; it is anti-inflammatory; it is diuretic; it contains *phytosterols* that helps a good functioning of the prostate.

#### 27. IMPROVES STOMACH FUNCTIONS

It nourishes the stomach mucosa cells which produce the stomach juices; it nourishes the stomach's muscles; stronger stomach muscles help the mixing of foods with the stomach juices + their "pushing" further to the duodenum and small intestine.

#### 28. IMPROVES the BIRTH PROCESS

Both the baby and the mother need strong muscles during the birth process.

#### 29. IMPROVES the BLOOD FLOW

See the diminishing of the "bad" blood's fats which increases the blood's fluidity; see the increasing of heart's muscles power which will pump more blood with less effort, also because of the increase in the arteries' elasticity.

#### 30. IMPROVES the BODY'S NUTRITION

Bee pollen composition.

#### 31. IMPROVES the EYE FUNCTIONS

Direct through eye cells nutrition; indirect through liver's nutrition; the liver produces most of the necessary pre-substances for the functioning of the eyes.

#### 32. IMPROVES the INTESTINAL FLORA

The residues from the pollen digested in the stomach and small intestines nourish the large intestine flora.

#### 33. IMPROVES the LIVER FUNCTIONS

Bee pollen composition and bio-energy.

#### 34. IMPROVES the PANCREAS FUNCTIONS

Liver has more than 100 different biochemical functions. Bee pollen "cleans" at microscopically level the exit of its anatomically conducts (Santorini and Wirsung) through which the pancreatic digestive juices are secreted, and, thus prevents their blockades through micro-stones; by offering to the pancreatic cells, after absorption through the small intestine, of many useful micro-nutrients, especially essential amino-acids that are extremely important for the production of insulin.

#### 35. IMPROVES the sexual life (especially for MEN)

Pollen is a male sexual vegetal cell. It contains many vitamins, carbohydrates, fats and free amino-acids readily available for the hormone and sexual cells production in most mammals and inhuman beings.

#### 36. IMPROVES the SKIN STRUCTURE

Through its high content in vitamins; the collagen and elastin from our skin are proteins; pollen contains all amino acids necessary to produce these proteins.

#### 37. IMPROVES the STORAGE of VITAMIN C in ADRENAL GLANDS, THYMUS, SMALL INTESTINE, LARGE INTESTINE and LIVER

This is an experimental proven effect; humans cannot produce vitamin C, so this property is extremely important for our health!

#### 38. IMPROVES THYROID FUNCTIONS

Through better nutrition of the thyroid; pollen and thyroid are both related to the "energy", to the "Yang" from the Traditional Chinese Medicine; pollen contains all amino acids necessary for the thyroid hormones synthesis.

#### 39. IMMUNE-SYSTEM ENHANCERS

Because of the pollen's content in carotene, free amino-acids, glucose, bioflavonoids.

#### 40. INCREASES the levels of ALPHA and BETA GLOBULINS in Serum;

This helps the liver functions and the immune system.

#### 41. LOWERS CHOLESTEROL LEVELS IN HUMANS

Because of its content in phytosterols and bio-flavonoids.

#### 42. PROTECTS the BODY against NEGATIVE EFFECTS of CHEMOTHERAPY

Liver protection; cell regeneration; liver remedies detoxification.

#### 43. STIMULATES the PRODUCTION of BODY'S SUBSTANCES

See the anabolism.

#### 44. STIMULATIVE

It helps the nervous system; it helps the muscles; it has a lot of "life force".

#### 45. STRENGTHEN the CAPILLARY VESSELS

See the production of collagen and elastine; see the anti-haemorrhagic properties of the bio-flavonoids; pollen helps the storage of vitamin C in various organs in the body; vitamin C together with the bio-flavonoids can participate at a perfect construction and regeneration of the inner wall of the capillaries: the endothelium.

#### 46. STRENGTHEN the HEART

Pollen as direct and indirect (through liver) nourishment and source of bio-energy.

#### 47. STRENGTHEN the IMMUNE SYSTEM

Almost all structures related to the immune system need a lot of different proteins; proteins are made of amino acids...

#### 48. TONIC

Pollen increases the appetite, the digestion forces the blood flow, the functioning of the heart and nervous system, the sexual abilities, etc.

### **Gogi Berries**

#### THE 34 REASONS TO GO FOR GOJI!

- Extend your life
- Increase your energy and strength
- Look and feel younger
- Lower your blood pressure
- Prevent cancer
- Maintain healthy cholesterol levels
- Balance blood sugar and manage diabetes
- Enhance libido and sexual function
- Lose weight
- Relieve headaches and dizziness
- Get better sleep
- Improve your vision

- Strengthen your heart
- Inhibit lipid peroxidation
- Resist disease
- Improve immune response
- Manage and fight cancer
- Protect your precious DNA
- Inhibit tumor growth
- Reduce the toxic effects of chemotherapy and radiation
- Build strong blood
- Improve your lymphocyte count
- Fight inflammation and arthritis
- Support your liver
- Treat menopausal symptoms
- Prevent morning sickness
- Improve fertility
- Strengthen your muscles and bones
- Support kidney health
- Improve your memory
- Help chronic dry cough
- Alleviate anxiety and stress
- Brighten your spirit Improve digestion

(Check out [www.gojitools.com](http://www.gojitools.com))

## **Sacred Chocolate**

*“Open the Heart...Discover the Magic!”*

~Sacred Steve

Sacred Chocolate is the most incredible tasting RAW organic chocolate bars on the planet! Sacred Chocolate is certified organic, certified vegan, certified halal, certified kosher & sold above fair trade standards. Sacred Steve, the creator, is whole-heartedly

committed to providing the most exceptionally tasting and nutritionally beneficial chocolate, and educating people on the super-food properties of raw chocolate, and what makes it so sacred!

Why Sacred? Theobroma Cacao, the scientific name for the chocolate tree, literally translates into the "Food of God." Sacred Steve believes Sacred Chocolate is a holy sacrament, an offering to the higher power, and a super-food for positive life transformation. One great example of the reverence given the sacred cacao bean, is that the ancient Aztec Indians of Central America valued cacao so much that they used it as money! Montezuma, the famous Aztec emperor, had his vaults filled not with gold but with about 960,000,000 raw cacao beans! From the cacao bean to each chocolate bar, Sacred Chocolate is infused with Love, Prayer, and Gratitude. Sacred Steve honors, respects, and gives thanks to all beings that make the amazing super-food we know as chocolate possible.

Sacred Steve believes Raw Cacao or Chocolate is the latest Raw Super Food! Raw Cacao is the highest known source of anti-oxidants by a factor of almost 5! It has nearly 20 times the antioxidant levels of red wine and up to 30 times that which is found in green tea! It is a true super food and unrivaled in many areas of nutrition--especially antioxidants! In nature, the primary source of Magnesium is cacao (raw chocolate beans) and sources say that over 80% of the US population is deficient in Magnesium. All processes in the creation of Sacred Chocolate are kept below 114 degrees Fahrenheit to ensure maximum antioxidant retention. Sacred Chocolate has an antioxidant rating (ORAC score) 3-4 times higher than that of a cooked dark chocolate bar of comparable cacao content.

Sacred Chocolate is unlike any other chocolate as Sacred Steve uses only raw unroasted cacao, which he then slowly stone grinds the old fashioned way. Sacred Chocolate is always made by hand. He sources around the globe for unique and pure indigenous ingredients. Sacred Steve never uses weak cacao "filler" beans to boost cacao percentages and he completely avoids cane sugar. All ingredients are raw in all the heart shaped bars, except those with sweetener, where certified vegan, organic maple sugar is used (crystallized maple syrup) which he finds to be the best tasting, most nutrient dense and hi-vibe sweetener. Maple is an eco-friendly sweetener which promotes old growth forests, since no trees are cut down in its production! It's also low on the glycemic index at 55, and contains manganese, zinc, and potassium as well as antioxidants including epicatechins and quercetin.

Sacred Chocolate is molded into a Sacred Heart to symbolize both the facts that raw chocolate is good for the heart, and that an amazing amount of love and great care has gone into the making of Sacred Chocolate! Theobromine, the main stimulating ingredient in Sacred Chocolate is so good for the Heart that medical doctors gave it to heart attack victims from the 1890's to the 1930's. Theobromine dilates blood vessels and relaxes smooth muscle tissue. It also has a positive effect on breathing and the lungs and has been successfully given to asthma victims!

Sacred Chocolate is the only chocolate in the world that includes the skin of the cacao bean for flavor and nutritional purposes. The delicate skin adds a fruity complexity to the

flavor of Sacred Chocolate and also adds concentrated phytonutrients, analogous to the nutrition found in the skin of most fruits and vegetables.

Unlike most other raw chocolate bars, Sacred Chocolate is hard, finely tempered, and requires no refrigeration! You can taste the unique magic of this remarkably delicious and nutritionally beneficial chocolate!

Being an alchemist by nature, Sacred Steve is passionate about his creations--20 magic hand crafted flavors so far, with many more in the alchemical crucible! He holds a bachelor's degree in mechanical engineering and a master's degree in aerospace engineering from Stanford University. In 1993, inspired by Anthony Robbins, Sacred Steve began studying and following the raw food diet, which eventually resulted in the creation of the highest quality raw chocolate in the world—Sacred Chocolate! Sacred Steve is an ordained minister and chaplain in Spiritis Church. When he's not experimenting with new recipes Sacred Steve loves to spend his free time with his 6 year old daughter, lecturing and meditating on the miraculous power of the Sacred Heart, and communing with Nature.

10% of Sacred Chocolate profits are donated to the Fruit Tree Planting Foundation ([ftpf.org](http://ftpf.org)). Please visit [SacredChocolate.com](http://SacredChocolate.com) for more information.

"Sacred Chocolate is clearly the best chocolate bar ever. Take one bite and you will know that Sacred Chocolate has cracked the cacao code!" — David Wolfe

## Appendix C

### **Food Combining**

#### ***The Necessity of Proper Food Combining***

By Dr. Herbert M. Shelton and reprinted from *Dr. Shelton's Hygienic Review*

The human stomach is a site of constant chemical activity. Digestion is largely a matter of chemical changes in the food eaten. These changes are instigated and carried out by enzymes secreted in the mouth, stomach and elsewhere. For their activities, these enzymes require suitable media.

All of this makes it important that we exercise some care not to take into the stomach at the same time foods requiring different and incompatible media. The assertion recently widely publicized that the stomach cannot tell one food from another and digests one mixture of foods as well as it does another is not good chemistry; it is even worse physiology. Either the one who made it is grossly ignorant of the "facts of life," or has a poor regard for truth. Whether ignorant or dishonest, such an individual should not pose as an authority in the field of human nutrition and presume to advise millions about proper eating.

#### Different Foods Require Different Digestive Tasks

It is a fundamental fact in chemistry that alkalis and acids are opposites; that they neutralize each other. It is a fact in physiology that all starchy foods digest in an alkaline medium and the starch-splitting enzyme of the mouth (ptyalin or salivary amylase) is destroyed by acid, even a mild acid. Therefore, if acids are taken with starches, starch digestion is suspended. If breads or cereals or potatoes are eaten with berries or with citrus fruits, or with other acid-bearing foods, the digestion of these starches is delayed.

#### Eating Protein and Starches Together Begets Indigestion

It is a fact of physiology that proteins require an acid medium for their digestion in the stomach. When proteins are eaten, acid is secreted to enable the enzyme, pepsin, to begin the work of protein digestion. Now, it is not possible for two processes, that of starch digestion requiring an alkaline medium for its digestion, and that of protein digestion requiring an acid medium for its accomplishment to both go on in the same stomach at the same time, with any great efficiency. The rising acidity of the stomach will neutralize the saliva, destroy the salivary amylase, and bring starch digestion to a halt. If no protein is taken with the starch, no acid is poured into the stomach and starch digestion proceeds on schedule.

#### A Fundamental Rule

The application of this fact of the physiology of digestion is plain: eat starch foods at separate meals from acid foods and foods requiring acid in their digestion. This simply means, do not eat such foods as cereals, bread, potatoes, (sweet and Irish), parsnips, squash, beans, or other starchy foods with flesh, eggs, cheese, nuts, or other protein

foods, and do not eat these starchy foods with berries, oranges, grapefruit, pineapple, or other acid foods. There is enough oxalic acid in spinach to delay or suspend starch digestion.

### Acid Indigestion Arises From Wrong Combinations

All of this means that those grand old combinations, the mainstays of every boarding house lady in the land, of citrus fruits and cereals for breakfast and meat and potatoes at dinner, will have to go. So, also, will have to go those other popular favorites, sandwiches, hamburgers, hot dogs, and similar combinations. Pastries with proteins, pastries with acid fruits, and similar popular combinations, are in large measure, responsible for so much of what the patent medicine barkers call "acid indigestion."

Retarded digestion favors fermentation and putrefaction of the foods eaten. Certainly there can be no sane reason why one cannot eat his foods in such combinations as place the least tax upon the digestive glands. Nobody has ever charged, so far as I know, that one cannot get all the food required or that the food will be lacking in essential nutrients if the food is combined according to a few simple rules that have their basis in the physiology of digestion. Who is behind the strenuous effort to persuade the people that food combining is needless and hurtful?

### Natural Combinations Wholesome

It is sometimes objected that Nature herself combines protein and starch and it is argued that if she combines these food factors, the combination must be good. When those who offer this objection come up with sandwich trees, hamburger bushes and hot dog vines, we'll concede that they have a valid objection. But until they are able to provide us with such combinations, we shall be compelled to think that they are merely throwing spitballs at phantoms. This objection has been answered many times and the answer has been ignored as often as it has been given. It may not be amiss to briefly reply to it again at this time. The digestive tract can vary its digestive secretions, both as to the acidity of alkalinity and as to timing, to meet the digestive requirements of different foods.

It can do this with the greatest ease if the food-cereal or legume or potato, for example-is eaten alone, but this adaptation of juice to food is not possible if, instead of a food a complex meal is eaten. Complex meals are not seen in nature and man does not digest them with much efficiency. Simple meals digest better. It will also be found, by all who will give the matter a fair trial, that properly combined meals digest much better than the conventional heterogeneous cominglers of foods that are commonly eaten. When a subject is so easily put to the test, there seems to be no reason why anyone should be in doubt about it. One does not have to accept the dogmatic assertions of the ex-spurts, who know all about the subject and know it all wrong.

### Wrong Food Combining Responsible For Much Suffering

Man's digestive system struggles with the haphazard combinations with which it is supplied, and does the best it can: that in the strong and vigorous, it succeeds in doing a reasonably good job for a time is a matter of common observation, but the tax placed upon it is enervating, hence disease-producing. In the weak, in the sick, in those with

impaired digestion, there is urgent need that correct combinations be eaten if satisfactory digestion is to be achieved. The healthy man may make occasional compromises; the sick man should never do so.

