

A surreal painting by Darryl D'Souza. The central focus is a glowing, golden path that leads upwards towards a circular view of the Earth. This path is held up by two large, blue, translucent hands that appear to be supporting it. To the left, a vibrant rainbow arches across the scene, with several white swans flying nearby. In the distance, a group of people is seen walking along the path. The background is a complex, textured composition of various elements, including what looks like a forest or a dense thicket of branches and leaves, and a dark, starry sky with some celestial bodies. The overall mood is one of hope and a call to action.

*Become Healthy
or...
Extinct!*

Darryl D'Souza

Become Healthy or... Extinct!

In pursuit of symbiosis with Mother Earth

*A book on health, nutrition and metaphysics of the human body
that teaches how to cure chronic illness without the help of medicines*

Written by

Darryl D'Souza



First Edition: 11th November 2011

Second Edition: 21st February 2012

Preface

What is the most valuable thing in the world today?

Riches, Assets or Resources?

Food, Water, or Electricity?

People, Technology or Information?

Leaving all the above aside, some say it is peace of mind, perhaps because that is becoming rarer by the day. We always tend to value something more when it starts slipping away from our hands.

There are a growing number of people who say it is health, because if you do not have health, none of the above matters to any great extent in your life. If you are not healthy, then you have to spend a lot of time as well as money to fix your health. You have to subject your body to medicines, regular exercise and a special diet. As you get busy doing all of this, you lose the time, the energy and the opportunities to do other things, like work, making money, spending time with your family and friends, recreation, travelling, entertaining yourself and expressing yourself artistically. But if you are healthy and have vibrant energy every day of your life, then you can draw on these two resources to get all your needs fulfilled to your satisfaction. So yes, health is a very important aspect of life that should always be of prime importance no matter what the externalities. If you let your health go down the drain, there may come a time when you will have to struggle every day of your life to remain healthy and that is when many other things won't matter.

With so many changes happening in the world today, we see a slow and steady decline in the quantity as well as quality of many of our natural resources like food, water and the environment, which are in turn dragging down our states of health, at a faster rate than what we can cope with.

The title of this book, "Become Healthy or... Extinct" may appear a bit radical at first, but its reality will slowly dawn on your awareness once you are halfway through this book.

Let us take a brief look at the average health of people across the world today and see where it is headed. Till about a century ago, chronic illness (an indicator of the diseased state of the human being) was not a common occurrence till the age of 50 years. But if you look at averages in the world today (2012), you will see that chronic illness has started manifesting even at the age of 35 years. In some cultures that follow unhealthy lifestyles, chronic illnesses like obesity, hormonal imbalance, indigestion, gastric problems, blood impurities, allergies, asthma, sinusitis, skin problems, migraines, eye problems, thyroid problems, lung problems, diabetes, vitamin deficiency and autoimmune disorders have started manifesting at the age of 25 years itself. So from a state of good health up till 50 years of age, a century back, we can barely manage vibrant and good health till the age of 25 years now.

If it took 100 years to manifest chronic illness 25 years earlier in life, could we in another 100 years have chronic illness at birth itself? Can you figure out what are the survival rates of a baby born with the illnesses that are listed above? If that is not alarming enough, let us take a more realistic view of the situation. The linear rate of this degradation of the human body has in fact, become exponential in the last 15 years. If you are truly aware of the present rate at which all of our sources of food, water and environment are getting contaminated, and the way chronic illness is getting a hold of our younger populations, you will begin to see that chronic illness at birth itself will be the norm for every child within the next 20 years!

Would this not mean that in another 20 years every mother would be faced with a grim choice of whether she can really afford to have a child or not? Bringing up a child who has incurable or chronic illness right from birth is a very extended, trying and exhausting experience. Those who have gone through the ordeal, wish it for no one else.

This scenario will mark the beginning of the extinction phase of the human race, because an increasing number of people will choose not to have any children at that time. Human life would not be worth it, so as to say. If you feel like passing this off as just a theory right now, know that your inaction with every passing year will only make it more real.

Do you think that the medical and healthcare system is capable of reversing this trend? Well, they have been on this job since decades, but do you see it getting done?

Well, maybe it is getting done for a select few, but is it getting done for you and your family?

Are you still going to keep the future of your survival in someone else's hands?

If your prompt answer is "Yes, because I do not know what else to do", then you better read every page of this book, because this choice of yours is a road travelled by many, that invariably reached a dead end!

What do you think you have more power over?

Enforcing quick changes in the present system of bad food, bad water and bad environment?

Or the daily choices that you make for yourself?

The latter I presume, because even the most powerful individuals on this planet cannot effect quick changes in the quality of resources just by their own personal will. Even if we all put in efforts, it takes years for entire systems to change. Do you think you have such time at hand?

What you really do have, is the power to make daily choices that will develop your own body's immunity that will in turn fight its degradation caused by the external factors that are not under your control. This is a capacity that you can develop within a few months itself. The reason I have written this book, is to give you the working knowledge and power to build that capacity.

Of course, changing the system for the better is what we must all constantly work towards, but it takes time and a lot of people and a lot of power to do so. Leave aside the "how" of this aspect for a while now; because by the time you complete reading this book, you will have clarity on how to go about it.

The scary possibility of becoming extinct will certainly not be there for some people on the planet today, who have found ways of being in the best of health, effortlessly. They are the ones who know how to prevent the degradation of their bodies, and most of them are able to remain perfectly healthy till 50 years of age. They even think that they will live in good health till about 100 years and may even see the ripe old age of 150. I count myself in this club, and I hope you are tempted to come join it too. There are a lot of interesting things that you can do in a 150 years. But you will only discover those things once 150 seems real to you and you start living it.

The truth is that the human body was designed to be in a growth phase till the age of 50 years, and so also, perfectly healthy with no signs of aging till this time. Now this may certainly be news to you, if you have long held the wrong notion that the human body has a growth phase that lasts for about 25 years, followed by a plateau phase till about 40 years of age, after which a phase of decline is imminent. Further on in this book, I have explained why human growth is not complete till the age of 50 years. But much before we come to that section, I will start teaching you how to become healthier with each passing day of your life, and that, I am sure, is something you want to start understanding right away!