### **Acid-Alkaline Food Values**

Based on Dr. Theodore A. Barody's work

#### Fruits

Alkaline: Apples, Apricots, Avocados, Bananas, Berries, Breadfruit, Cactus, Cantaloupe, Carob, Cherries, Citron, Currants, Dates (dried), Dates (fresh), Figs (dried), Figs (fresh), Grapes, Grapefruit, Guavas, Kiwis, Kumquats, Lemons, Limes, Mangos, Melons (all), Nectarines, Olives: ripened/sun dried (If pickled or green, then acidic), Oranges, Papaya, Passion Fruit, Peaches, Pears, Persimmons, Pineapple, Pomegranate, Quince, Raisins (most), Raspberries, Sour grapes, Strawberries, Tamarind Tangerines, Umboshi Plums (A pickled highly beneficial Japanese product).

Acidic: Blueberries, Cranberries, Plums, Prunes, Unripe Oranges, Pineapples (Avoid these in winter time in northern hemisphere).

#### Vegetables

Alkaline: Artichokes, Asparagus, Bamboo shoots, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chard, Swiss Chicory, Collards, Corn, Sweet Cucumbers, Daikon, Dandelion Greens, Eggplant, Endive, Escarole, Ginger (fresh), Horseradish, Kale, Kelp, Kohlrabi, Kudzu Root, Leeks, Lettuce (all except iceberg), Mushrooms, Mustard Greens, Okra, Onions, Oyster Plant, Parsley, Parsnips, Peppers (all colors, bell), Pickles, Potatoes (with skins), Pumpkin, Radishes, Rhubarb, Rutabaga, Salsify, Sauerkraut, Seaweed, Spinach, Squash, Swiss Chard, Taro, Tomatoes Turnips, Water Chestnuts, Watercress.

#### Grains

*Acid-forming grains become alkaline-forming when sprouted*

Alkaline: Amaranth, Millet, Quinoa, Wheat (whole/unbleached).

Acidic: Barley, Basmati Rice, Brown Rice, Buckwheat, Corn Meal, Oats, Rye, Spelt

#### Beans

*Acid-forming dried beans become alkaline when sprouted.*

Breads (Organic & cooked)

Millet Corn, Oat, Rice, Rye, Wheat Breads (sprouted & cooked), Millet, Rye, Wheat Cereals (cold), Cereals (hot), Crackers, Pastas, Pastries, Popcorn, Tapioca

#### Nuts

Cooking, smoking, roasting increases acidity, destroys enzymes and reduces digestibility etc. Soaking is the preferred way.

Alkaline: Almonds, Chestnuts, Coconut, Pignolias

Acidic: Brazil, Cashews, Coconut (dried), Filberts, Macadamia, Peanuts, Pecans, Pistachios, Walnuts

### Seeds

Alkaline: Alfalfa (sprouted), Chia (sprouted), Radish (sprouted), Sesame (unsprouted)

Acidic: Pumpkin, Sunflower, Wheat germ

### Meats

All are acidic.

### Dairy and Eggs

All are neutral or slightly acidic.

### Oils

All are neutral or alkaline.

### Sugars

Alkaline: Brown Rice Syrup, Barley Malt Sweetener, Dried Sugar Cane Juice (Sucanut) Honey (Raw), Maguey

Acidic: Artificial Sweeteners, Barley Malt Syrup, Beet, Cane, Fructose, Honey (Heat processed) Maple Syrup, Milk, Raw Sugar, Molasses, Turbinado.

### Condiments

Alkaline: Agar-agar, Cayenne Pepper, Garlic, Gelatin Herbs, Ketchup (homemade), Mayonnaise (homemade), Mineral Bouillon Miso, Salt, Soy Sauce, Spices, Tamari, Vanilla, Vinegar (apple cider), Yeast

Acidic: Gelatin Ketchup (refined, sugar), Mayonnaise (refined, sugar), Mustard, Salt (refined, table), Soy sauce (chemically processed), Spices: Dried Mustard, Nutmeg, Vinegar (white processed)

Food Combining Categories:

### Sweet Fruit

Persimmon, Bananas, Dates, Dried Fruits, Grapes (Thompson & Muscat), Raisins. All sweet fruits are best eaten alone or after other fruits.

### Sub-Acidic Fruit

Apples, Apricot, Blueberries, Cherimoya, Cherries, Fresh Figs, Grapes, Huckleberries, Kiwi, Mango, Nectarine, Papaya, Peach, Pear, Plums (sweet).

Sub-acid fruits are an ok combination with acid fruits. For perfect digestion do not combine across the food groups. Sweet fruits do not combine well with sub-acid or acid fruits. Leave at least 20 minutes if sweet fruits follow other fruits.

### Acidic Fruit

Blackberries, Grapefruit, Kumquat, Lemons, Lime, Oranges, Pineapple, Plums (sour), Pomegranate, Raspberries, Sour Apples, Strawberries, Tangerines, Tangelos.

Melon: Banana Melons, Cantaloupe, Casaba, Christmas Melon, Crenshaw, Honey Dew, Musk, Persian, Watermelon

Melons are best eaten alone.

Never eat fruit with any other type of food except green leafy vegetables.

Proteins and Carbohydrates are a poor combination. And they are an EXCELLENT combination with Non-Starch Vegetables and a GOOD combination with Mildly Starch Vegetables and Irritants.

Fats and Oils are a poor combination with Protein and Carbohydrates, and an EXCELLENT combination with Non-Starchy Vegetables.

### Carbohydrates (concentrated foods)

Acorn Squash, Banana Squash, Beans, Bread, Cereals, Grains, Hubbard Squash, Lentils, \*Pasta, Potatoes, Pumpkins, Split Peas.

### Non-Starchy Vegetables (high water-content foods)

Asparagus, Broccoli, Beet Greens, Brussels Sprouts, Cabbage, Celery, Chard, Chicory, Collard, Cucumbers, Dandelion, Eggplant, Endive, Escarole, Green Beans, Kale, Kohlrabi, Lettuce, Parsley, Spinach, Sprouts, Summer Squash, Sweet Pepper, Tomatoes, Turnips, Water Cress, Zucchini.

Carbohydrates and Proteins are an EXCELLENT combination with these foods with the exception of Tomatoes.

### Mildly Starchy Vegetables

Artichokes, Beets, Carrots, Cauliflower, Corn, Peas

Carbohydrates and Proteins are a GOOD combination with these foods.

### Irritants (use sparingly)

Garlic, Leeks, Onions, Radishes, Scallions, Shallots (not recommended on Natural Goodness Program).

Carbohydrates and Proteins are a GOOD combination with these foods.

### **Food Combining Extracts From [www.internethealthlibrary.com](http://www.internethealthlibrary.com)**

It is commonly believed that the human stomach should be able to digest any number of different foods at the same time. However, digestion is governed by physiological chemistry. It is not what we eat that is crucial to our health, but what we digest and assimilate.

#### Digestive enzymes

Different food types require different digestive secretions. Carbohydrate foods require carbohydrate-splitting enzymes, whereas protein foods require protein-splitting enzymes, etc. It is the knowledge of the digestive process that has led many health practitioners to promote efficient food combining, the rules of which are briefly explained below:

1. Carbohydrate foods and acid foods should not be eaten at the same meal. Do not eat bread, rice or potatoes with lemons, limes, oranges, grapefruits, pineapples, tomatoes or other sour fruits. This is because the enzyme, ptyalin, acts only in an alkaline medium; it is destroyed even by a mild acid! Fruit acids not only prevent carbohydrate digestion, but they also produce fermentation. Oxalic acid, found in spinach and tomatoes for example, diluted to one part in 10,000 completely arrests the action of ptyalin. And, there is enough acetic acid in one teaspoon of wine vinegar to completely halt salivary digestion.

Dr. Percy Howe of Harvard Medical School states:

“Many people who cannot eat oranges at a meal derive great benefit from eating them fifteen to thirty minutes before the meal.” Herbert Sheldon, author of *The Science and Fine Art of Food and Nutrition* reports: " I have put hundreds of patients, who have told me that they could not eat oranges or grapefruit, upon a diet of these fruits and they found that they could take them. Such people are in the habit of taking these foods with a breakfast of cereal, with cream and sugar, egg on toast, stewed prunes and coffee, or some similar meal."

Tomatoes should also never be combined with starchy food as the combination of the various acids in the tomato, which are intensified on cooking, are very much opposed to the alkaline digestion of starches. They may be eaten with leafy vegetables and fat foods.

What all this tends to mean is that people who say they cannot eat oranges or grapefruit as it gives them gas, could be blaming the fruit, when the problem may lie with the escape of starches and the body's release of pancreatic juice and intestinal enzymes to break them down.

In cases where there is hyperacidity of the stomach there is great difficulty digesting starches. Fermentation and poisoning of the body occurs along with much discomfort. This is because the digestion of carbohydrates (starches and sugars) and of protein is so different, that when they are mixed in the stomach they interfere with the digestion of each other. An acid process (gastric digestion) and an alkaline process (salivary digestion) cannot be carried on at the same time in an ideal way in the stomach. Before

long, they cannot proceed at all, as the rising acidity of the stomach soon completely stops carbohydrate digestion. The highest efficiency in digestion demands that we eat in such a way as to offer the least hindrance to the work of digestion.

2. Do not eat a concentrated protein and a concentrated carbohydrate at the same meal. This means do not eat nuts, meat, eggs, cheese, or other protein foods at the same meal with bread, cereals, potatoes, and sweet fruits. Cakes, etc., candy and sugar greatly inhibit the secretion of gastric juice and markedly delay digestion and if consumed in large quantities can depress the stomach activity.

3. Do not eat two concentrated proteins at the same meal. Avoid nuts and meat, or eggs and meat, cheese and nuts, cheese and eggs, meat and milk, or eggs and milk or nuts and milk at the same meal. Milk, if taken at all, is best taken alone. The reason for avoiding eating these combinations is because each protein requires a specific character and strength of digestive juice to be secreted. Eggs require different timing in stomach secretions than do either meat or milk.

4. Do not eat fats with proteins. This means do not use cream, butter, oil, etc with meat, eggs, cheese, nuts, etc. Fat depresses the action of the gastric glands by delaying the development of appetite juices and inhibiting the pouring out of the proper gastric juices for meats, nuts, eggs or other protein. Fats may lower the entire gastric tone more than fifty percent.

5. Do not eat acid fruits with proteins. This is to say, oranges, tomatoes, lemons, pineapples, etc., should not be eaten with meat, eggs, cheese or nuts. Acid fruits seriously hamper protein digestion and result in putrefaction. Milk and orange juice, while by no means an indigestible combination, is far from a good combination. Orange juice and eggs form an even worse combination.

6. Do not consume starch and sugars together. Jellies, jams, fruit, butter, sugar, honey, syrups, molasses, etc., on bread, cake, or at the same meal with cereals, potatoes, etc., or sugar with cereal, will produce fermentation. The practice of eating starches that have been disguised by sweets is also a bad way to eat carbohydrates. If sugar is taken into the mouth it quickly fills with saliva but no ptyalin is present which we know is essential for starch digestion.

7. Eat but one concentrated starch food at a meal. This rule is more important as a means of overeating than as a means of avoiding a bad combination. While overeating of starches may lead to fermentation, there is no certainty that the combination of two starches will do so.

8. Do not consume melons with any other foods. Watermelon, muskmelon, honeydew melon, cantaloupe and other melons should always be eaten alone. This is possibly due to the ease and speed in which melons decompose.

9. Milk is best taken alone or let alone. Milk is the natural food of the mammalian young, each species produces milk peculiarly and precisely adapted to the needs of its young. It is the rule that the young take the milk alone, not in combination with other foods. Milk does not digest in the stomach, but in the duodenum, hence in the presence of milk the

stomach does not respond with its secretion. The use of acid fruits with milk does not cause any trouble and apparently does not conflict with its digestion. However, I know of no health practitioner that would recommend this combination if you are even remotely ill.

If the body's reserves are carefully hoarded they will carry us well beyond the hundred-year mark with youthful enthusiasm and zest. Their depletion is one of the most common calamities of modern life. The alkaloids and alcohols, with which gastro-intestinal decomposition charges our bodies, rob us of our reserves, greatly weaken our vital resistance and sooner or later produce a state of physiological collapse.

### **Food Combining Simplified to 3 Simple Rules by Frederic Patenaude**

#### **1- DO NOT COMBINE FAT WITH SUGAR**

This is probably the most important rule to follow. The combination of fat (or protein) with sugar encourages fermentation. Some authors allow combining an acid fruit (such as an orange) with a fat (such as nuts or avocado). Although this combination isn't the worst, it still isn't optimal and often creates digestive problems.

Examples of this combination: dates with nuts, dried fruits with avocado, avocado with sweet fruits, a fruit salad with coconut, etc.

#### **2- DO NOT COMBINE ACID FOODS WITH STARCH**

Acid with starch is a pretty bad combination. The acidity literally stops the digestion of starches, or makes it much more difficult (and sometimes painful).

Examples of this combination: mixing tomatoes with (cooked) potatoes, the classic tomato-sandwich, but also mixing bananas with oranges. Oranges contain much acidity and bananas still contain starch, even when they are ripe. Bananas combine better with fruits that contain less acidity (sweet apples, mangoes, etc.).

#### **3-DO NOT COMBINE DIFFERENT TYPES OF FATTY FOODS WITHIN ONE MEAL**

Fatty foods are quite difficult to digest. When many of them are present within a meal, digestion is considerably slower.

Examples of this combination: nuts with avocados, nuts with an oil, coconut with avocado, coconut with other types of nuts, etc.

That's it! Those are the rules when eating a raw/hygienic diet. Of course, we could come up with more rules, but they would be for combinations that wouldn't be appealing. For example, I doubt that fibrous vegetables (such as broccoli) would mix well with fruits (mangoes, etc.), but this combination is naturally unappealing, so it's useless to discuss it.

#### **RULES THAT ARE NOT NECESSARY TO FOLLOW**

*Many people have asked, what about combining fruits and vegetables? Isn't that bad food combining?*

ANSWER: Combining leafy-greens (spinach, lettuce, celery, etc.) with any type of fruit is a good combination. It doesn't break any of our 3 basic rules. Most people find this combination appealing and it digests well.

*What about combining various types of fruit together?*

ANSWER: Simpler is better. But if you want to mix different types of fresh fruits, they all combine well together, except for a few that are too concentrated, such as bananas, durian, etc.

*But shouldn't we eat melons alone?*

ANSWER: Melons can be combined with other types of fruit without problems. Even Shelton said so in his book, but no one noticed so they all imposed this rigid rule that "melons should only be eaten alone" which is not absolutely true. Experiment for yourself and find out what works for you.

*What about dried fruit?*

It doesn't combine well with most acid and sub-acid fruits.

#### A FEW OTHER RULES

Those combinations that do not occur in a hygienic diet, but are good to know nonetheless:

##### 1- DO NOT COMBINE STARCH WITH SUGAR

Cooked starch with sugar is one of the worst combinations in existence. No wonder so many people suffer from gas.

Some examples: bread with jam, cakes and pastries of all kinds, baked beans (with sugar), etc.

##### 2- DO NOT COMBINE DIFFERENT TYPES OF STARCH TOGETHER

Mixing different types of starches together invites digestive confusion.

Some Examples: bread and potatoes, potatoes and pasta, etc.

##### 3- DO NOT COMBINE PROTEIN WITH STARCHY FOODS

Some Examples: meat and potatoes, bread and meat, bread and cheese, etc.

#### **Glycemic Index**

For a list of glycemic index values of foods, see the chart below. The reference value of the glycemic-index chart is Glucose (GI = 100). High GI foods have a glycemic index of more than 70. Low GI foods have a glycemic index of less than 55. Medium GI foods are

in between. Generally, low glycemic index foods are best, especially if one has any kind of blood sugar problems.

#### Glycemic Index of Common Foods:

##### Glycemic Index of Cereals

Kellogg's All Bran 51  
Kellogg's Bran Buds 45  
Kellogg's Cornflakes 84  
Kellogg's Rice Krispies 82  
Kellogg's Special K 54  
Oatmeal 49  
Shredded Wheat 67  
Quaker Puffed Wheat 67  
Glycemic Index of Grains  
Buckwheat 54  
Bulgur 48  
Basmati Rice 58  
Brown Rice 55  
Long grain White Rice 56  
Short grain White Rice 72  
Uncle Ben's Converted 44  
Noodles (instant) 46  
Taco Shells 68

##### Glycemic Index of Fruit

Apple 38  
Banana 55  
Cantaloupe 65  
Cherries 22  
Grapefruit 25  
Grapes 46  
Kiwi 52  
Mango 55  
Orange 44  
Papaya 58  
Pear 38  
Pineapple 66  
Plum 39  
Watermelon 103

##### Glycemic Index of Vegetables

Beets 69  
Broccoli 10  
Cabbage 10  
Carrots 49  
Corn 55

Green Peas 48  
Lettuce 10  
Mushrooms 10  
Onions 10  
Parsnips 97  
Potato (baked) 93  
Potato (mashed, instant) 86  
Potato (new) 62  
Potato (French fries) 75  
Red Peppers 10  
Pumpkin 75  
Sweet Potato 54

#### Glycemic Index of Beans

Baked Beans 48  
Broad Beans 79  
Cannellini Beans 31  
Garbanzo Beans (Chickpeas) 33  
Lentils 30  
Lima Beans 32  
Navy Beans 38  
Pinto Beans 39  
Red Kidney Beans 27  
Soy Beans 18  
White Beans 31

#### Glycemic Index of Pasta

Spaghetti 43  
Ravioli (meat) 39  
Fettuccini (egg) 32  
Spiral Pasta 43  
Capellini 45  
Linguine 46  
Macaroni 47  
Rice vermicelli 58

#### Glycemic Index of Baked Goods

Bagel 72  
Blueberry Muffin 59  
Croissant 67  
Donut 76  
Pita Bread 57  
Pumpernickel Bread 51  
Rye Bread 76  
Sour Dough Bread 52  
Sponge Cake 46

Stone Ground Whole Wheat Bread 53  
Waffles 76  
White Bread 70  
Whole Wheat Bread 69

Glycemic Index of Dairy

Milk (whole) 22  
Milk (skimmed) 32  
Milk (chocolate flavored) 34  
Ice Cream (whole) 61  
Ice cream (low-fat) 50  
Yogurt (low-fat) 33

Glycemic Index of Snack Foods

Cashews 22  
Whole Chocolate Bar 49  
Corn Chips 72  
Jelly Beans 80  
Peanuts 14  
Popcorn 55  
Potato Chips 55  
Pretzels 83  
Snickers Bar 41  
Walnuts 15

Glycemic Index of Cookies/Crackers

Graham Crackers 74  
Kavli Crispbread 71  
Melba Toast 70  
Oatmeal Cookies 55  
Rice Cakes 82  
Rice Crackers 91  
Ryvita Crispbread 69  
Soda Crackers 74  
Shortbread Cookies 64  
Stoned Wheat Thins 67  
Vanilla Wafers Water crackers 78

Glycemic Index of Sugars

Fructose 23  
Glucose 100  
Honey 58  
Lactose 46  
Maltose 105  
Sucrose 65  
(Glycemic index chart reprinted from carbs.com)

## **Appendix D**

### **Natural Cellular Defense (NCD)**

Product Review by Gabriel Cousens M.D., M.D.(H)

Toxins poison our air, our water, our food, and our bodies. According to the EPA, 70,000 chemicals are used commercially in the U.S., 65,000 of which are potentially hazardous to our health. The Environmental Defense Council reports that more than four billion pounds of toxic chemicals are released into the environment each year, including 72 million pounds of known carcinogens.

Cancer fatalities account for approximately 12 percent of all deaths worldwide each year. Across the globe, 10.9 million people are diagnosed with cancer annually and 6.7 million die because of it. According to the World Health Organization, global cancer rates could increase by 50 percent in the next 15 years. The U.S. ranks in the top three countries with the highest cancer rate in both men and women.

The toxic onslaught doesn't stop with carcinogens. A joint study by Mt. Sinai School of Medicine, Commonweal, and the Environmental Working Group in 2003 identified a total of 167 hazardous compounds in the blood and urine of American adults (with an average of 91 per person tested), including 76 known to cause cancer, 94 that are toxic to the nervous system, 82 that damage the lungs, 86 that affect hormone function, and 79 that cause birth defects. A study by the Environmental Working Group in 2004 found a total of 287 industrial chemicals in babies' umbilical-cord blood, including 180 known to cause cancer, 217 that are toxic to the brain and nervous system, and 208 that cause birth or developmental defects in animals.

As many as 25 percent of Americans are estimated to suffer from some degree of heavy metal poisoning, particularly from mercury, lead, cadmium, and arsenic. We are also exposed to a significant amount of radiation and increasing viral attacks. Our immune systems are further compromised by poor nutrition and unhealthy lifestyles, and most of us suffer from an excessively acidic pH level, which creates an internal environment in which cancer – as well as viral, bacterial, and fungal infections – can thrive.

In my work to develop a detoxification system for prospective mothers to enable them to bring non-toxic babies into the world, I have searched for a simple, natural remedy that could serve as a practical antidote for toxicity. Recently, I learned about zeolite, a naturally occurring, negatively charged mineral, with a unique crystalline structure.

Zeolite is formed from the fusion of volcanic lava and ocean water, and combines the four elements – air, earth, water, and fire. It has been used for 800 years throughout Asia as a traditional remedy to promote overall health and well-being, and for 30 years in the U.S. in animal feed. It has also undergone 13 years of pharmaceutical research in the U.S. with humans. Zeolite is included on the Food and Drug Administration's GRAS list (generally recognized as safe) and thus is considered to be "completely safe."

A biochemist from a small pharmaceutical company in Ohio researched and purified zeolite, was amazed by its potential, and was granted a patent (U.S. #6,288,045). That patent is now held by Rik J. Deitsch, a nutritional and research biochemist, who leases it to Waioira, the company that markets purified zeolite as Natural Cellular Defense.

Zeolite may well be one of the most potent natural preventatives and treatments for cancer ever discovered. LifeLink Pharmaceuticals recently completed a preliminary, 14-month, open-label study of 65 level-four, terminal-stage cancer patients. These people had various types of cancer, and all of them had been sent home to die. After taking purified zeolite, 51 of them (78 percent) experienced complete remission, which means that their cancer disappeared. This preliminary research suggests that purified and activated zeolite may be effective in treating all forms of cancer, leukemia, and lymphoma.

Zeolite's mechanism of action against cancer cells is unique and unlike that of any other substance I have studied. Theoretically, it has the rare ability to take in a tremendous amount of positively charged toxins, indirectly neutralizing their effect in causing cancer. In the process, the zeolite develops a slight positive charge. It is then attracted to and pulled right into the negatively charged membrane of the cancer cell. When the zeolite moves inside the cancer cell, the cell's P21 gene is activated. This gene acts as a tumor suppressor through its ability to control cell-cycle progression. The activation of P21 appears to halt the growth of tumors by directly suppressing growth signals.

During in-vitro studies using zeolite, all cancer cells tested were destroyed within 72 hours (LifeLink Pharmaceuticals, U.S. Patent #6288045, 2001). This is a claim that

cannot be made about any other substance. However, because it is still in the preliminary research phase, it is too soon to declare that zeolite is a cure for cancer.

What we can say is that zeolite has a chelation-like effect in removing heavy metals, pesticides, herbicides, and other positively charged toxins from the system. Zeolite's negatively charged crystalline structure is what makes this possible. Its crystals act as "cages," inside of which are positive ions. These positive ions switch places with positively charged toxins in the body, tightly bind them, and excrete them completely.

One of the benefits of binding toxins in this manner is that they are 100 percent excreted. Heavy metals, pesticides, and herbicides all leave the system; they do not get deposited elsewhere in the body. Forty percent of zeolite binds heavy metals in the gastrointestinal tract, and 60 percent binds toxins in the bloodstream and at the cellular level. Zeolite's binding power was proven during the Chernobyl disaster, when tons of it were used to remove radioactive cesium and strontium-90 before they contaminated local water systems. Acting primarily as a chelator, zeolite trapped these radioactive minerals within its crystalline cage structure.

Zeolite appears to remove toxins from the body in a hierarchical order. It first acts strongly to remove lead, mercury, cadmium, and arsenic. This first phase may take one to four weeks or longer. Zeolite then removes second-priority toxins, including pesticides, herbicides, and plastics. Zeolite appears to increase the rate of glucuronization in the

liver, activating phase II of the glucuronidase function. This in turn removes pesticides, herbicides, and xeno-estrogens from the body, releasing them through the urine. Interestingly, it also appears to neutralize the aflatoxin poison.

A third function of zeolite is to trap pre-virus components, preventing the replication of viruses and their ability to make us sick. In this way, zeolite may play an important role as a broad-spectrum anti-viral. Viruses are produced in parts as on a production line, at the end of which the virus is fully constructed. Zeolite absorbs viral parts into the pores of the micronized zeolite aggregates (not into the chelating-like cages described above). This explains why zeolite seems to block the development of many viral infections, including herpes virus 1, coxsackie virus B-5, ecco-virus 7, and adeno virus 5. Forty anecdotal cases of herpes zoster have reportedly been cured, with sufferers becoming pain-free in one to three days after beginning to take zeolite. Anecdotal testimony also reports that it is effective in alleviating or curing the flu, colds, hepatitis C, viral or heavy-metal induced multiple sclerosis, and rheumatoid arthritis. Zeolite's effect as an anti-viral appears to be a preventative function that builds up over time, beginning after approximately four to six weeks of use, when heavy metals, pesticides, and herbicides have been mostly eliminated. There is anecdotal evidence, however, that in some cases its anti-viral effect seems to be immediate.

Zeolite also is a unique antioxidant. A traditional antioxidant works by absorbing excess free radicals into its system because it has an unpaired electron. In contrast, zeolite traps free radicals in its complex structure, inactivating and eliminating them. In this way, it acts as a complement to traditional antioxidants.

In addition, zeolite buffers the system towards slight alkalinity by establishing pH levels of 7.35 to 7.45, which is the optimum pH for the human body. The body's pH level influences both immunity and brain function. An acid blood pH (7.34 or lower) creates a precondition for cancer. In an acid environment, brain cell function can also be impaired, causing depression, anxiety, stupor, paranoia, delusions, hallucinations, or even psychosis.

Zeolite also appears to balance the immune system, either up-or down-regulating it as needed. Although the precise mechanism for this is not entirely understood, this function is clearly very important in a world in which most people's immune systems are seriously compromised.

Because zeolite so powerfully removes various types of toxins from the body, it naturally increases energy and well-being. Users report improvements in mental clarity and a sense of peace, wellness, and happiness. These are what we term positive secondary effects. For example, clearing out heavy metals allows the body's magnesium stores to work efficiently with adenosine triphosphate (ATP), the biological source of energy in the body. When this interaction is occurring optimally, people have more energy and experience greater well-being. One study has demonstrated that zeolite also appears to increase serotonin level, which is known to help alleviate some forms of depression.

Zeolite shows promise as an effective detoxifier for women who plan to become pregnant. Recently, at the Tree of Life Rejuvenation Center, it was added to the protocol

for the 10-day detoxification program for prospective mothers. In two women who just completed the program, toxins in their breast tissue dropped significantly – from 12 in one and 13 in the other to only two – in seven days. Toxins in their liver and brain tissue also dropped to an average of only two.

Based on centuries of use in Asia and anecdotal accounts of its use by pregnant women, zeolite appears to be safe even for women who are pregnant or breastfeeding. However, its safe use in pregnancy has not been tested in double-blind studies, and no claims for safe use in pregnancy can be made.

Zeolite is commercially available in a purified and activated form, in the product Natural Cellular Defense. There are no reports of side effects, except one: because of its natural action to absorb water, zeolite can cause dehydration. It is therefore important to drink sufficient water (approximately eight glasses a day) both before and while taking Natural Cellular Defense to ensure adequate hydration.

There is only one contraindication: Natural Cellular Defense is contraindicated for anyone taking a medication containing heavy metals, such as lithium, or containing platinum, which is found in some cancer medications. Before taking Natural Cellular Defense, check with your doctor to determine if your medication contains heavy metals or platinum.

Dosage: Natural Cellular Defense is a clear, tasteless, and odorless liquid. The general adult dosage is 10 drops three times a day. It can be taken with or away from meals. As a support for cancer prevention or as an addition to a cancer treatment program, 15 drops three to four times a day is recommended. Zeolite remains active in the body for five to seven hours, and then needs to be replenished. After four to six weeks of use (at 10 drops three times a day), a maintenance dosage of three to five drops three times a day can be taken, with the amount increased if ever there is a viral, chemical, or other exposure. Children can be given two drops, three times a day, as a general dose.

Higher doses of 15 drops, three times a day, require about four bottles a month. Doses of 10 drops, three times a day, require about three bottles a month. And the maintenance dosage of three drops, three times a day, requires one bottle a month.