INDEX

How I came to write this book.....	6
An introduction to this book.....	8
A Reality Check.....	10
Causes of Chronic Illness and Disease	13
The Human Body	18
Laws of Nature	24
The right balance of Food	32
Living Food.....	39
Cooking.....	41
Acidity and Alkalinity.....	43
Acidic-Alkaline Foods Chart	46
Juicing	50
Free Radicals and Antioxidants.....	54
Digestion.....	58
Laws of the Human Body	62
Food Combination	65
Eat right for your Constitution.....	68
Common Foods that ruin our Health.....	70
Organic Food.....	85
Antibiotics	86
Probiotics	87
Supplements	89
Healthy Choices	91
Metaphysics of The Human Body.....	93
The Natural Health Therapy	104
Exercise for Good Health	107
Your Body is Unique.....	109
Going Vegetarian	110
The Healing Therapies.....	112
The 5 Elements Therapy.....	112
Mind over Matter	124
Cleanse Therapy	128
Acupressure	139
Acupressure Hand Charts.....	144
Acupressure Treatments.....	152
Foot Reflexology	166
Reverse Aging	167
Cancer.....	169
Summary.....	176
Author's Note:	179
Author's Favourite Quotes:.....	180

How I came to write this book

Although an engineer by profession, I was drawn into the world of medicine, alternative health therapy and metaphysics of the human body by a series of illnesses and experiences in my life, which started with a near fatal attack of Pneumonia when I was 20 years old. That was followed up 2 years later with a severe attack of Amoebiasis from drinking mountain water. At that time, I was studying to become an engineer and living away from home, constantly eating either street side food or very spicy food that was the tradition of the city I lived in, Pune in India.

I never really recovered from the Amoebiasis even though doctors treated me quite often with Allopathic and Ayurvedic medicines whenever I got diarrhoea. They did of course advise me to get on a healthier diet, but I simply could not manage it, being away from home. So my health got worse and within a few years I was diagnosed with Amoebic Colitis. Colitis really got me hitting the panic button and that kick started my very serious search for a cure in the world of conventional medicine as well as alternative therapy. This downward shift in my health was also marked by the sudden appearance of a skin allergy that defied diagnosis even by several highly acclaimed doctors in India as well as overseas. I was eventually put on Allopathy to suppress the skin allergy.

Though the colitis came under control after a few years, with a lot of effort, the allergy kept getting worse with each passing month even though I was on regular medication. It would manifest as an intense skin itching all over my body that used to get so bad, that I would end up scratching off my skin. No doctor could diagnose my illness or even stop it from getting worse; so forget the talk of a cure. The continuous medication made me very drowsy, and my failing performance at work prompted me to give it up and just sit at home doing nothing. I began to have difficulty wearing even clothes and footwear, since their friction would irritate my skin severely. After every meal I even had to scratch my gums and grind my teeth to soothe my gum irritation. The year was 2004 and I was so fed up of my state, that I began planning my suicide. Such was my intense trauma.

It was in this desperate state of mind that I tried Acupressure as a treatment from a gentleman, an engineer, Ashvin Dalal in Mumbai. Of course, I thought it was a complete joke that pressing some points on the body could achieve things that the best systems of medicines could not, but I had nothing to lose and was still determined to live. Though sceptical, I did the treatment on myself daily, and was quite surprised to see signs of remission within two weeks. I obviously did not believe it at first and just continued the treatment diligently. To my utter amazement, my illness completely reversed within 6 months flat! Now that was a total shock for me, especially because here I was fighting an illness that had no known cause and no known remedy, but this amazing system of treatment just cured me, and what's more, it happened with no medication whatsoever!!

This became a very powerful realization for me that made me learn the system quickly and teach it to others as well, mainly to those suffering from chronic health problems.

All through the previous 12 years of my life, at various stages of my illnesses, I was treated by some of the best doctors in India and overseas, who used Allopathy, Homeopathy, Ayurveda, body creams and lotions, intravenous drug treatments and nature cures. Even though I made sure that I gave every system almost 2 years to work on me, none of them helped at all. I even tried prayers and energy healing treatments, but it seemed like miracles were just meant for others.

Those 12 years of my life were filled with the real education about health and the working of the human body. It taught me about healthy living, why the human body deviates from health and most importantly, why modern medicines do not work! This prompted my further learning of the laws of nature, the laws of the human body and the study of natural health systems and natural curative substances, all of which, worked!

With experience, I understood that Acupressure by itself could not cure all illnesses, so from all my learnings, I put together certain components of natural healing that I knew worked. I called this 'The Natural Health Therapy', which is the system that I bring to you in this book. In my experience, it is one of the most powerful systems of physical healing on the planet! If you make the effort to understand it and practise it diligently, I'm sure you will have the same opinion in time.

My truth is, that ever since I started using The Natural Health Therapy in 2005, all my maladies vanished completely! I have not fallen sick for even a single day since then and I have neither needed to take even a single medicine, nor have I needed to visit a doctor.

So what am I actually saying here?

I am saying that I cured my sickly body that suffered for over a decade from Amoebiasis, Colitis, Dysentery, Constipation, Indigestion, Acidity, Irritable Bowel Syndrome, Allergies, Skin Disorders, Internal Heat, Internal Toxicity, Systemic Candidiasis and a gut system that was so inflamed, that it caused 3rd degree Piles that had to be removed by surgery, and I have brought my body to a state where I have not been sick for even a single day in the last 7 years!

I did have one side effect from using this system though – It reversed my biological age by about 20 years! If you find this outcome truly amazing and wish to have similar results in your life, then this is the book for you. If you happen to find me online, take a look at my photo album 'Reverse Aging' that shows me aging over 15 years and then reversing all of it in the next 7 years.

If you have never really suffered from prolonged illness, your immune system will be in good condition and it will definitely be easier for you to maintain good health and fitness as well as slow down your aging process. But it is quite another thing to achieve the vibrant state of health that I have, especially from the state that I started off 7 years ago, which is what most people, who know my journey, have called impossible! That is why I am so confident that what I am teaching in this book will do wonders for you as well.

You may find some of my teachings in this book simply out of this world, which is a right metaphor to use, since those teachings are being presented for the first time. They come from metaphysical experiences that I had in 2004, when I turned my back on death and walked towards life and wellness once again.

Even if you are absolutely healthy and think that you do not have any need to read this book, do pass it on to someone else who wants to be healthy. This e-book is free, because there is no price that you can pay for what you will gain from reading it.

As a healthy precaution for your eyes, I advise you to print out this book for diligent reading. It may turn out be a book that you will want to reference quite often and share with others too. This is why I have kept this version a convenient A4 size meant for home printing. You have my permission to print this e-book for yourself, or others, or even distribute it or advertise it wherever you like.

This free e-book is downloadable at www.becomehealthyorextinct.com

Darryl D'Souza 21st February 2012

Disclaimer: All the information and ideas expressed in this book are my own understandings from over 21 years of research and experience of the laws of nature, the laws of the human body, my experiences of which conventional health practices and systems of treatment of illnesses worked for me and which did not, in the process of my recovery from an incurable near death state to a vibrant state of health that I've been in since the last seven years.

Any action that you will take based on learnings from this book will be, because you understand the implications of those actions and you take complete responsibility for them yourself and place no liability on me whatsoever. If you cannot agree to these terms, please do not act on any information herein. No part of this book is to be construed as medical advice. If you have an illness that needs medical attention, please engage the services of a qualified medical practitioner.

An introduction to this book

I have written this book at a level of understanding that I call macrocosmic functional knowledge, because it will serve the purpose and the people it is written for. Macrocosmic, as in, a macro view of everything around you that can be perceived by normal human senses. Functional knowledge is simply the knowledge of how various aspects of nature and the human body function with relation to each other. Macrocosmic functional knowledge becomes a necessary way for you to grasp various understandings, because they exist at the level of your direct perception, which you can verify by simple experience. It is not like a microcosmic system, where you cannot see or verify facts because the details are too tiny for your normal sensory perception.

If you are presented with some microscopic details, can you verify them without any help and say, "I know" or "I understand"? Do you have a microscope and the training to use it? Do you also have the knowledge of microscopic systems to use in your verification? Well, if you do not, then you will just have to entrust your perceptions to others who have the microcosmic tools and skills, and then, you can only hope that they will tell you the truth about what they observe. Furthermore, they must be able to correctly interpret what they see microscopically, before they explain it in some meaningful way to you.

The problem we face in the world today with regards to microscopic knowledge of the workings of the human body and its nutrition, is that, even the experts who use this level of study, do not have all the facts right because the human body is an organism simply too complex for even them. So with what certainty can they assure you that what they are saying about the human body and its nutrition is right? Over the last 20 years, we have had so many microscopic 'facts' corrected and re-corrected and we still have a lot of conflicting data that needs to be sorted out. This is because we humans have not yet evolved to a level where we can completely understand the microscopic workings of the human body. So till the time that we have that complete knowledge, is it right that we use half knowledge to make decisions involving health and disease or life and death? Certainly not, but that is a choice our 'experts' have made for us.

One reason why we do not have the control of our health in our hands is because we are made to think that it requires too much information at a microscopic level, that we cannot analyze, to understand how health and nutrition works, with the result that we give it all up to the 'experts'.

Truth reflects at all levels of the cosmos. As above, So below. What operates at the microcosmic level also has its counterpart in the macrocosmic level as well as the megacosmic level. We have to decide at which level we have greater competence and choose that level of working most of the time. We can always seek reference from the other two levels, but only to make the knowledge more complete. In this book we will use the macrocosmic level because its tools are contained within our very own bodies and relate to our direct level of perception and understanding, and they, are seldom wrong.

This book is about hidden truths and laws of the human body; laws of nature and the symbiosis that all life on this planet has with Mother Earth. Some of the truths explained in this book, may seem new to you at first glance. But you will be surprised, that when you understand them, you will know them as truth because your 5 macrocosmic senses will tell you so. Many of your past experiences in life will also confirm these truths.

This book is not meant to be a comprehensive encyclopedia of data on health and nutrition, and the detail on each topic is not going to be intensive and microscopic, because it is not meant to be a 1000 page book that would be difficult for the common man to read and understand. This book is meant to teach the average person the most important and effective principles of health and nutrition that will help him achieve vibrant health in the shortest time and with the least effort. This book will also develop within you, the capability of analyzing facts so as to arrive at conclusions that work for you.

Please do not make the big mistake of browsing through this book and selecting sections to read randomly and out of sequence. This book is written with a flow that builds understanding step by step, so please read it page after page.

This book is meant for:

People who have continuous health problems and can find no lasting cure for them.

People who are willing to be responsible for their own health and are ready to work for it.

People who want to have a high level of immunity as well as a high level of energy.

People who hate spending money on medicines and doctors to remain healthy.

People who want to cure obesity without exercising much.

Nutritionists, Dieticians and Health Coaches.

Doctors who are looking for natural ways to cure chronic illness.

People who want to cure Cancer. Every page of this book is a 'must read'.

People who want to live in harmony with Mother Nature and help her regenerate.

People who want an illness free body that can adapt to the ongoing earth changes.

At some point, you may question my authority on the subject of health and nutrition. Well, I am not a doctor, so let's get that out of the way. I am not a person who was educated by a system that was based on an incomplete understanding of the human body. I am also not part of a community that gave up on me because they could not understand my illness. And finally, I am not someone who is legally bound by a system to work only within a specific structured body of knowledge known as 'medical practice', a term which partly implies, trying it out till you get it right.

I am a researcher who works with all systems of knowledge. The reason knowledge comes to me, is because I work with an open mind. I have spent many years studying why conventional medicine does not work and in that process, came upon the knowledge of what really works. If you would like to learn from a person like this, then please read on. In fact, I am the perfect example of a common man who has learned what works right for health and emulating my example should not be a tough job for you at all. But if you want to be educated by a doctor, who may just teach you how to be a good patient for the rest of your life, then this book is obviously not for you.

I am not against doctors at all; in fact, I have a very high regard for their commitment towards helping us all. Their hard work and endurance in serving mankind is unmatched in any other field of work. What I am against is, their lack of complete knowledge of the Human Body and Nature at the microscopic level of understanding they have chosen to work with.

Nowadays, many mainstream doctors have started using natural remedies to cure people of chronic illnesses. Due to this, natural remedies have become more popular for the simple reason that they benefit a larger number of people in the long run. Now why is that so? It is because natural remedies use natural substances that agree with the human body and they do not have any side effects. And what does this prove? It proves that there is a growing realization, that most inorganic medicines have serious side effects and many of them do not offer real cures for chronic illnesses. You may think that such medicines are your only option, just because you have not been given any other option by an industry that exists only to serve itself and not your best interest.

It is not my purpose to run down all inorganic medicines completely, because they do serve many purposes, one of which is killing pathogens like bacteria, mould, yeast, fungus, viruses and other parasites that harm us. Those medicines achieve this effect because they are made of harmful inorganic chemicals that are fatal to living organisms. That is precisely why they are also harmful to humans in some way or the other if taken in high dosages or for prolonged periods. Inorganic medicines are also very good in treating injuries and acute trauma. They are however, not quite effective when it comes to curing chronic illnesses. You cannot say you are cured of an illness if you are popping pills for it all the time.

A Reality Check

Over the past 100 years the number of medicines and drugs that have been invented by man have certainly crossed the millions mark. Have they not?

And during this same period of time, the number of maladies and illnesses treated by these medicines have also crossed the millions mark?

Did you ever stop and wonder why did the million medicines not cure the million illnesses? We still have so many chronic illnesses that cannot be cured even after taking the latest medicines. You cannot say you are cured of an illness if you are taking medicines for it all the time.

So where's the problem?

Is it that the medicine men do not really know the true nature of the illnesses?

Or are they making medicines out of the wrong substances?

Or are they making medicines the wrong way?

Well, the truth is that it is all of the above reasons and more!

To start with, modern medicine does not understand the human body completely and that is one of its biggest problems. Does modern medicine know that the human body has 7 physical layers and 7 energy layers that work in tandem with each other all the time? And that any permanent cure has to address all these layers to be successful? How far we are from this understanding is how far we are from true and permanent cures. Inorganic man-made medicines do have a targeted effect in certain areas of the body, but their effect on the complete human being is virtually unknown.