I take Natural Cellular Defense, and I feel that everyone living in the industrial world should be taking it on a regular basis. This product is very different from supplements that add to well-being, but are not essential. Natural Cellular Defense is simple, elegant, extraordinary, and vital for healthy living in today's toxic world. I believe this most unique, natural substance is an alchemical gift from God to help us face our present-day health challenges due to ecological ignorance or, as they are called in Ayurveda, prajnaprathara or crimes against nature.

Purchasing the product: Natural Cellular Defense is available at the Tree of Life store at (520) 394-2520. Like many useful and unusual products, it is also being distributed through network marketing and can be obtained at significantly less expense by those who become distributors. Becoming a distributor is a way of sharing good news and good

health with family and friends. Natural Cellular Defense can be purchased wholesale by becoming a distributor through the Waiora website: <http://www.mywaiora.com/336070>.

For more information on the product, including its history and scientific basis, call: (973) 854-4665, Option 1, at any time for an excellent recorded summary.

For further information or assistance on becoming a distributor, please e-mail: [daena.lee@gmail.net](mailto:daena.lee@gmail.net)

I bless you all. May your health, and joy, and awareness continue to improve as we heal ourselves and the planet.

\*Gabriel Cousens, M.D., M.D. (H), has been a holistic physician since 1973. A diplomat of the American Board of Holistic Medicine and of Ayurveda, he is the director of the Tree of Life Rejuvenation Center in Patagonia, Arizona, and the author of four widely read books: *Spiritual Nutrition: Six Foundations for Spiritual Life*; *Conscious Eating*; *Depression-Free for Life: A Physician's All-Natural, 5-Step Plan*; and *Rainbow Green Live Food Cuisine*.

### Guidelines for Using Natural Cellular Defense

by Dr. Gabriel Cousens, M.D

*These guidelines are not intended as a substitute for medical advice. Please consult your physician if you have questions about using Natural Cellular Defense while taking medication or undergoing medical treatment.*

#### Drink Plenty of Water

In general, you will need to drink more water than usual when taking Natural Cellular Defense (NCD). The heavy metals that NCD removes from the body carry a positive charge, which allows your body to hold more water. As these toxins are eliminated through sweat, mucus, urine, and feces, water will be eliminated with them.

How much water should you drink each day? As a general rule, drink ½ ounce for each pound of body weight. A 140-pound woman should drink about 70 ounces of water daily. Although the directions on the bottle suggest placing NCD directly on the tongue,

many users prefer to place the drops in an 8-ounce glass of water so as to help ensure sufficient hydration. If you are on a diuretic, start with a very low dose of NCD and drink extra water. If you live in a dry climate where dehydration is an issue, drink even more water than usual.

#### Recommended Dosages

NCD stays active in the body for five to seven hours. To have NCD continuously circulating in your body, you would need to take a dose approximately every six hours. NCD is not toxic at higher levels and has GRAS (generally recognized as safe) status from the FDA. However, it is important to be aware of proper dosing, because taking more than 15 drops at a time may trigger a healing crisis with detoxification symptoms.

Maintenance dose: 3 drops 3 x/day. A bottle of NCD will last approximately a month.

Detoxification dose: 10 drops 3x/day for four to six weeks. A bottle of NCD will last approximately 10 days. Unless you have a severe health problem, this is the initial dosage that most of our adult clients take. After four to six weeks, start taking a maintenance dose of 3 to 5 drops 3x/day, increasing the amount if ever there is a viral, chemical, or other exposure.

For severe health challenges: 15 drops 3 to 4 x/day. A bottle of NCD will last approximately a week. Many users have found adding a fourth dose at bedtime to be helpful.

For children: 2 or 3 drops 3 x/day, depending on body weight and health. A good detoxification dose for a 50-pound child is 3 drops 3 x/day. Use less as a maintenance dose. For a mid-day dose for children going to school, some parents put a few drops in lunch-box food or drink.

For animals: 2 or 3 drops daily on food. Your animals will want to drink more, so make sure to have plenty of fresh water available for them.

#### Other Uses

Topical: Many people have reported that NCD is effective in treating skin problems such as irritations, rashes, warts, insect bites, and lumps on or under the skin. To use it topically, place a drop of NCD on the affected area 3 or 4 x/day and cover with a band-aid to keep the skin moist. For larger areas, dilute NCD with pure water and apply using a spray bottle. Users have also reported relief of discomfort by massaging NCD into areas of soreness. Anecdotal reports suggest that adding a few drops of NCD to skin lotion and other topical products appears to enhance their effectiveness.

Eyes: There is anecdotal evidence that NCD helps with problems such as sties. A drop or two can be placed on the eye or eyelid, or diluted with pure water and sprayed on. When applied to the eye, NCD may sting at first.

Ears: Some parents have found NCD useful in relieving children's earache symptoms. One or more drops can be placed directly into the ear.

Teeth and gums: Users have reported relief of gum and tooth discomfort (including the discomfort of teething in babies) by putting drops of NCD onto the gums in the affected area.

#### Contraindications and Precautions

NCD is contraindicated for anyone taking a medication containing heavy metals (such as lithium) or platinum (which is found in some cancer medications). NCD may remove from the body supplemental lithium and the chemotherapy agents cisplatin and carboplatin, both of which contain platinum. It appears to be safe to begin or resume taking NCD 3 days after using cisplatin and carboplatin, and two days after using other chemotherapies. If you wish to use NCD while taking lithium, consult your physician.

If you are an insulin-dependent diabetic, be aware that NCD may lower your need for insulin.

### Detoxification Symptoms

When they begin taking NCD, some users experience detoxification symptoms, such as headache, diarrhea, tiredness, or overall achiness. After initial detoxification, most people report feeling better than ever. If you experience strong detoxification symptoms, you should discontinue using NCD until the symptoms pass, and then resume taking it at a lower dose, gradually increasing the number of drops until you reach the dosage you want to take.

While some people report that they have greatly increased energy when they begin to take NCD, others feel tired while detoxifying. If you do, take naps if possible or go to bed earlier. If that is not possible, you should decrease your dosage. The body does deep healing during sleep, so be sure to get at least eight hours of sleep whenever possible.

As a detoxifier, NCD has a hierarchy of affinities. It attracts mercury, lead, cadmium, and arsenic first, and then eliminates other toxins from the body. If your body is burdened with a heavy toxic load, a fair amount of these toxins may need to be removed before you notice a shift in how you feel. Pay attention to small changes.

NCD does have a minor affinity for calcium and magnesium, but there is no evidence of major effects because of that affinity. In addition, because the activity of the zeolite in NCD is entirely passive, it will not attack hip replacements or breast implants, and will not leach mercury from dental fillings. Nevertheless, some users feel it is prudent to keep NCD from coming in contact with their mercury fillings. They do that by putting NCD in an 8-ounce glass of water, taking a drink, swishing it around the mouth, and spitting it out, and then drinking the rest through a straw.

Once the zeolite in NCD absorbs a toxin, that toxin *will not* go back into your body tissues because it is fully excreted without any damage or stress to the kidneys. Many people have found that detoxifying with NCD is much easier than it is with other common detoxification methods.

### Mercury Amalgam Fillings

Almost all of us either have Mercury Amalgam fillings or know those who do. This is a link to a live experiment where you get to see the actual Mercury gases coming off a persons tooth when chewing, brushing or drinking a hot drink. It is measured at 1,000 times the EPA level for breathing air safely.

Mercury toxicity affects multiple organ systems and may mimic several diseases. Some of the signs and symptoms include mental disturbance, including insomnia, shyness, memory loss, emotional instability, depression, anorexia, disturbances in the functioning of blood vessels, excess perspiration, blushing, headaches, visual disturbances, peripheral neuropathy, salivation and ataxia. It progresses very slow, so it is hardly noticeable as it accumulates in the body, but the symptoms are very real and greatly affects the quality of life.

Fortunately for us we have a product available that removes Mercury immediately after taking the first dose of Natural Cellular Defense. In a study conducted at Duke University Medical School on 35 healthy students, urine samples were taken at the beginning of the study and throughout the two month period that it was conducted. It was determined from the very first urination Mercury was being removed from the body.

Zeolite has its greatest affinity with Mercury, and therefore it is the first heavy metal removed from the body, as it passes through the blood stream, digestive tract and soft tissue. We will be picking up at the Waiora conference next week a recent two month study from Duke University Medical School verifying how NCD removes Mercury from the body. At that time we will share this announcement of how Mercury amalgams pollute our bodies, along with the remedy to the situation

Please take the time to check out the enclosed video on the following website. I believe you will find it very informative and helpful. You may want to share it with family and friends have Mercury amalgams in their mouth.

(Source: [http://www.iaomt.org/merc\\_release.swf](http://www.iaomt.org/merc_release.swf))

Natural Cellular Defense. Testimonials and Info.

Dear Friend,

Natural Cellular Defense (NCD) seems to be living up to its name in an extraordinary way. Each week more information is revealed. Anecdotal reports of cancer healing in 2-4 weeks keep occurring.

Additionally, several reports suggest that zeolite's outer coat absorbs glucose and has dropped blood sugar by as much as 50 points in 1 hour in cases of serious diabetes.

As the research unfolds for preparing women for pregnancy by removing the 14 major toxins in breast milk, the initial results seem more than extraordinary. The average woman, whether she has been vegan for 15 years or on live foods for 6 years, tests positive for 12-14 toxins in her liver, breast, and brain. After one week on our 10-day detoxification program while taking 15 drops 4 times a day of NCD, the average decrease in toxins was to 0 to 2 toxins in the liver, breast, and brain with no detoxification symptoms. One person, who did not take the NCD, had a reduction of only one toxin in the liver, breast, and brain. So far, 5 people, which is 100% of those tested with the synergy of our 10-day detoxification & NCD, have gone from 12-14 toxins to 0-2 toxins after only one week.

I feel it is imperative for us to be aware of the importance of Natural Cellular Defense in our daily health regimen. This is not a short-term supplement, but rather a life-long health remedy. While we continue to live in a toxic environment, we will always need to use this product. Therefore I suggest that you do not purchase it at the retail price, either through our store at The Tree of Life Rejuvenation Center or through our Waiora International website. It is for your economic advantage to purchase the product on a wholesale basis, which you can do by enrolling as a distributor. There are two benefits to being a distributor, one being the ability to purchase Natural Cellular Defense on a

wholesale basis, which is approximately \$12.00 - \$15.00 less per bottle than the retail cost; the other benefit is using NCD as an income earning possibility, working together with our Tree of Life organization in sharing this very special and beneficial product with our friends, family, and associates.

#### TESTIMONIAL ON MALIGNANT MESOTHELIOMA--LUNG CANCER

On Oct. 14, I was diagnosed with Malignant Mesothelioma lung cancer caused from Asbestos in the lung. I had it in both lungs so surgery was not an option for treatment and this type of cancer doesn't respond to Chemo or Radiation treatment. I was told I was in the 4th stage and when I asked the Doctor how many stages there were he told me there were four. That's basically a death sentence for me.

After all testing was completed, CT scan, Lab work, Tissue biopsy, and a PET scan, I was told by the Oncologist that there was nothing he could do for me and he referred me back to my Medical doctor for the final care.

On Oct. 31, I started taking Natural Cellular Defense 15 drops 3 times a day. The second day of my taking NCD I started to have different sensations in the tumor on my back that was protruding though the chest wall. Sensations like a numbness, to jelly-like when I walked, to bee stings and painful, to a stretching feeling at the tumor, each day it was a different feeling.

After two weeks on the NCD a tumor in my upper abdomen which was about the size of a ping-pong ball was now the size of a marble. In the third week of NCD that tumor could not be found and the tumor on my back was almost gone. At the time of my appointment with the Oncologist the tumor mass on my back could not be found.

.....On Dec. 7, I had a follow up CT scan done and it confirmed that the two tumors were gone. Some were smaller in the lung and one was slightly bigger.

I have increased my times I take the NCD to every 4 hours, 24 hours a day. The new tumors leave the body first, the older more established tumors go last. It is imperative that the blood circulation be increased so that the NCD can reach all the tumor cells. I am vigorously exercising more and more to accomplish this.

Larry Benjamin, Jemison, Alabama, Dec. 2005

Dr. Dane Silva Reports:

FYI, during the past few months that she was on NCD, my patient with lymphoma has experienced a dramatic decrease in the sizes of multiple tumors. These tumors were on the sides of her neck, under her armpits, in the groin, and scattered across the abdomen. These tumors were painful because they blocked lymphatic circulation and created numbness and tingling due to compression of nearby nerves. Whereas they appeared to be about the size of her fist a few months ago, they are no longer visible today.

Other Natural Cellular Defense Successes

Keiko, female, age 72

At the end of Oct 2004 (11 months ago) Keiko was diagnosed in Japan with class 3 cervical cancer. At the recommendation of her doctors she underwent 28 rounds of radiation therapy. At the end of those treatments her doctors told her they had eradicated the cancer in her cervix. Keiko's daughter, Felice, had a recommendation from her doctors here in Hawaii that Keiko should really have a PET scan in Japan to check and make sure it hadn't spread anywhere else. It had indeed metastasized to every lymph node in her body.

Felice brought her mom to Hawaii in June of this year and the oncologists here said this was an extremely aggressive form of cancer. A CAT scan showed two more spots (on her lung and on her stomach) in addition to everything else. They would try 8 rounds of chemo therapy to put off what seemed imminent – but the prognosis was grim, they didn't expect her to live even a year.

By the 5th round of chemo therapy Keiko was so sick (nausea, vomiting and diarrhea) they decided to stop – that was three weeks ago. Instead they kept praying and kept using the natural supplements.

Five weeks ago a friend told Felice and her mom about NCD. Keiko took it for a week before she had to stop to accommodate the 5th round of her chemo schedule. This time she got so sick from the chemo she and her daughter decided to stop the treatment right in the middle of the round (3 weeks ago) and they continued with the NCD 15 drops 3X day starting the next day.

Three weeks later Keiko had a follow up contrast dye CAT scan: When they walked in to her doctor's office, he asked how she was feeling and what she'd been eating, and had a sort of perplexed look on his face. They didn't know what to expect, but hoped and prayed there would be some positive news. Keiko didn't just have a report that was good, it was beyond all expectations --the doctor told Keiko and Felice there was not one single sign of cancer anywhere in her body. Not in any of the lymph nodes, not on her lung or stomach. Stunned, Keiko's daughter even asked the Doc, "Are you sure? Who actually read the CAT scan?" and he reassured her it was definitely the expert, the radiologist, not just him! He was amazed too and said that less than 20% of his patients ever have such a thing happen, that even if there was great improvement they usually see some residual cancer still in the body but there was nothing here. Nothing. And the nurses were crying with emotion when they spoke with Felice and Keiko. As you might expect, he asked her what she was doing. Felice told him and the nurses to check out the Waiora website!