It won't be long before Alternative Therapy, which has a much better understanding of the human body, becomes the preferred therapy for curing the human body of illness and inorganic man-made medicines become the emergency or backup treatment. Ancient man and some old civilizations that are around even today did have the knowledge of nature and its cures and that is why they never needed inorganic man-made medicines to remain healthy. True knowledge of the human body and its health is virtually lost to the modern world and that is why we struggle every day with new formulas to cure illnesses.

In this book I bring back that ancient knowledge, where you do not need ANY inorganic man made substance to cure yourself. There is a great danger in using inorganic substances and that is because they are made of synthetic, un-natural substances that are not in harmony with the human body or with nature. You already know about the effects of these substances too well. They are your adverse reactions / side effects / allergic reactions. Do not accept these reactions as something normal just because your doctor tells you so. Most of the time, clinical trials of these inorganic medicines are done on species other than human. That too, speaks a lot about the intelligence of the people who do this kind of testing. The human body is very very different from that of mice and rabbits. Do you not agree?

The Natural Health Therapy is designed to cure chronic illnesses without any inorganic medicines. It is a system about the truth of the human body and it's healing. It uses the human body as the prime instrument of diagnosis, treatment and healing as well. A system that puts more emphasis on improving the immunity of the human body to prevent illness. Would you not be better off not having any illness in the first place?

Have you taken a good look at the present conditions we live in? The forces our bodies have to fight against just to survive? The forces of environmental pollution, stress levels, the lifestyles we are forced to follow which put chemicals in our body as well as on them, the chemical coloring, artificial taste enhancers and preservatives in our packaged foods, the pesticide, fertilizer and artificial hormone traces in all our food and the new virus strains that do not respond to drug treatment? Our bodies are constantly being undermined by the unhealthy environments we live in. Is it not high time that we improve our health and the health of our children who must have a better future? Should we not be moving from reactive healthcare to preventive healthcare?

Our present conditions and constraints

Nowadays, the onset of chronic illnesses by the age of 35 is considered normal in the average population. They have even been given the nickname 'lifestyle diseases', implying that they are to be considered a part of modern life. Are stress, pollution, sedentary lifestyles and new unhealthy foods the only reasons why people get chronic illness at such a young age? These of course are the popular reasons that you are given, but you surely suspect that there is more to it. Are medicines, exercises, diets and a positive mindset the cures for these chronic illnesses? If you really track this belief on a case-to-case basis, you will certainly find that quite often they are not. They merely help people cope with their chronic illnesses.

Some of the main causes of chronic illnesses are wrong habits, wrong foods and wrong substances. But why do we not stop following wrong habits or eating wrong foods or using wrong substances? Are we really stupid or just plain lazy? Well, frankly, most of us are neither of the two. The problem is that we have been misguided into thinking many things are good for us and so we imbibe them into our daily living. Who misguides us? It is the people whose interests get served by keeping us in a state of ignorance and also the people who do not know any better!

Investigating who has misguided us, for how long, and with what purpose, will certainly take up a lot of our time and effort. It would be a much better idea to spend that time and energy trying to understand what those wrong habits, wrong foods and wrong substances are, and stop their use completely. Many of those habits, foods and substances have not yet been labelled as wrong, just because their negative effects on us are not visible immediately. Their complete effects are seen only over a few generations. Their effects cannot be verified in laboratories in a few months or even a few years and that is why most of modern diagnostics works on short cycle test times. Evidence of the last two decades also clearly shows that most modern diagnostic systems do not really care about long-term effects; because they are much too focused on their short-term profits!

Modern medicine is after all, one of the biggest businesses in the world today and it works very hard at sustaining itself. The way the business works is, when you find a new disease, just do not bother about finding its root cause or natural remedy, because that is simply not part of the business. Instead, get busy (beat the competition) and make some new medical drug that can somehow suppress the disease and get the medicine approved through short clinical trials on lab rats. Then sell those drugs all over the place and make pots of money. Then when the drug is commonly used by the human population and its side effects start getting reported; bring out a new improved version of the drug that does not cause the same side effects. Then sell a lot of the new version of the drug and make some more pots of money. When after a few years, it is clearly established by consumers, that the improved version of the drug is also causing some different side effects, have it banned and in its place, make two entirely new drugs, one to take care of the original illness and the other, to take care of the new illnesses caused by the side effects of the first and second versions of the drug. Whichever way you go in this business, you will make pots and pots of money. Many of our medical drugs have had similar histories. Yet we clamour for modern medical drugs, just because we want quick fixes, but we are none the wiser.

It is unfortunate that till now, modern medicine does not have a complete understanding of the inner workings of the human body, even though it works at a microcosmic level. All the microcosmic tools put together are still unable to diagnose and fix the human body properly. You are bound to fail when you use limited understanding, limiting tools and unsuitable substances, like inorganic chemical medicines to cure an organism as complex and organic as the human being.

In comparison, natural therapies use natural organic substances that are found in nature all around us. Many of these substances form a part of our regular diets. Most of these substances have also been tried for thousands of years on the human body and their therapeutic properties are known. The reason they do not cause any side effects is because they have been designed by nature to work with the human body. Natural therapies stimulate the body's internal systems to cleanse the human body and cure chronic ailments right from their root causes. They follow all the laws of nature that the human body also abides by and that is why they work so perfectly with it.

How we landed in our pitiful state

Over the last few centuries as mankind established its structures in civilization, certain systems were put in place. One very important structural system was where certain groups of people would handle only certain types of work that were required for all round progress in society. This was done, as it was not feasible for just one group to do all the different types of work. By focusing their intellects on just specific jobs, each group began to excel in its own tasks and thereby experienced phenomenal success in developing new technologies time and again. These groups of people came to be called 'experts' due to their deep knowledge in specific fields. It became common practice for the general population to take the advice of these experts due to their depth of knowledge. From their body of work, the experts formed different systems of practice.

Over the years, as these systems transformed themselves into big institutions, they also became mechanisms of wealth and power, and naturally, subject to the control of a few who were powerful. This is also what happened with the system of medicine. At the same time, the growing populations of the world experienced ever-increasing health problems and this called for a mass scale of operation from the medical establishments. Medical establishments thus became businesses driven completely by scale of operation and profit. As they became driven more by these parameters, with every passing year an un-noticed problem developed within the medical environment. Medical experts began cutting themselves off from the universal intelligence of nature and they began working in isolated environments (laboratories) creating medicines that had no connection with nature, but for use on the human being that was completely built by nature. They tried to bring nature (lab rats) into their laboratories so that they could test their medicines, but even this did not work out, because they kept making wrong choices all the time.

As the rest of society got busy in doing their part of the work in the defined structure of society, many of the scientific ventures of man started deviating from nature, thereby creating products whose negative effects started showing up in the form of illness in the populations. The advent of widespread illness was not indicative enough for the intelligence of man that began to believe a lie, that disease was a natural part of life. This lie in turn fed the business of the medicine manufacturers, and so, everyone was satisfied. Man did not have the intelligence at this point in time, to understand that he was the one who created the diseases. It is only now that we are able to look back at the overwhelming evidence and see how it happened.

So at that time, the populations also got engrossed in priorities of what they felt was progress and even though they were getting sick, they never bothered to question why sickness should increase with progress. They did not make time to handle their own health problems and so, they did what they thought was the next best thing. They outsourced the management of their health to the experts and the medical establishments, because they felt that they could buy health through medicines using the money they made from doing their part of the work for progress.

This is what has continued for a long time and brought us to the situation that we are in today, over a million medicines, and yet, a million illnesses still around. Well, who benefited during all this time? Evidence shows that it was the medicine industry to a great extent. And what about the sick populations? Again, evidence shows that they have only got sicker. The mere fact of there still being a million illnesses around, is enough to clearly prove that the medicine industry has miserably failed at doing the job they were outsourced for. I am sure that you understand the term 'outsourcing' by now, because it is a very popular model of business nowadays. I am also pretty sure that you know what needs to be done when a model like that does not work for you. If it is not working for you, you need to stop outsourcing your health to the medicine industry and start taking the management of your health back into your own hands.

How would you now start managing your own health? By seeking out some new expert yet again? How would you know that a new kind of health advisor is doing the right thing, unless you are also well educated on what it takes to become healthy? This is why I have written this book. It is to help you to understand the basic working of the human body, the fundamentals of nutrition and the basic laws of nature that support health. Writing this book at the macrocosmic level of understanding is also part of the plan that will help you understand the whole science of health and nutrition in a much simpler way.

Causes of Chronic Illness and Disease

The causes are listed in order of when they normally occur in life, because every stage of disease in life has a compounding negative effect on the body that carries on to the next stage of life.

- 1) The first seeds of illness in life could be sown as far back as our past lives.

Bad unresolved karma of our past lives could also manifest in our present life as a physical or mental illness. The knowledge of this metaphysical science is very deep, but thankfully only a minor percentage of the population suffers from this problem. These illnesses typically do not show any traceable cause in the medical history of the sufferer nor is an improvement of more than 10-15% experienced with conventional treatments. The cure for this type of illness lies in Hypnosis, Past Life Regression, Breathwork, Inner Child work and similar therapies.

- 2) Seeds of chronic illness could have also been sown before our birth – In the constitution and state of health of our parents, at the time of our conception. The latest gene set of both the parents is what is passed on to the child during conception. We normally label these illnesses as hereditary illnesses.

Most parents think that if they were healthy till the time they conceived children, then their children should also turn out pretty healthy. But in depth analysis has shown this to be far from the truth. That is because even if you have been diagnosed with some chronic illness, at say 35 years of age, this illness may have taken root inside you almost 5 to 7 years prior. It is just that it has got aggravated at age 35 to a level that manifests itself clearly.

So, if one of your parents had a chronic disease whose severity was 50% and the other parent did not have it at all, then by simple math, you would have a chance of having that illness to a severity of 25%. This simple equation becomes complex with the interaction of their two different body types and then your resultant body type's resistance to the disease. The fallout of this is that you could have it with a severity level of 15% to 35% at some stage in your life.

It is therefore very important that parents do whatever possible to be in good health before they plan to conceive. Parents must clearly understand that the health of their child squarely depends on the quality of their own seed. Most aspiring parents who do not give health its due priority are directly responsible for birthing weak children who constantly struggle with health issues all through their lives. Activities like regular exercise; sports, yoga, pranayam, acupressure, eating healthy nutrition and following healthy habits, if done between the ages of 5 to 20 years, will to a great extent reduce the severity of the expression of a hereditary illness at any point in a person's life. Certain activities are better suited for certain conditions.

- 3) The next source of chronic illness is diseases and infections during a person's lifetime.

Many of us fall prey to diseases like pneumonia, typhoid, cholera, tuberculosis, jaundice, colitis, kidney infection, gastroenteritis and malaria, or we get infected by internal parasites like worms or other bugs during some stage of our lives. We get these diseases treated by some medication or follow some treatment, and then get well again. What we do not realize is that most medications or treatments do not bring the affected internal organs back to their original health. There is always some residual weakness in the organ that becomes the new operating setpoint of that organ, which is definitely lower than before, but life goes on. Many times the medications we take to cure ourselves also internally damage some of our organs.

Many of us have had not just one past sickness, we may have had 2 or 3 sicknesses by the time we are 35 years old. At this stage in life, the aging process and fatigue as well, acts on all our organs. This brings the hidden weakness in our earlier affected organs to the fore. By the age of 35, most of us have totally forgotten all about our past illnesses and wonder about the sudden appearance of some 'sickly symptoms'. We go straight to our doctors and try to figure out what has suddenly gone wrong by looking for probable causes across the previous few months. Many times, we find none. Often, when doctors cannot trace any definite cause, they

conclude that sickly symptoms are normal signs of ageing, or the result of stress, but in truth, the reasons may be hidden in the earlier invisible damage caused to our internal organs.

Our household pets can also be very potent sources of infection and disease for us. We should always keep them clean and free from disease. It is a good idea to keep them with friends when we are recuperating from severe illness.

- 4) Pollutants that we constantly and unknowingly put into our bodies are also causes of chronic illness since they accumulate in the body at specific sites and severely disturb normal cellular activity. They also weaken the immunity of the area where they accumulate, which makes the area prone to attacks from parasites, pathogens, bacteria, yeast, fungus, mould and amoeba. Examples of pollutants are mercury erosion from dental fillings, metal erosion from cooking utensils, erosion from water pipes, fiberglass filaments from insulation, asbestos fibers from appliances, fumes from paints, resins, aerosols and gas leaks, polluted solvents and alcohols from packaged products that are used in their cleaning, and finally all the synthetic makeup, the creams, lotions and sprays that we put on our skin. Most of these are inorganic substances that never came into the human body before and that is why the human body is neither designed to process them nor digest them.
- 5) Another cause of chronic illness is our consumption of unhealthy food. A list of what can be termed as unhealthy food is as follows:

Foods that are not the natural diet of man (explained in a later chapter).

Food that was cooked days earlier and not preserved well. Food that has been re-heated and cooled many times. Gradual decomposition of food occurs even at refrigeration temperatures.

Highly processed foods, since they are often quite salty or sour and have harmful additives that cause cancer. Besides this, they hardly have any healthy nutrition left in them.

Deep fried foods that contain too much cooking oil that is quite harmful for the human body. Natural sources of oil present within various natural foods are enough for the human body.

Food that has too much spice or food that has too much sugar or too much sea salt.