Keiko will have another CAT scan in three months to confirm she is truly out of the woods and meantime she will be taking her NCD every day!

#### DES, BIRTH DEFECTS, PAIN, CHEMICAL SENSITIVITY, METAL POISONING

When my mother was pregnant with me she was given a drug called DES that resulted in numerous birth defects and devastating health consequences throughout my life. In 1982, when I was a 27 years old mother of two small girls, I was diagnosed with cervical cancer, which was caused by the DES. Being a nurse, I chose traditional medical treatment and a year later I was in very grave condition,

I quickly became open to alternative forms of medicine to restore my health. After that life changing experience, I felt I could no longer return to my traditional nursing profession and instead became certified in a wide variety natural health modalities. In 1984 I opened a Wellness Center specializing in nutrition, high quality supplements, various therapies, heavy metal detoxification and immune system support. Even with all of my training, experience, wonderful products and healing devices, I have lived everyday of my 51 years with pain in my body and very fragile health.

Another one of the effects that the DES caused was severe breast deformities. When I was 17 I had massive reconstructive surgery, after which they tried to make me "more normal" by placing silicone breast implants. By the age of 40 I was almost dead with chemical and heavy metal poisoning from the implants.

For several years I was so chemically reactive that I had grand-mal seizures from even minor chemical exposures (perfume on someone else, exhaust fumes in traffic, etc.). As a result of exposure to DES in the womb, heavy metal and chemical poisoning from the implants, and heavy metals from amalgam dental fillings, I have spent the past 22 years trying to find ways to detoxify my body safely; a dangerous situation with impaired kidney and liver function and severe neurological problems.

In late August, I received a call from my good friend Winder Lyons, asking me to take a look at a product called *NATURAL CELLULAR DEFENSE*. He wanted my feedback because he knows I only work with the "best of the best and purest of the pure". After reviewing the research, I was amazed – I'd never seen anything that could safely detoxify heavy metals, even from people like me! I joined Waiora on my birthday and I believe it's been a birthday present from God.

The day after I received my *NATURAL CELLULAR DEFENSE* two of my grandkids came down with a flu virus that had taken another grandchild almost two weeks to recover from. Their temperatures soared to almost 106 degrees. I gave them each three drops of NCD and within 20-30 minutes I could feel their fevers melt away. The next day they were up and about, fully recovered!

My personal experiences with *NATURAL CELLULAR DEFENSE* have been remarkable! About a year and a half ago, I sustained a severe injury to my leg and had to have surgery a year ago in September. While the surgery allowed me to regain my mobility, it left me with residual pain, inflammation and swelling; I was still taking pain medication several times per week in order to sleep at night with the pain. It also triggered many of my old symptoms of severe imbalance and toxicity; I was in bed much of the past year. I had come to the difficult realization that I may not ever really be much better and that I needed to retire due to my health challenges. After one dose of Natural Cellular Defense the pain in my leg was reduced by 75% and after four doses it was completely gone; I haven't needed take any pain medication since. In many ways, since I have been taking *NATURAL CELLULAR DEFENSE* I feel better than I ever have in my life! For the first time ever I am able to safely move the toxins out of my system without life-threatening consequences.

I am so grateful for this product and the opportunity to share it with my friends, family, and clients! I feel honored to be part of the company that will get this product into the hands of so many that can benefit from it. In the 31 years I have been a nurse, 22 years as a natural health practitioner, and 15 years of being the Missouri Coordinator for the Dental Amalgam Mercury Syndrome, International Organization, I have never seen a more important product to get into the hands of everyone that I know! Marie DeArmon,

Rogersville, MO OCT. 11, 2005

### HEPATITIS C SURVIVOR

My Name is Peter Fullwood, I'm 55 years old and live on Whidbey Island Washington. I became aware that I had Hepatitis C through a medical procedure in March of 2000. At

that time I had a low viral count and a low enzyme count. Over the years I started catching more and more flues and colds, my joints were aching and my legs were tired all the time. I became very depressed and withdrawn from people. It has been a very difficult time for me.

In these last 4 years of my life my wife died and I lost our 100-acre ranch. I went to the doctors and they started treating me for me for Hepatitis C with Interferon. At that point I got sicker and sicker and lost weight – going from 198 to 159 pounds. I'm 6' 1" so I was down to skin and bones and was bed ridden. I was unable to eat due to being nauseous all the time. Severe depression, anxiety, homicidal and suicidal thoughts set in. I was crying all the time.

I had a floor and wall covering business with 4 employees – I was so sick I had to lay them off and walk from my business... actually it was more like crawling away!

At that point I had almost given up when my friend Nancy Gray came over and introduced me to the supplement, Natural Cellular Defense. I had tried so many products over these past years and I felt like I had heard it all and so I was skeptical. However I decided I wanted to try this one due to my friend's enthusiasm – she was bubbling over. Although she has also been suffering from Hepatitis C there were obvious changes in her physical appearance and overall health and attitude. I didn't have the money to even try one bottle but she offered to leave me a bottle because she cares about me and she said, "That's what friends are for." I started with the product that evening; 10 drops 3 times a day.

Words can't describe what I experienced even the first few days. That first day I sweated a lot, and felt like I was peeing out 90 weight oil. That evening, I sweated profusely – it was as if someone had thrown buckets of water under the blankets on me. The next few days I started de-toxing through my natural bodily functions. I don't wish to offend anyone by getting too graphic, but suffice it to say the strange smells and colors that came out of me were quite unusual!

Next it started working on my mental faculties and for me that was truly magic (it is still happening). The depression, anxiety, homicidal and suicidal tendencies vanished – in it's place have appeared a very strong sense of spiritual, emotional, and physical well-being. I

feel like I've had a complete metamorphosis in my life and have not felt this good in 20 years.

I keep asking myself, "Can I actually continue feeling better and better every day?" After just one week I was feeling much better and had considerable energy so I started to lay some floors again so I could purchase some more of this product.

My joints no longer ache and the metal plate in my left forearm that used to ache all the time (especially in the cold), is no longer a problem – even in the cold. I also am healing faster. For example, yesterday I burned myself some time around noon while tending my fireplace. The burn was 1/2 inch by 1/2 inch square, it had a blister and had begun to scab over last night. Now it is pink- it has healed in just one day!

Just the other day I went to the lab for blood work and when looking over the results my doctor said, "Your liver functions are only mildly abnormal." A little over two weeks ago I had been a candidate for a liver transplant with a severely swollen and sick liver (again, I have only been on the product a couple of weeks).

As a result of my remarkable experience with this new "lease on life" I am now wanting to change the focus of my life work from helping people by installing their flooring, to helping save people's lives... taking part in the giving of the gift of good health.

My Personal Experience by Mark Manning

I am a 46 year young male who has had a very successful career as a Professional Tennis Coach, an outstanding and long term Volunteer for the USTA NorCal Tennis Association and the Elmhurst Tennis Center, and a Commercial Driver for the past 20+ years. My eyes and feet were the cornerstone of my continuing in these lucrative businesses. However, the last 6 years of my life have been plagued with many health disorders.

These include cancer and diabetes which caused the rapid deterioration of my body. These conditions worsened after 2003, so much so, that I developed:

Neuropathy in both feet

A massive edema problem in my lower extremities

A loss of clear vision at night which forced me to abandon all night driving whatsoever

Ringling sensations in my ears

Bleeding gums

Impotency

Mood changes reflecting increasingly aggressive behavior

Ongoing chronic pain syndrome that worsened at night and made sleeping and impossibility.

Things dramatically changed for me when a friend (Fred the Angel) recently gave me four bottles of Natural Cellular Defense on December 15, 2005 and told me to try it.

Fred stated that this product was a much-needed product for me and a Godsend. Doctors and various hospitals previously had advised me that they could not cure my ailments and that I had merely one year left to live. I had sought out other holistic remedies that proved the doctors wrong but these remedies really didn't cure the problem.

Then, having exhausted all my known resources to combat the earlier stated health problems with other "quick fixes", herbal remedies, etc., which have provided only temporary relief. I felt that this product would be the same. However, to my amazement: · Within one week of starting to use this product on December 15, 2005, I noticed a lack of pain at night. · By week number two, no more bleeding gums · By week number three I began to notice significant changes with my edema and neuropathy.

Being the guinea pig that I am, I decided, on my own, to put some drops in my eyes and on the thinning area of my head. The results have been nothing short of incredible. I am now able to enjoy and engage in driving at night again. My hair has not returned to it's full nature but it is starting to sprout! Within four weeks of trying this product, I started to play tennis again with my students and even sprint and at times I outrun them! Within five weeks, I felt like a kid in a candy store. My impotency has disappeared, the edema is gone; the neuropathy has improved so significantly as to be almost not noticeable, and I have so much energy that I am not only sprinting but I have begun jumping rope and am considering returning to my youthful days by starting Disco roller skating again! Being the realistic person that I am, I am in no way stating that this product is a miraculous "cure all", but the benefits and results have been amazing thus far, and I am looking forward to continued improvement in my health. This product has worked for me and could possibly work for thousands of others! I have to say that the greatest benefit that I have noticed from using Natural Cellular Defense (NCD) is that I am more at peace with myself and the aggressive behavior has begun to subside. I wish to thank God for restoring my life and by allowing Fred to introduce to me this truly remarkable product Natural Cellular Defense (NCD). I, also, wish to thank the developers of this unique product. I would like everyone to try this product so that they can be on their way to renewed health – hopefully, in the same short period as I have experienced also.

## Appendix E

### More Articles

#### ARTICLE 1

### **Mind Over Genes: The New Biology**

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Earlier in my career as a research scientist and medical school professor, I actively supported the perspective that the human body was a "biochemical machine 'programmed' by its genes. We scientists believed that our strengths, such as artistic or intellectual abilities, and our weaknesses, such as cardiovascular disease, cancer or depression, represented traits that were preprogrammed into our genes. Hence I perceived life's attributes and deficits, as well as our health and our frailties as merely a reflection of our heredity expression.

Until recently, it was thought that genes were self-actualizing...that genes could 'turn themselves on and off.' Such behavior is required in order for genes to control biology. Though the power of genes is still emphasized in current biology courses and textbooks, a radically new understanding has emerged at the leading edge of cell science. It is now recognized that the environment, and more specifically, our perception (interpretation) of the environment, directly controls the activity of our genes. Environment controls gene activity through a process known as epigenetic control.

This new perspective of human biology does not view the body as just a mechanical device, but rather incorporates the role of a mind and spirit. This breakthrough in biology is fundamental in all healing for it recognizes that when we change our perception or beliefs we send totally different messages to our cells and reprogram their expression. The new-biology reveals why people can have spontaneous remissions or recover from injuries deemed to be permanent disabilities.

The functional units of life are the individual cells that comprise our bodies. Though every cell is innately intelligent and can survive on its own when removed from the body, in the body, each cell foregoes its individuality and becomes a member of a multicellular community. The body really represents the cooperative effort of a community of perhaps 50 trillion single cells. By definition, a community is an organization of individuals committed to supporting a shared vision. Consequently, while every cell is a free-living entity, the body's community accommodates the wishes and intents of its 'central voice,' a character we perceive as the mind and spirit.

When the mind perceives that the environment is safe and supportive, the cells are preoccupied with the growth and maintenance of the body. In stressful situations, cells forego their normal growth functions and adopt a defensive 'protection' posture. The body's energy resources normally used to sustain growth are diverted to systems that provide protection during periods of stress. Simply, growth processes are restricted or suspended in a stressed system. While our systems can accommodate periods of acute (brief) stress, prolonged or chronic stress is debilitating for its energy demands interfere

with the required maintenance of the body, and as a consequence, leads to dysfunction and disease.

The principle source of stress is the system's 'central voice,' the mind. The mind is like the driver of a vehicle. With good driving skills, a vehicle can be maintained and provide good performance throughout its life. Bad driving skills generate most of the wrecks that litter the roadside or are stacked in junkyards. If we employ good "driving skills" in managing our behaviors and dealing with our emotions, then we should anticipate a long, happy and productive life. In contrast, inappropriate behaviors and dysfunctional emotional management, like a bad driver, stress the cellular 'vehicle,' interfering with its performance and provoking a breakdown.

Are you a good driver or a bad driver? Before you answer that question, realize that there are two separate minds that create the body's controlling 'central voice.' The (self)conscious mind is the thinking 'you,' it is the creative mind that expresses free-will. Its supporting partner is the subconscious mind, a super computer loaded with a database of programmed behaviors. Some programs are derived from genetics, these are our instincts and they represent nature. However, the vast majority of the subconscious programs are acquired through our developmental learning experiences, they represent nurture.

The subconscious mind is not a seat of reasoning or creative consciousness, it is strictly a stimulus-response device. When an environmental signal is perceived, the subconscious mind reflexively activates a previously-stored behavioral response...no thinking required. The subconscious mind is a programmable autopilot that can navigate the vehicle without the observation or awareness of the pilot—the conscious mind. When the subconscious autopilot is controlling behavior, consciousness is free to dream into the future or review the past.

The dual-mind system's effectiveness is defined by the quality of the programs carried in the subconscious mind. Essentially, the person who taught you to drive molds your driving skills. For example, if you were taught to drive with one foot on the gas and the other on the brake, no matter how many vehicles you owned, each will inevitably express premature brake and engine failure. Similarly, if our subconscious mind is programmed with inappropriate behavioral responses to life's experiences, then our sub-optimum 'driving skills' will contribute to a life of crash and burn experiences. For example, cardiovascular disease, the leading cause of death, is directly attributable to behavioral programs that mismanage the body's response to stress.

Are you a good driver or a bad driver? The answer is difficult for in our conscious creative mind we may consider ourselves as good drivers, however self-sabotaging or limiting behavioral programs in our subconscious unobservedly undermine our efforts. We are generally consciously unaware of our fundamental perceptions or beliefs about life. The reason is that the prenatal and neonatal brain is predominately operating in delta and theta EEG frequencies through the first six years of our lives. This low level of brain activity is referred to as the hypnogogic state. While in this hypnotic trance, a child does not have to be actively coached by its parents for they obtain their behavioral programs simply by observing their parents, siblings, peers and teachers. Did your early

developmental experiences provide you with good models of behavior to use in the unfoldment of your own life?

During the first six years of life a child unconsciously acquires the behavioral repertoire needed to become a functional member of society. In addition, a child's subconscious mind also downloads beliefs relating to self. When a parent tells a young child it is stupid, undeserving or any other negative trait, this too is downloaded as a 'fact' into the youngster's subconscious mind. These acquired beliefs constitute the 'central voice' that controls the fate of the body's cellular community. While the conscious mind may hold one's self in high regard, the more powerful unconscious mind may simultaneously engage in self-destructive behavior.