Food containing synthetic preservatives, synthetic taste enhancers, stabilizers and artificial color. They destroy the good bacteria in the intestines and form toxins in the digestive system.

Food that has been grown un-naturally with the help of un-natural fertilizer, un-natural pesticide and synthetic hormones, which unnaturally shorten their growth cycle and increase their yield.

Food whose natural cellular structure has been damaged by irradiation, like Microwaved food.

Genetically modified (GM) food or Genetically engineered (GE) food.

Water that is contaminated by inorganic additives and disease carrying germs.

Food that is not suited for your body type (explained in a later chapter).

- 6) Chronic illnesses can also stem from the bad habits that we follow, which upset our digestion.

Due to a modern lifestyle, individual priorities and misguidance as well, we have inculcated bad habits in our lives and practise them right from the time we wake up in the morning till the time we go to bed at night. These habits disrupt our cycle of digestion of food. Good digestion is being stressed upon because it is the root cause of many chronic illnesses like constipation, flatulence, acidity, ulcers, obesity, skin problems, cholesterol, migraines, gastric problems, piles, blood impurities as well as allergies and high blood pressure.

Here is a list of our bad habits that upset digestion:

We do not eat our meals on time. Our body clock is set to expect food at certain times, so it prepares the body for a digestion cycle. But when food does not arrive at those particular times, certain processes like acid preparation in the stomach get triggered. This has negative consequences. Missing approximate timings a few times a week is ok, but not on a daily level.

When eating, we get so overwhelmed by tastes that we often stuff our stomach till it is 100% full. We should stop eating when the stomach is 80% full, since the stomach is a hollow muscle that needs 20% vacant volume for churning food in order to mix it well with our digestive juices.

We do not chew food well enough and this makes digestion at later stages more difficult since the food bit sizes remain bigger and it takes longer for the digestive juices to break them down.

Some of us drink up to 2 glasses of water after every meal. Drinking more than ½ a glass of water just after a meal dilutes the digestive juices in the stomach and that slows down digestion. One can drink water ½ hour or more before the meal or 1 to 2 hours after a meal.

After a good meal, many of us are in the habit of taking a nap. This hampers the flow of food and in turn, the digestion process. Yes, peristalsis does take care of the food movement in the intestines, but instead of helping it, sleeping horizontally puts up a big resistance to it.

Some people have a wrong notion that a long walk after a meal aids digestion. What they do not understand is that this diverts the blood required for digestion from the stomach and intestines to the exercised areas and this severely impairs digestion, because blood is the main constituent at work during the digestion process.

7) Substance abuse is also one of the causes of chronic illness.

Long term chewing of tobacco, smoking of cigarettes / cigars / biddis, consumption of alcohol, and recreational drugs take their toll on specific organs of the human body. What starts out as a recreational activity, soon develops into a chronic habit and this causes chronic weakness and sickness of the affected organs.

8) Our external environments also contribute to chronic illness.

The air that we breathe has pollutants, dust, toxins and disease causing germs in it. The oxygen levels at many places are also lower than what the human body requires to be healthy.

Many a time we face the threat of contagious diseases from outbreaks in the human population as well as from the animals and birds and other species of life on our planet.

The tension in many localities is high due to communal influences, absence of law and order and the intolerant and biased nature of some populations.

The latest form of disturbance that is increasing in magnitude comes from the electro magnetic fields and radio waves that surround us. We are not just physical beings, we are electromagnetic beings as well and strong external fields disturb our internal energy balance.

Sadly, this external environment is of our own creation because of the wrong choices we have made out of ignorance. Even though we understand this now, it is very difficult to reverse the damage being caused, because it takes considerable time and effort to reverse the damage and there are powerful businesses whose interests such reversals do not serve.

9) Modern life is filled with hardships and situations that we cannot get out of, people who cause us a lot of stress and things that we are bound to do even though we do not like to do them. We sometimes also have negative religious or spiritual beliefs, bad memories, harmful vows and harmful values that make up our psyche. All of this creates a lot of emotional and mental stress in our lives and changes our mental perception that life is not good and full of suffering.

When these negative attitudes remain for a long time, they create negative thought patterns that feed our brain, which in turn affects our emotions, which in turn affect the energy centers in our body, which in turn affect our endocrine glands, which in turn affect the associated organs negatively by depleting them of energy and nutrition. This mechanism of how stress is converted into physical disease is explained in detail in a later chapter. As the physical body gets weakened by mental and emotional stress, it becomes more susceptible to most of the other causes of illness that are listed above. This is why a stressed mental and emotional state is to be considered an environment that facilitates as well as induces chronic illness.

10) Serious disturbances in the development of the human energy bodies can also be the cause of life-long physical and mental illnesses. This aspect is explained in the chapter on Metaphysics.

The above list of causes of chronic illness may not be exhaustive, but they are certainly the most prominent and distinct ones. Now from the above 10 causes of illness and disease, can you pick out right now, before going any further, the ones that affected your life some time or the other?

You may have counted up to 5 at least. Surprised? Perhaps this will now give you a clearer perspective on your current state of health.

The fact of life is that some of these contributors to chronic illness and disease come and go and some even stay permanently. But in this process, they certainly ALL leave their scars on us. We can see the effects of some of these scars externally, but some damages that occur internally, cannot be detected by even the best scanning equipment in the world.

From the perfect healthy body of our younger years, we become bodies with hidden weaknesses here and there, that do not surface till we are about 35 years or older. We probably lived our younger years without the help of any medication and with a lot of energy and zest. But as we slow down with age, we feel our energy levels getting depleted and start adopting exercise regimes and diet supplements and then finally, medications to help us get by. Many medications that we use nowadays do not really cure our illnesses. They are in fact the crutches that we use in life to get by and we think that it is normal and we are ok.

But the truth that medications hide is... WE ARE NOT OK!

But yet, this is what medicine men would like us to believe is normal.

After all, it is their business!

In the beginning of this book I stated that the human body was designed not to fall sick or even age till 50 years. What I am implying is, that if we are really ok, we should be experiencing the same youthful vigour that we had when we were 25 years old even when we reach 50. So is this the case for most of us now? Certainly not! But, it certainly is the case for some of us, so there must definitely be some truth in this premise.

So from the causes of chronic illness and disease that I just covered, I hope that you are coming to understand where all our illnesses come from. Now lets us move further and understand another aspect of health, which is, the true needs and capabilities of the human body. It is never too late to follow good habits, eat the right diet and adopt natural healing practises to improve our health. It is not an uphill task either, but just a matter of change of mindset.

There is a philosophy that promotes the view that all illness are in the mind and a result of stress, and just by thinking the correct thoughts, ALL illnesses can be cured. Although the mind is a very powerful tool and has amazing capabilities that can effect much healing, the mind cannot heal ALL illnesses. Evidence of this are the millions of people who still suffer from chronic illnesses even after adopting the above philosophy completely and applying all its instructions. I feel very sad for the people who do not get cured by this belief, but still hang on to it for years and suffer in silence and hope. The 10 causes of illness that I detailed clearly prove that much of illness comes from very physical aspects, which are not mind stuff at all. The better you understand this, the more successful you will be in curing chronic disease.

If you have tried the right healing techniques using the mind and are not able to cure an illness or get substantial improvement for over a year, then I suggest that you try other modes of cure. As I also explained above, there are a series of mechanisms that operate to make physical illness manifest from pure mind states. It takes the reverse workings of those same mechanisms to cure physical illness from pure mind states.

Illnesses are more easily cured in the domain that they occur. This means, that a very physical disease is more easily cured by a very physical treatment, and an illness caused by energy imbalance in the body is more easily cured by an energy balancing treatment. I state this, after having complete knowledge of what is possible from energy to matter and matter to energy across the entire spectrum of the human body. 'The entire spectrum of the human body' is really fascinating. It is detailed in a later chapter.

There are instances of grave physical illnesses like cancer being cured by the mind and energy in a very short time. Those are cases of cancers caused by energy. There are different types of cancers that are caused by different conditions, and it does take different protocols to cure different types of cancer, which is what I have explained in a simple way in the chapter on Cancer.

Lastly, in the domain of healing illness, an area of healing called Energy Work, which includes techniques like Reiki, Pranic Healing, Faith Healing, Psychic Surgery, Divine Matrix healing and similar others techniques, sometimes accomplish healing tasks that seem impossible.

These are the higher sciences of miracles at work, where healing is enabled by the grace of God, so that we can get by the problems that we do not understand. We call them miracles because even though we have a psychological and spiritual understanding of them, we still do not understand how they work scientifically.

In this book, I will not delve into this science of miracles because it is a science of grace and not a science of understanding at our levels of consciousness that can be operated without grace from above. There will be a time in our future when we will operate these higher sciences and not call them miracles any more.

This book contains understandings that can be operated by anyone and everyone.

The Human Body

The human body is a complex, but amazing creation. There is so much to still learn about it and that is why its study is still ongoing and not complete. It is being analyzed at so many levels and it is virtually impossible for any single person to have complete knowledge of the human body. Thankfully, to maintain this human body in a healthy state, one does not need to have all that detailed knowledge. Working at the level of ones direct perception and understanding will be enough to accomplish the task. We did have this understanding in the ancient past and all that we need to do now is just remember it again.

So let us understand some aspects of the basic functioning of the human body, which are necessary for maintaining good health and curing disease. Please note again, that this book is not meant to give you vast amounts of knowledge on the human body. If that is what you seek, then the central library would be a good place for you to start. This book is meant to give you pertinent knowledge required to achieve perfect health. So let us get started on the job right away!

There are many systems that operate within the human body, like the skeletal system, muscular system, digestive system, excretory system, respiratory system, blood circulatory system, nervous system, reproductive system, immune system, endocrine system, lymphatic system and the bio-energy flow system.

Out of all these systems we will work the most with the digestive system. Why?

Because this is the system that we abuse the most, and that too, on a daily basis, and sadly also, just because we can. Off course, we do not do it on purpose; we do it because we are misguided! I will touch upon the other systems only when necessary, because in comparison, the abuse we are capable of inflicting on them is much lesser and the resultant negative effect on health much lower.

A very important principle to first understand, is that all mechanisms of the human body operate on the cycle of stimuli > reception > communication to the control center > reply from the control center > acting on the reply. There are many such cycles going on for each task that is to be done and millions of such cycles going on within the body every minute. Most of these cycles operate internally and are automatically managed by the control centers of the human body. Some of these cycles operate externally and also through our 5 senses of sight, smell, taste, touch and hearing, and it is these signals that we must be the most responsive too at all times. They are our most important macrocosmic tools. Many of our wrong ideas and behaviours as well as diseases come from ignoring the constant communication given by these 5 senses.

The Digestive System:

The digestive system consists of the mouth, esophagus, stomach, duodenum, small intestine and the large intestine (colon). This main digestive tract has got a lining called mucosa which has many receptor cells that sense the material passing on them as well as tiny glands that produce juices to help digest food. Like all systems of the human body, the digestive tract also operates on the cycle of stimuli > reception > communication to the control center > reply from the control center > acting on the reply by operating its different mechanisms in their respective zones.

Digestion happens in the mouth, esophagus, stomach, duodenum, small intestine and the colon. Every stage of digestion follows the cycle of sensing the food present, preparing the digestive juices and enzymes, mixing the food with the digestive juices and enzymes to attain the correct digestive parameters for that stage, then letting the food break down so that part of the broken down food can be absorbed at the current stage if required and then passing on the rest of the food to the next stage.

It is also important to understand that the process of preparation for digestion does not start just in the mouth or the stomach. It starts in the brain right from the time a person starts thinking of the type of food he desires or expects. The mental images and senses feed the brain with this information, and in turn, the brain sends out signals to all the relevant organs to start preparing for the particular type of food. Digestive juices and enzymes begin to get prepared right from this point

in time. Salivation is also one of those processes that you have experienced quite well. Not having meals at regular times when they are expected is one reason for acidity build-up in the stomach due to the unused hydrochloric acid that was prepared in time.

As we put food in the mouth, saliva secreted from the salivary glands mixes with the food and starts the digestion of natural sugars. Saliva contains salivary amylase, an enzyme that begins the breakdown of starch into glucose. Bicarbonate ions in saliva neutralize the acids in foods. Mucus in the saliva also moistens the food mass and lubricates the esophagus. For all these constituents of saliva to act efficiently, it is important to chew food very well. This gives the digestive enzymes some time to do their work. It also allows you to relish the taste of the food for a longer time.

If we choose to eat our food in a peaceful state of mind, we will begin to do this automatically. It is because we are in a hurry most of the time that we do not chew our food well, with the result that we do not even get as much pleasure as we could have got from the experience. Our taste buds are only in the mouth and after we swallow the food, that tasty experience is over, till of course the next morsel of food is put in the mouth. The bad habit of “stuffing ourselves” comes from trying to prolong the tasty experience that was shortened by swallowing food instead of chewing it. People who chew their food well are always satiated and do not end up overeating.

The mixture of food and saliva then moves into the esophagus when swallowed. The esophagus directs the food downwards with the help of peristalsis (involuntary muscular movements) towards the gastroesophageal sphincter muscle, which allows its entry into the stomach.

In the stomach, the epithelial cells which line the inner surface of the stomach, secrete mucus (which protects the stomach lining) and digestive gastric juices like hydrochloric acid, pepsin and rennin, which help the break down of food constituents like proteins that must happen at this stage. The highly acidic environment in the stomach also helps to kill pathogens that are harmful to the digestive system. A few constituents from the food like alcohols are absorbed directly through the stomach lining into the blood.