The insidious part of the autopilot mechanism is that subconscious behaviors are programmed to engage without the control of, or the observation by, the conscious self. Since most of our behaviors are under the control of the subconscious mind, we rarely observe them or much less know that they are even engaged. While your conscious mind perceives you are a good driver, the unconscious mind that has its hands on the wheel most of the time, may be driving you down the road to ruin.

We have been led to believe that by using will power, we can override the negative programs of our subconscious mind. Unfortunately, to do that, you really have to emphasize the word 'power,' for one must keep a constant vigil on one's own behavior. The moment you lapse in consciousness, the subconscious mind will automatically engage and play its previously recorded experience-based programs.

The subconscious mind is really a tape player. There is no observing entity in the subconscious mind reviewing the behavioral tapes. Consequently, there is no discernment as to whether a subconscious behavioral program is good or bad...they are just tapes. The subconscious is strictly a playback machine, perceived stimuli engage preprogrammed behaviors. In fact, people, upon seeing their own subconscious programs play out frequently, say something like, "That guy just pushed my buttons!"

In contrast to the power of the conscious mind, the subconscious mind is a million times more powerful an information processor. Also, as neuroscientists emphasize, the conscious mind provides 5% or less of the cognitive activity during the day. Ninety-five to ninety-nine percent of our behavior is directly derived from the subconscious. Hence the use of the word 'power' in the concept of will power, it takes significant effort for the conscious mind to keep tabs on the subconscious behavior. Positive thinking is primarily effective if the subconscious supports the conscious intention.

The problem with trying to reprogram the subconscious is that we fail to realize it is playing behavioral 'tapes.' To understand why conscious awareness does not readily change subconscious programs, consider this instructive analogy: I provide you with a cassette tape and you put it into your player and push the play button. As the tape plays the program, you realize that you do not like it. So, you yell at the tape player to change the program, you ask it to play something different. After awhile of not getting a response, you yell louder and get angrier at the tape player because of the lack of a response to your request. Then when it seems hopeless, you beseech God to help you

change the program. The point is simple, no matter how much you yell at the tape player it will not change the program. To change a tape, you have to push the record button and then rerecord the program incorporating the desired changes.

There are two ways out of the problem. Firstly, we can become more conscious, and rely less on automated subconscious programs. By being fully conscious, we become the masters of our fates rather than the 'victims' of our programs. This path is similar to Buddhist mindfulness. Secondly, we can use a variety of new energy psychology modalities that enable a rapid and profound reprogramming of limiting subconscious beliefs. These new energy modalities provide the ability to rewrite limiting perceptions (beliefs) and self-sabotaging behaviors using processes that are mechanistically similar to pushing the record program on the subconscious mind's tape player. With conscious awareness, one can actively transform the character of their lives into ones filled with love, health and prosperity. The use of these new modalities provides a key to personal growth and transformation. A variety of energy psychology modalities, such as Psych-K, Holographic Repatterning and BodyTalk, are among the variety of programs that can be found on the web.

## ARTICLE 2

### **Raw or Cooked Foods for Health?**

#### **An eye-opener: Pottenger's Cats**

Between 1932 and 1942 Dr. Francis M. Pottenger conducted a feeding experiment on 900 cats, in order to determine the effect of heat-processed food compared to raw food. The differences were startling. Today, the majority of the records are in the archives of the Price-Pottenger Foundation, which (in 1983) published the book, *Pottenger's Cats: A Study in Nutrition*.

*Here is a selection of quotes from this book:*

#### Raw Meat Group

"The cats fed a diet of 2/3 raw meat, 1/3 raw milk and cod liver oil show striking uniformity in their sizes and their skeletal developments. From generation to generation they maintain a regular, broad face with prominent malar and orbital arches, adequate nasal cavities, broad dental arches and regular dentition. Each sex maintains its distinct anatomical features. No evidence of infection or degenerative change. Tissue tone is excellent and the fur of good quality. Gregarious, friendly and when thrown or dropped as much as 6 feet to test their coordination, they always land on their feet and come back for more play. Miscarriages are rare and the litters average five kittens with the mother cat nursing her young without difficulty."

#### Cooked Meat Group

"The cats fed a diet of cooked meat, 1/3 raw milk and cod liver oil reproduce a heterogeneous strain of kittens, each kitten in a litter being different in size and skeletal

pattern. ... One of the earliest defects noticed in the cats on cooked food is poor dentofacial development.

The long bones of cooked meat cats tend to increase in length and decrease in diameter with the hind legs commonly increasing in length over the forelegs. ... In the third generation, some of the bones become as soft as rubber.

Heart problems; nearsightedness and farsightedness; under activity of the thyroid; infections of the kidney, of the liver, of the testes, of the ovaries and of the bladder; arthritis and inflammation of the joints; paralysis and meningitis—all occur commonly in these cooked meat fed cats.

By the time the third deficient generation is born, the cats are so physiologically bankrupt that none survive beyond the sixth month of life, thereby terminating the strain.

Cooked meat-fed cats show much more irritability. Some females are even dangerous to handle and three are named Tiger, Cobra and Rattlesnake because of their proclivity for biting and scratching. The males, on the other hand, are more docile, often to the point of being unaggressive and their sex interest is slack or perverted. In essence, there is evidence of a role reversal with the female cats becoming the aggressors and the male cats becoming passive as well as evidence of increasing abnormal activities between the same sexes. Such sexual deviations are not observed among the raw food cats.

Vermin and intestinal parasites abound. Skin lesions and allergies appear frequently. Pneumonia and emphysema are among the principal causes of death. ... Their fur shows inferior quality and their dispositions are much more nervous and irritable than those of normal cats.

Abortion in cooked meat fed pregnant females is common, running about 25 percent in the first deficient generation to about 70 percent in the second generation. Deliveries are generally difficult with many females dying in labor. One cat proves unable to deliver her kittens even after 72 hours of labor. The mortality rate of the kittens also is high as the kittens are either born dead or are born too frail to nurse. The average weight of the kittens born of cooked meat fed mothers is 19 grams less than the raw meat nurtured kittens.

Cats can be so reduced in vitality by just one year of a diet considered adequate for human consumption that it may take them from two to three years to recover from the injury, if they can recover at all. "

#### SUMMARY OF FINDINGS OF THE CAT STUDY

The normal, wild cat subsists upon rodents, birds, reptiles, insects, fish and a small amount of vegetation, and maintains regular features and normal functions generation after generation.

Ordinary house cats, living a semi-wild life, also maintain regular features and functions generation after generation. In contrast, cats which are prevented from hunting, subjected

to a life of ease and fed prepared, cooked foods show tendencies towards poor development.

*"The elements in raw food which activate and support growth and development in the young appear easily altered and destroyed by heat processing and oxidation. What are these vital elements? Their nature is not known at this time." (1942)*

You can buy *Pottenger's Cats -A Study in Nutrition* from Price-Pottenger Foundation. ([www.price-pottenger.org](http://www.price-pottenger.org))

Visit the Bones and Raw Foods (BARF) Web ring. This includes hundreds of websites presenting raw-fed dogs and cats. (<http://www.ringsurf.com/netring?ring=barf;action=list>)

### ARTICLE 3

#### **Traditional Chinese Medicine**

*by Victoria Dragon*

Traditional Chinese Medicine, TCM, is concerned with restoring balance to the person and promoting the flow of energy -called Qi or Ch'i (pronounced "chee") throughout the body.

The pathways of energy are called meridians. TCM primarily works with 12 basic meridians plus two special ones. There are more than 14 meridians, but the other meridians rarely are used by most TCM healers.

The 12 basic meridians are the Liver and Gallbladder meridians, the Heart and Small Intestine meridians, the Spleen (pancreas) and Stomach meridians, the Lung and Large Intestine meridians, Kidney and Bladder meridians, and the Pericardium and Triple Heater (warmer) meridians. The other two meridians belong to what the Chinese call "The Strange Flows" meridians. These are the Governing Vessel -which runs from the base of the spine up the midline of the back and over the head to a spot just above the upper lip -and the Conception Vessel -which runs from the perineum up the midline of the front of the body to the chin.

Problems can arise in the meridians when there is a lack of energy (deficiency of Qi), when there is too much energy because of blockages or stagnation of Qi, when the quality of the energy is off (too much or too little Yang energy, too much or too little Yin energy), when the flow of the energy is off (i.e. ascending when it should be descending or vice versa), and when there is stasis of blood.

TCM uses four main methods of treatment in order to restore balance to the person. These are diet, herbs, acupuncture/acupressure and massage. The first line of defense is diet. There often is a blurring of distinction between dietary herbs and medicinal herbs because the Chinese culinary arts have developed over the centuries to incorporate health-promoting practices. For example, in the winter-the time of the greatest Yin energy and the least Yang energy -Chinese cooks will prepare dishes with Yang and

warming energy in order to provide these energies at this coldest, most Yin time of the year. However, Chinese cooks also will include some Yin and cold (energy) foods at this time of year so as to be in harmony with the season. How much of the Yang/Warm foods and of the Yin/Cold foods eaten in a particular season will depend on the particular needs of the individual.

TCM is highly individualized in its treatments. There are no "one size fits all" (or even most people) therapies. TCM is concerned primarily with identifying and treating root causes rather than symptoms. TCM recognizes that several people could have identical liver symptoms, yet the root cause (and hence the appropriate treatment) could be different for each of them. The root of the problem for the first may indeed lie in the Liver or the Liver meridian. In this case treatment directed at the Liver and/or Liver meridian would be appropriate. But the root cause of the symptoms for the second may be in the Kidneys or the Kidney meridian. The root cause for the third may lie in the Lung meridian, or the Heart, or even the Spleen meridian. The treatment which is appropriate for the person whose root lies in the Liver or Liver meridian would either not help or even harm one of the others whose root lies in another meridian.

TCM healers are very careful about identifying causes instead of symptoms. To this end, several diagnostic techniques are used to double-and triple-check findings. Some of the primary diagnostic techniques are general observation, pulse diagnosis, tongue diagnosis, and a very lengthy questionnaire with questions arranged according to meridians.

From the time a client first walks into the office of a TCM practitioner, the healer is noting things about the individual. Is the person's voice too loud, movements fast, face flushed (possible Yang and/or Heat excess or Yin deficiency)? Is the person's voice weak, movements slow, complexion pale (possible Yin and/or Cold excess or Yang deficiency)? What does the person smell like? What is the posture? How much of the whites of the eyes are showing above or below the iris? And so forth.

The most controversial of the TCM diagnostic techniques is the pulse diagnosis. Most Western doctors are trained to recognize three things in the pulse. Western cardiologists are trained to spot a few more things in taking the pulse. TCM practitioners take the pulse at a minimum of three locations on each wrist at the same time, taking each of the six at a shallow depth and a deep depth. They are trained to differentiate between dozens of qualities of pulse-strong, weak, slippery, hard to find, full, thin, long, choppy, etc. Pulse diagnosis is the hardest part of TCM to learn and takes the longest time and the most practice to become proficient at.

The TCM tongue diagnosis also is a bit more involved than the Western counterpart. One of the basic concerns of TCM is identifying if a disorder is a heat disorder (the person in general or a specific meridian is too Hot) or if it is a Cold disorder (the person in general or a specific meridian is too Cold.) The normal color of the tongue is pale red. In general, a tongue which is too red will indicate a Heat condition. A pale tongue will indicate either a Yang deficiency or a blood deficiency. If the pale tongue is too wet, and especially if it is swollen, this usually indicates a Yang deficiency. If the pale tongue is too dry, this usually indicates a Blood deficiency. If the sides of the pale, dry tongue are

especially pale or have slightly orangey, this may indicate deficiency of Liver-Blood. A purple tongue indicates stasis of Blood. Reddish-purple indicates Blood stasis and Heat. A bluish-purple tongue indicates Blood stasis and Cold. The tongue coating also is checked. A thin, white coating is normal. The shape, texture, and length also are checked.

The TCM questionnaire is very thorough, and questions are grouped according to meridians. A meridian encompasses more than just the organ it is named for. For example, the Kidney meridian includes not only the kidneys, but also the adrenal glands as well as the ears, the skeletal system, the bone marrow, and the hair. For this reason the group of questions under the Kidney meridian will include questions on the ears and hearing. "Do you currently suffer from or do you have a history of suffering from problems with the ears and hearing?" Note: TCM considers if a problem (a weakness) existed from birth, or if it is acquired.

TCM pays far more attention to environmental conditions than Western medicine does. Each of the six pairs of main meridians is particularly vulnerable to a specific weather condition, and specific weather conditions are more likely at certain times of the year. Spring (in the U.S. and China) is the season when wind is the predominate atmospheric condition. The Liver and Gallbladder meridians are most vulnerable to attack by Wind. Early summer is Heat, and the Heart, Small Intestine, Pericardium, and Triple Heater meridians are most vulnerable to attack by Heat. Late summer is Dampness, and the Spleen and Stomach meridians are most vulnerable. Fall is Dryness, and the Lung and Large Intestine meridians are most vulnerable. Winter is the season of Cold, and the Kidney and Bladder meridians are most vulnerable to attack by Cold. These are general comments because the Stomach also is vulnerable to attack by Dryness and the Spleen also is vulnerable to attack by Cold.

Each of the six pairs also is vulnerable to particular emotions. For example, the Liver and Gallbladder meridians are particularly vulnerable to attack by anger. However, the TCM understanding of the Mind-Body (actually the Mind-Body-Emotion-Spirit) connection is far more sophisticated and practical than the Western counterpart. It is recognized that anger can damage the liver and Liver meridian, as can trauma to the liver, infection, toxins, etc. But TCM recognizes that once the damage occurs -regardless of the trigger - that the damage will create anger. It is a snowballing process. For this reason, physical intervention via herbs, acupuncture/acupressure, massage, and/or diet is always called for, and mental/emotional symptoms are always considered as being symptoms of a physical imbalance. Dismissing a patient's problems as "just psychological" is not a part of the TCM system. Neither is merely treating emotional symptoms with psychoactive drugs. Nor just treating any physical symptoms with drugs or herbs. TCM is concerned with identifying and treating causes and restoring balance.

Herbs are classified according to their energy -Hot, Warm, Neutral, Cool, or Cold. According to flavor (Sweet, Bitter, Pungent, Sour, or Salty). According to meridians which the herb has an affinity for. And according to class. For example, using ginger to warm the interior. The healer then considers other things to determine if ginger is the best herb for the individual or if one of the other herbs which warms the interior would be the best or perhaps use both.

Note: Warm herbs can be used with individuals suffering from Heat disorders, *but* the herb with Warm energy must be mixed with herbs with Cool/Cold energy so that the overall balance of the mixture is on the Cool side. Likewise, Cool herbs can be used with people with Cold disorders as long as the overall balance of the mixture is Warm. Very proficient TCM herbalists also know how to mix herbs so that an herb which ordinarily does not target a specific meridian will. Licorice frequently is used for this as it enters all 12 main meridians. It also is used in mixtures to remove energy blocks. For example, taking ginseng -an energy tonic -can make a person sicker if there are energy blocks in the meridians. For this reason, ginseng frequently is decocted with licorice in order to correct both problems at once - the blockage as well as the Qi deficiency.

TCM will speak of an environmental energy (Cold, Heat, Wind, Dampness, Dryness), attacking at the external or internal level. Translated, "attacking externally" usually means the meridian is being affected. "Internal" usually means that the organ has been affected. It also means that enough damage has been done that the body is now creating the Cold, Heat, Wind, Dampness, and/or Dryness. For example, once an attack of Cold goes on long enough and is severe enough, the kidneys are damaged. The kidneys and the Kidney meridian can no longer warm the body. It does not matter what the external temperature is, the person will feel cold and suffer from the symptoms of excess Cold. (Also note that the adrenal glands are part of the Kidney meridian, and at least one adrenal hormone, RHEA, is known in Western medicine to play a significant role in maintaining body temperature. The gap between Western medicine and TCM is not as wide as may first be thought).

External disorders are easier and quicker to treat than internal ones.

Any environmental energy -even Cold -can turn into Toxic Fire if it goes on long enough without treatment. In the TCM system, the common cold is caused by Wind Cold. If the Wind Cold is not adequately treated, the common cold can turn into the Toxic Fire pneumonia. Adequate treatment is a relative term in TCM. It may mean merely going to bed earlier for one individual whereas for another it may mean staying in bed. TCM healers also recognize that Heat and Cold can masquerade as each other. The terms are "False Cold, True Heat" or "False Heat, True Cold." The latter is the more common.

One of the most off-putting things about TCM to people unfamiliar with it is the terminology. TCM terminology is at the same time both more literal and poetic than Western medical terminology as syndromes frequently are named for the environmental energies which trigger them.

TCM syndromes rarely correspond to Western diseases and disorders. The common cold is one that does. So is arthritis. TCM recognizes that not only do Dampness and Cold play roles in arthritis, but Wind does too. Arthritis can be triggered by any of the three or a combination of any of the three. Wind arthritis is characterized by pains that migrate and usually are not as severe as the Dampness and Cold arthritis. The pain of Dampness and Cold arthritis tends to be very deep, very severe, and to stay in one place. Swelling will be seen in Damp arthritis. Arthritis is treated by the class of herbs that counteract rheumatism, herbs to induce perspiration, and herbs to promote blood

circulation. In addition, depending on the cause(s), the arthritis also will be treated by herbs to warm the body or remove cold sensations, herbs to transform Dampness (the aromatic herbs that act on the spleen) or promote urination, and/or herbs to extinguish Wind. (Note: Herbs that transform Dampness or promote urination have to be used very carefully or may even be contraindicated in thin, weak people suffering from Yin Deficiency. The same remarks apply to herbs to warm the body for people with Heat excess. This entire paragraph is highly simplified for beginners).

Environmental energies can combine to cause problems. Wind is the most common environment energy as it can occur all during the year and readily combines with other energies. In Western terminology Wind also includes changes in barometric pressure. Herbs that promote blood circulation also are employed in treating Wind disorders because good circulation is one of the strongest defenses against Wind.

For more introductory information on TCM, see the book *Chinese Herbal Cures* by Henry C. Lu and *Chinese System of Food Cures* by the same author.

For more advanced understanding see *The Foundations of Chinese Medicine* by Giovanni Maciocia (particularly good for diagnosis but geared to acupuncture) and *A Manual of Chinese Herbal Medicine: Principles & Practice for Easy Reference* by Warner J.W. Fan, MD.

#### ARTICLE 4

##### **Statement by Dr. Robert O Young**

There is No Disease.

Disease names like diabetes and osteoporosis are misleading and mis-inform patients about disease prevention.

There is a curious tendency in conventional medicine to name a set of symptoms a disease. I was recently at a compounding pharmacy having my bone mineral density measured to update my health stats. I spotted a poster touting a new drug for osteoporosis. It was written by a drug company and it said exactly this: 'Osteoporosis is a disease that causes weak and fragile bones.' Then, the poster went on to say that you need particular drug to counteract this 'disease.'

Yet the language is all backwards. Osteoporosis isn't a disease that causes weak bones, osteoporosis is the name given to a diagnosis of weak bones. In other words, the weak bones are the result of excess acidity, and then the diagnosis of osteoporosis followed.

The drug poster makes it sound like osteoporosis strikes first, and then you get weak bones. The cause and effect is all backwards. And that's how drug companies want people to think about diseases and symptoms: first you 'get' the disease, and then you are 'diagnosed' just in time to take a new drug for the rest of your life.

But it's all hogwash. There is no such disease as osteoporosis. It's just a made-up name given to a pattern of symptoms that indicate you are over-acid which causes your bones to get fragile.

As another example, when a person follows an unhealthy lifestyle that results in a symptom such as high blood pressure, that symptom is actually being assumed to be a disease all by itself and it will be given a disease name. What disease? The disease is, of course, 'high blood pressure.' Doctors throw this phrase around as if it were an actual disease and not merely descriptive of patient physiology.

This may all seem silly, right? But there's actually a very important point to all this.

When we look at symptoms and give them disease names, we automatically distort the selection of available treatments for such a disease. If the disease is, by itself, high cholesterol, then the cure for the disease must be nothing other than lowering the high cholesterol. And that's how we end up with all these pharmaceuticals treating high cholesterol in order to 'prevent' this disease and lower the levels of LDL cholesterol in the human patient.

By lowering only the cholesterol, the doctor can rest assured that he is, in fact, treating this 'disease,' since the definition of this 'disease' is high cholesterol and nothing else. But there is a fatal flaw in this approach to disease treatment: the symptom is not the cause of the disease. There is another cause, and *this deeper cause is routinely ignored by conventional medicine, doctors, drug companies, and even patients.*

Let's take a closer look at high blood pressure. What actually causes high blood pressure? Many doctors would say high blood pressure is caused by a specific, measurable interaction between circulating chemicals in the human body. Thus, the ill-behaved chemical compounds are the cause of the high blood pressure, and therefore the solution is to regulate these chemicals. That's exactly what pharmaceuticals do -- they attempt to manipulate the chemicals in the body to adjust the symptoms of high blood pressure. Thus, they only treat the symptoms, not the root cause.

Or take a look at high cholesterol. The conventional medicine approach says that high cholesterol is caused by a chemical imbalance in the liver, which is the organ that produces cholesterol. Thus the treatment for high cholesterol is a prescription drug that inhibits the liver's production of cholesterol (statin drugs). Upon taking these drugs, the high cholesterol (the 'disease') is regulated, but what was causing the liver to overproduce cholesterol in the first place? That causative factor remains ignored.

The root cause of high cholesterol, as it turns out, is primarily an over-acidic diet. A person who eats foods that are acidic will inevitably cause the body to go into preservation mode and produce more cholesterol to neutralize the excess acid thus showing the symptoms of this so-called disease of high cholesterol. It's simple cause and effect. Eat the wrong foods, and you'll produce too much acid which will cause the body to release cholesterol from the liver to bind up that acid which can be detected and diagnosed by conventional medical procedures.

You see it is not the cholesterol that is bad it is the acid producing food we eat that is bad. Reduce the acid producing foods like beef, chicken, pork, dairy, coffee, tea, soda pops, etc and you will reduce the protective cholesterol that is saving your life from excess acid foods.

Yet the root cause of all this is actually poor food choice, not some bizarre behavior by the liver. If the disease were to be accurately named, then, it would be called Acidic Food Choice Disease, or simply AFCD.

AFCD would be a far more accurate name that would make sense to people. If it's an acidic foods choice disease, then it seems that the obvious

solution to the disease would be to choose foods that aren't so acidic. Of course that may be a bit of simplification since you have to distinguish between healthy alkaline foods and unhealthy acidic foods. But at least the name AFCD gives patients a better idea of what's actually going on rather than naming the disease after a symptom, such as high cholesterol. You see, the symptom is not the disease, but conventional medicine insists on calling the symptom the disease because that way it can treat the symptom and claim success without actually addressing the underlying cause, which remains a mystery to modern medicine.

But let's move on to some other diseases so you get a clearer picture of how this actually works. Another disease that's caused by poor acidic food choice is diabetes. Type 2 diabetes is the natural physiological and metabolic result of a person consuming refined carbohydrates and added sugars in large quantities, undigested proteins from beef, chicken, and pork without engaging in regular physical exercise that would compensate for such dietary practices.

The name 'diabetes' is meaningless to the average person. The disease should be called Excessive Acid Disease, or EAD. If it were called Excessive Acid Disease, the solution to it would be rather apparent; simply eat less sugar, eliminate all animal proteins, eggs, dairy, drink fewer soft drinks and so on. But of course that would be far too simple for the medical community, so the disease must be given a complex name such as diabetes that puts its solution out of reach of the average patient.

Another disease that is named after its symptom is cancer. In fact, to this day, most doctors and many patients still believe that cancer is a physical thing: a tumor. In reality, a tumor is the solution of cancer, not its cause. A tumor is simply a physical manifestation of bound up acidic cells so they do not spoil other healthy cells. The tumor is the solution to cells damaged by acids not the problem. The truth is cancer is not a cell but an acidic liquid. When a person 'has cancer,' what they really have is a latent tissue acidosis. They are absorbing their own acidic urine. It that would be a far better name for the disease: Latent Tissue Acidosis or LTA.

If cancer were actually called Latent Tissue Acidosis, it would seem ridiculous to try to cure cancer by cutting out tumors through surgery and by destroying the immune system with chemotherapy. And yet these are precisely the most popular treatments for cancer offered by conventional medicine. These treatments do absolutely nothing to support the

patient's immune system and prevent the build up of acids in the tissues. That's exactly why most people who undergo chemotherapy or the removal of tumors through surgical procedures end up with yet more cancer a few months or a few years later. It's also another reason why survival rates of cancer have barely budged over the last twenty years. (In other words, conventional medicine's treatments for cancer simply don't work.)

The main reason is current medical science wrongly perceives cancer as a cell when in reality cancer is an acidic liquid, like lactic acid.

This whole situation stems from the fact that the disease is misnamed. It isn't cancer, it isn't a tumor and it certainly isn't a disease caused by having too strong of an immune system that needs to be destroyed through chemotherapy. It is simply latent tissue acidosis. And if it were called latent tissue acidosis disease or urine in the tissues, the effective treatment for cancer would be apparent.

There are many other diseases that are given misleading names by western medicine. But if you look around the world and take a look at how diseases are named elsewhere, you will find many countries have disease names that actually make sense.

For example, in Chinese medicine, Alzheimer's disease is given a name that means, when translated, 'feeble mind disease.' In Chinese medicine, the name of the disease more accurately describes the actual cause of the disease which is caused by acids or urine on the brain, whereas in western medicine, the name of the disease seems to be intended to obscure the root cause of the disease, thereby making all diseases sound far more complex and mysterious than they really are.

This is one way in which doctors and practitioners of western medicine keep medical treatments out of the reach of the average citizen. Because, by God, they sure don't want people thinking for themselves about the causes of disease!

By creating a whole new vocabulary for medical conditions, they can speak their own secret language and make sure that people who aren't schooled in medicine don't understand what they're saying.

That's a shame, because the treatments and cures for virtually all chronic diseases are actually quite simple and can be described in plain language, such as making different alkaline food choices, getting more natural sunlight, drinking more alkaline water, engaging in regular physical exercise, avoiding specific acidic foods, supplementing your diet with green foods and green drinks and alkalizing nutritional supplements and so on.

See, western medicine prefers to describe diseases in terms of chemistry. When you're depressed, you aren't suffering from a lack of natural sunlight; you are suffering from a 'brain chemistry imbalance' that can only be regulated, they claim, by ingesting toxic chemicals to alter your brain chemistry. When your bones are brittle, it's not acidic brittle bones disease; it's called osteoporosis, something that sounds very technical and complicated. And to treat it, western doctors and physicians will give you prescriptions for expensive drugs that somehow claim to make your bones less brittle. But in fact, the real treatment for this can be described in plain language once again: regular physical exercise, vitamin D supplementation, mineral supplements that include calcium and

strontium, natural sunlight, and avoidance of acidic foods such as soft drinks, white flour and added sugars.

In fact, virtually every disease that's prominent in modern society --diabetes, cancer, heart disease, osteoporosis, clinical depression, irritable bowel syndrome and so on --can be easily described in plain language without using complex terms at all. These diseases are simply misnamed. And I believe that they are intentionally misnamed to put the jargon out of reach of everyday citizens. As a result, there's a great deal of arrogance in the language of western medicine, and this arrogance furthers the language of separation. Separation never results in healing. In order to effect healing, we must bring together the language of healers and patients using plain language that real people understand and that real people can act upon.

We need to start describing diseases in terms of their root causes, not in terms of their arcane, biochemical actions. When someone suffers from seasonal affective disorder or clinical depression, for example, let's call it what it is: Sunlight Deficiency Disorder.

To treat it, the person simply needs to get more sunlight. This isn't rocket science, it's not complex, and it doesn't require a prescription.

If someone is suffering from osteoporosis, let's get realistic about the words we use to describe the condition: it's really Acidic Bones Disease. And it should be treated with things that will enhance bone density, such as nutrition, physical exercise and avoidance of acidic foods and drinks that strip away bone mass from the human body to neutralize the excess acids in the blood and tissues.

All of this information, of course, is rather shocking to old-school doctors and practitioners of western medicine, and the bigger their egos are, the more they hate the idea of naming diseases in plain language that patients can actually comprehend. That's because if the simple truths about diseases and their causes were known, health would be more readily available to everyday people, and that would lessen the importance of physicians and medical researchers.

There's a great deal of ego invested in the medical community, and they sure don't want to make sound health attainable to the average person without their expert advice. Doctors all want to serve as the translators of 'truth' and will balk at any attempts to educate the public to either practice medicine on their own. But in reality, health (and a connection with spirit) is attainable by every single person. Health is easy, it is straightforward, it is direct and, for the most part, it is available free of charge.

A personal connection with our Creator is the same if we ask humbly in prayer for a relationship with Him, and guidance. Don't believe the names of diseases given to you by your doctor. Those names are designed to obscure, not to inform. They are designed to separate you from self-healing, not to put you in touch with your own inner healer. And thus, they are nothing more than bad medicine masquerading as modern medical practice.

In Love and Light

- Dr. Robert O. Young

## ARTICLE 5

### **What Milk is the Right Milk For Children?**

The article: “What milk to feed a newborn baby?” by Professor J. Lestradet, published in the scientific journal, *Journal of Nutrition and Diet* (Cahiers de nutrition et de diététique), March 1982, stated: “Any kind of milk other than mother’s milk, used in an unaltered state, will cause major disruptions. Differences between types of milk are fundamental.

As a matter of fact, there is twice as much lactose in human milk as in cow’s milk, and it is known that lactose is vital for brain growth, which is twice as quick in a baby as in a calf. There is an overload of protein in cow’s milk, which contains three times as much protein as human milk. It is to be noted that the liver and kidneys of a bottle-fed child are 30% larger than the very same organs in a breast-fed child.

Cow’s milk doesn’t address calcium absorption better than human milk, although it contains three times as much calcium. Cow’s milk contains five times as much phosphate as human milk, and this causes two-thirds of the calcium to be retained in the gut --the result being that a bottle-fed child tends to have low blood calcium.

Using partly skimmed spray-dried milk, one is going the other way and setting up an iron deficiency in the newborn, which is, additionally, worsened since cow’s milk protein irritates the digestive tract and causes microscopic bleeding.

As for salt (which cow’s milk is three times as high in), it is known to cause water retention and high blood pressure. There are grounds for thinking that starting a child out on too much salt could well account for some cases of adult high blood pressure.”

## ARTICLE 6

### **Nick on Emotional Freedom Technique:**

There is a very simple technique I once learned that has helped hundreds of folks on their way to health. It requires tapping certain meridian points very lightly whilst at the same time saying an affirmation of self-love and acceptance. Self love and acceptance is one of the most deeply healing attitudes we can invest our energy into. It creates a circuit that is essential to the success of any healing journey. Without self-love and acceptance we simply cannot make it all the way.

This technique should be applied to any situation that keeps repeating itself and causing sorrow. Simply identify the problem, take full responsibility and use the following affirmation whilst tapping lightly around the eyes and temples. There are other tapping points as well. Try tapping the heart center. From my experience I have witnessed individuals take great benefit from this process without accurately hitting the key points. I conclude that the points are less important than the verbalization of the thought and the intention behind the activity. Do a Google search on EFT and find a practitioner near you. Sometimes, this technique is touted as a miracle cure and the practitioners charge extortionate rates for imparting the knowledge. I wonder what Jesus would have been charging on the same sliding scale? Don’t be fooled: there are no miracle cures, but there are miracle tools which help us to take off disease in layers, and this is one of them.

So EFT goes like this: Imagine you have an addiction to food, alcohol or both, perhaps it is smoking. As with most repetitive behavior that causes us sorrow, we can end up hating ourselves for doing it. The medicine for this situation is EFT and it goes like this: “Even though *I am obsessed with food* I deeply and completely love and accept myself as I am.”

That’s it. So simple. Repeat it over and over whilst tapping away and feel what happens.

## Magnetic Resonance Therapy

I highly recommend MRS Therapy. The significance of healthy harmonic electro magnetic resonance is becoming increasingly clear as we understand more the connection between cellular health and consciousness. In my experience the MRS system is a great way to re-establish holistic harmony FAST.

MRS Therapy compliments all other forms of therapy including Nutrition, herbal medicine, osteopathy and acupuncture

The MRS 4000 is the very latest in Magnetic Field Therapy and works through producing a pulsed electro magnetic field which has a positive effect on every cell of your body. By optimising the uptake of oxygen and nutrients into the cell and enhancing the excretion of acid waste products, energy production becomes more efficient.



### Scope of Magnetic Resonance Therapy

Magnetic Resonance Therapy is designed to help healthy people to regain energies dispersed by the continuous stress of modern life and electromagnetic smog pollution from the plethora of electrical devices we are constantly exposed to.

It is also very useful for people who practise sports because it prepares the body, in a quick and optimal way, for physical stress and consequently allows for a rapid recovery of energy after the exercise.

Finally it has an action which enhances physical and mental relaxation, therefore preparing the body for a beneficial refreshing sleep.



Excellent results have been achieved in the field of medicine for the following indications:

#### I. Psyche

It acts on the neuro-vegetative system with the subsequent anti- stress effects

#### II. Metabolism

Stimulation of digestion and increased bowel peristalsis  
Stimulation of body detoxification  
Normalisation of metabolism, fatty acids and cholesterol  
Regulation of blood sugar in the diabetic patient  
Improved cell and tissue oxygenation

#### III. Blood supply

Treatment of burger disease (smoker arteriopathy)  
Treatment of Reynaud disease  
Treatment of ulcus cruris and gangrene  
Haematoma and oedema reduction  
Treatment of phelbocholosis and phlebocholosic ulcers  
Prevention and improvement of thrombosis  
Stabilisation of blood pressure  
Treatment of musculo-tensive headaches and other certain types of headache and migraine

#### IV. Cell and tissue regeneration

Healing of bedsores  
Stimulation of bone callus formation in case of fractures  
Treatment of degenerative osteo-articular diseases (Sudeck and Bechtereu diseases)  
Treatment of pseudo-arthritis  
Treatment of osteosyntheses

Stimulation of bone callus formation in delayed fracture consolidation  
Treatment and stabilisation of endoprothesis  
Treatment of chemically induced phlebitis and neuritis  
Treatment of events of traumatic origin

#### V. Skin diseases

Treatment of atrophic skin diseases  
Treatment of psoriasis

#### VI. Immune activity

Activation of immune cells (macrophages)  
Stimulation of immune defences (immunocompetant T lymphocytes)

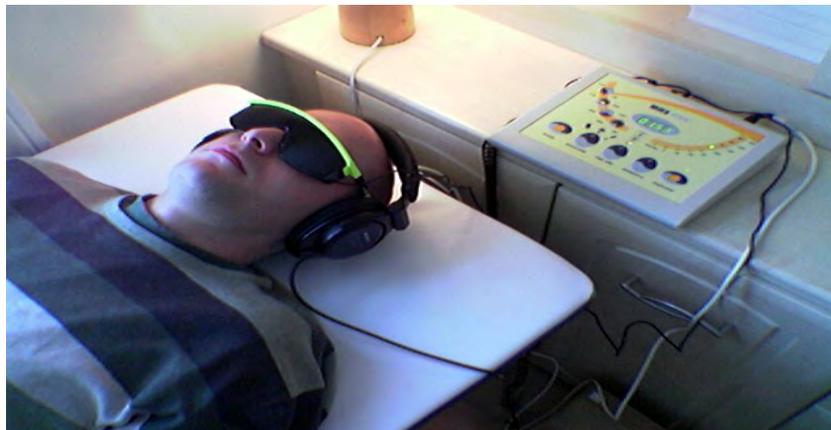
#### VII. General effects

Optimisation of organic homeostasis by optimising cellular metabolism  
Desaturation of the body polluted by “electromagnetic smog”

The equipment consists of a control box, which emits certain pre-set biologically active frequencies. The strength of the magnetic field to be produced is selected by means of a control panel.

The machine is supplied with three accessories, each with different functions. One accessory consists of a mat containing three pairs of coils, which are placed on a level with the lower limbs, the lumbosacral region and the scapular region for treatment of the entire body. Another accessory consists of a pad containing two coils for more localised treatment. The final piece is a probe which is very useful for spot treatment around teeth, ears and excellent for sinus congestions and stuffy noses.

This Deluxe model comes with [sound and Light system specifically designed to](#) improve relaxation and balance brain wave activity, producing alertness and energy when used in the morning and relaxation, balance and sleep in the evening.



An absolute essential for anyone interested in maintaining optimum balance and peak performance.

Highly recommended and complimentary to all other forms of treatment

To purchase please telephone number below or email.

The MRS 4000 comes complete with Sound and Light system and probe

The price is £2250 which includes vat and delivery

Systems are delivered direct by UPS and take 3-5 days for mainland UK and 7-10 days for international

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## RESOURCES

### Natural Supplements and Suppliers

(Most or all of these products are available in the U.S. from [www.ultimatesuperfoods.com](http://www.ultimatesuperfoods.com))

In the U.K. the following links should serve well:

Bee Pollen -[www.tree-harvest.com](http://www.tree-harvest.com) OR [www.oftheearth.co.uk](http://www.oftheearth.co.uk)

Maca Root Powder -[www.fresh-network.com](http://www.fresh-network.com) OR [iridology@thenaturalcentre.com](mailto:iridology@thenaturalcentre.com) or

Raw Cacao Chocolate- [www.fresh-network.com](http://www.fresh-network.com) OR [www.oftheearth.co.uk](http://www.oftheearth.co.uk)

Mesquite Powder- [www.naturesfirstlaw.com](http://www.naturesfirstlaw.com)

Spirulina (especially blue/green)- [iridology@thenaturalcentre.com](mailto:iridology@thenaturalcentre.com)

Chlorella- [iridology@thenaturalcentre.com](mailto:iridology@thenaturalcentre.com)

Groovy Food Bendy Oil- [www.groovyfood.co.uk](http://www.groovyfood.co.uk)

Hemp Powder- contact [anthonyfgb@btopenworld.com](mailto:anthonyfgb@btopenworld.com) for an excellent value for money supply.

Vitalzym- [www.fresh-network.com](http://www.fresh-network.com)

Chia Seed- [www.sunorganic.com](http://www.sunorganic.com) OR [www.oftheearth.co.uk](http://www.oftheearth.co.uk)

Chinese Herbs- [www.dragonherbs.com](http://www.dragonherbs.com)

Herbal Dietary Fiber-is distributed by Aim International. Also available in the UK from Mrs. Calcott on 01905451931

### Recommended Books

*Secrets of Native American Herbal Remedies* by Anthony J. Cichoke ISBN: 1 58333 100X

Any book Dr. Joseph Murphy, particularly *How To Use the Sub-conscious Mind Beyond 2012*

*The Gospel of Peace of Jesus Christ* by Geoff Stray

*Heal Thyself* by Dr. Edward Bach ISBN 085207 3011

*The P.H. Miracle* by Dr. Robert O. Young

*The Miracle of Fasting* by Paul Bragg ISBN 0 87790 036 1

Any book by David Wolfe especially *The Sunfood Diet Success System*

*Conscious Eating* by Gabriel Cousens

*Healing with Whole Foods* by Paul Pitchford (especially if you are transitioning from a meat-based diet through mostly cooked grains to plant based nutrition)

*Eating Without Heating* by the Boutenko family

*Alkalize or Die*, 1991 by Dr. Theodore A. Barrody

Natures First Law Reading List:

*Eat Right For Your Type* by D'Adamo ISBN 0 7126 7716 X (Interesting but not the Gospel)

*Your Body's Many Cries for Water* by F. Batmanghelidj ISBN 1 903571 49 9

*Water and Salt* by Peter Ferrera

*The Mucusless Diet Healing System* by Arnold Ehret

*The Tao of Sex, Health and Longevity* by Daniel Reid

All publications issued by The Brahma Kumari organization, particularly the works of Dadi Janki

*The Message of Water* by Dr. Masuro Emoto

*Healing with Wholefoods* by Paul Pitchford ISBN 1 55643 220 8

*What You Can Feel You can Heal* by John Gray ISBN 0 091884 49 7

*Infinite Love is the Only Truth, Everything Else is Illusion* by David Icke ISBN: 0 9538810 67 (available from Bridge of Love publications)

*Unlimited Power* by Anthony Robbins ISBN 0671 69976 8

*Handbook For The New Paradigm* by EMBRACING THE RAINBOW and Benevolent Energies ISBN 1 893157 04 0

*Nothing Better Than Death* (downloadable free e-book) by Kevin Mitchell

*The Spiritual Athlete* by Ray Berry ISBN: 0963083902

*Jonathon Livingstone Seagull and Illusions* by Richard Bach

*Instant Raw Sensations* by Frederic Patenaude ([www.fredericpatenaude.com](http://www.fredericpatenaude.com))

I also recommend all the work by Dr. Weston Price Foundation.

**Equipment (In USA all available through [www.rawfood.com](http://www.rawfood.com))**

Juicing machine: There are many types of machine available. The most expensive are not necessarily the best choice for starting up on your venture. If you buy a centrifugal juicer

which are the cheapest option it is worth investing in a slightly more robust model. Try to get the one with a wide chute large enough to take a whole apple. They have a strong metal clip that clamps the whole thing together. The make we use is a Breville 850watt

Blender: (again, go for the bigger one, minimum 700-watt motor. Ours is Kenwood Pro and it's good enough).

Enema kits: Can be found at most pharmacies.

Rebounders: Available through The Wholistic Research Company-[info@wholisticresearch.com](mailto:info@wholisticresearch.com).

Water Distiller: [Wholistic Research Company-info@wholisticresearch.com](mailto:Wholistic Research Company-info@wholisticresearch.com)

### **Other Websites:**

Cancer Research:

[www.cancer-breakthrough.com](http://www.cancer-breakthrough.com)

[www.curezone.com](http://www.curezone.com)

Natural Cellular Defense:

<http://www.mywaiora.com/336070>

13-Moon Calendar:

[www.tortuga.com](http://www.tortuga.com)

[www.diagnosis2012.co.uk](http://www.diagnosis2012.co.uk)

[www.skyscript.co.uk/moonheath.html](http://www.skyscript.co.uk/moonheath.html)

[www.ascension2000.com](http://www.ascension2000.com)

### **Film**

*What The Bleep Do We Know Anyway* -released in 2005 and presented the quantum science perspective on reality in a very entertaining and educational format. The movie is available on DVD and a book full of quotes from the film can be found at the web address.

*The Immune System* (Albert E. Carter)

### **Audio CD**

*The Isaiah Effect*

*The Lost Mode of Prayer*

*Beyond Zero Point*

\*All three are Greg Braden

This document was put together by me, Nick Good. I am available for talks, seminars, workshops, consultancy and retreats. I specialize in one-on-one personal training. If you are really up for the adventure of Self discovery I highly recommend my Success Ultra Now experience. I can be contacted directly at [www.successultranow.com](http://www.successultranow.com).

The main thing to realize is that spirituality is the basis of health. By educating oneself through literature that enlightens us, we raise our consciousness and this has an immediate impact upon our cellular structure and also the collective consciousness of humanity. As we evolve in this process we become more at-one with life and are able to nourish ourselves directly through a loving symbiosis that automatically places less emphasis on the need for dense material food and wisdom translated into words.

*“There are more things in heaven and earth Horatio than are dreamed of in all your philosophies.”*

~William Shakespeare