The stomach muscles keep on mixing the food along with the digestive juices till the correct pH that is required for the digestion of the partly liquefied food constituents are reached. Only then does the pyloric valve open up and slowly empty the contents of the stomach into the duodenum. Water is also treated in the same way. After you drink water, it does not just pass through the stomach and into the duodenum and intestines. It is first prepared by the stomach, till the required pH that allows for the extraction of the minerals and electrolytes present in the water is reached. The amount of time water is held in the stomach depends on the amount of water drunk as well as its composition and could vary from 15 to 45 minutes. It is only after this period that the pyloric valve opens and lets the water into the duodenum for complete absorption.

The duodenum is the next stage of digestion where the bile duct from the liver, the gall bladder and the pancreatic duct from the pancreas pour in their respective digestive juices of bile and pancreatic juice. Both bile and pancreatic juice get mixed with the food in the duodenum. Even in this chamber that is about 10” long, the mechanism of sensing, giving feedback and acting on the instructions from the brain as well as other communication centers like the solar plexus, operates. Bile being alkaline in nature converts the semi-digested acidic food into an alkaline mass, so as to allow the pancreatic enzymes to act on it. This alkalinity also helps in protecting the small intestine that cannot tolerate a high level of acidity. Bile juice also helps the fat to be emulsified and made soluble for easy digestion. A few nutrients from the food mass are absorbed at this stage itself. The rest is passed on into the small intestine.

The small intestine is where most of the absorption of nutrients happens. It is comprised of two sections, the Jejunum, which is about eight feet long and the Ileum, which is about sixteen feet long. The inner surface of the intestines has circular folds called villi that more than triple the surface area of absorption. Villi are also covered with epithelial cells, which are further lined with microvilli that increase the surface area even more.

The entire small intestine is the site where liquefied food, digestive enzymes produced by the intestine, and millions of gut bacteria, yeasts and fungus interact to further breakdown the nutrients

in the food, which are finally absorbed by the intestine and then passed on into the blood. The unabsorbed residue that is left after absorption of all useful ingredients goes into the colon through the ileocecal valve.

There are about 100 trillion of these microorganisms living in the gut that would account for about 2kgs of our body weight. Their work is to break down some foods that the body cannot absorb by itself. As they feast on the food, they also produce vitamins like B and K as their waste products, which are useful for the body. These microorganisms are popularly called our 'gut microflora' and they are responsible to a very high degree for our entire body immunity.

The regular consumption of canned and processed foods containing inorganic chemical additives; contaminated food, antibiotics, vaccinations, steroids, birth control pills, pesticides, genetically modified food and the effects of radiotherapy and chemotherapy kill these good bacteria and give a chance for unhealthy bacteria, yeast and fungus to multiply in the intestines. This makes the gut microflora balance unhealthy, thereby destroying our immunity over a period of time.

The large intestine consists of the Caecum (with the appendix) and the Colon, which ends into the rectum. Food material that reaches the large intestine is mostly indigestible residue and liquid. Secretions in the large intestine are alkaline mucus that protects epithelial tissues and neutralizes acids produced by bacterial metabolism. The colon is like a tube of circular muscle lined with a layer of moist mucous cells that lubricate the contents passing through. The glands on the colon wall extract fluids and electrolytes from the passing food residue and put them back into the blood. When feces remain in the colon for too long, they become toxic and this toxicity is also absorbed along with the fluids and electrolytes into the blood to some extent.

Regular bowel movement up to twice a day, once in the morning and once in the evening or night, which is a sign of good waste elimination capability, reduces this toxic effect. When babies are small and their digestive system is new, they pass stools 3 to 4 times a day because their elimination systems are brand new. It is only with age that the frequency of passing stools reduces to once a day or even once in two days indicating a constipated, toxic and slow digestive tract.

That completes the basic understanding of the main digestive stages. Some other important organs that are not located within the digestive canal but directly contribute to the digestion process are the Liver, Gall Bladder and the Pancreas. We will spend some time understanding them, because their proper and efficient functioning is of vital importance to the digestion process.

The Liver

The liver is the largest gland in the human body. The venous blood returning from the small intestine, stomach, pancreas and spleen converges into the portal vein, which goes into the liver. The liver also gets arterial blood from the hepatic artery. Whenever an unwanted substance in the blood reaches the liver, it either neutralizes it or transforms it to a harmless substance or separates it out for rejection by the body's elimination system.

The liver produces bile, which is delivered through bile ducts to the gall bladder where it is stored. When the acidic semi-liquid food from the stomach arrives in the duodenum, an adequate quantity of stored bile from the gall bladder is quickly poured into the duodenum to render the food alkaline and this helps the pancreatic enzymes to digest fats more easily. The reason the liver needs a reservoir of bile is because it is not capable of producing bile as quickly as the stomach produces acid. Bile preparation is only one of the hundred other jobs that the liver does and that is why it is produced just drop by drop and slowly deposited in the gall bladder. It is the muscular contraction of the gall bladder that pours bile quickly into the duodenum.

Though the liver separates out wastes that are carried by the blood to the kidneys where they are eliminated, certain toxins that come to the liver get passed into the bile that the liver produces. These toxic substances that are in the bile separate out and coat the liver ducts as well as the gall bladder chamber. They also form stones over a period of time that block the liver ducts and the gallbladder duct. Removal of the gall bladder due to the presence of stones is one of the most damaging procedures that can be done for the digestive system. It causes several chronic

digestive illnesses, since an adequate amount of bile can no longer be secreted quickly into the duodenum when food arrives there for digestion. When this happens, two serious problems occur.

Firstly, the food remains acidic since it is not neutralized by an adequate amount of bile and this acidic food moves from the duodenum into the intestines giving rise to duodenal ulcers and acidity within the intestines and blood as well.

Bile regulates the level of friendly bacteria, destroys dangerous organisms that invade the body and it also stimulates the peristaltic activity of the intestines that help the movement of food through the digestive tract. So when there is an inadequate amount of slippery bile in the food mass, the smooth movement of food in the intestines is also hindered. This along with heat from the acidic food dries up the food mass causing indigestion, constipation and hardened stools.

There is a natural way of flushing out liver and gall bladder stones, which I have detailed later in the chapter on Cleanse Therapy. Use it to save the vital gall bladder from removal.

Toxic bile carried over from food in the duodenum can irritate the small intestine and contribute to leaky gut syndrome. The bile fluids carried in the food all through the digestive tract, finally get re-absorbed by the colon and are circulated back to the liver, carrying their toxins with them. Colon enemas help flush out this type of toxicity that normally returns to the liver.

Besides producing bile, the liver also breaks down waste matter in the blood and manufactures blood proteins, converting carbohydrates into fat and sugar into glycogen, which it stores for making glucose and vice-versa. The liver also stores fats, minerals and vitamins for future use. Furthermore, it portions out cholesterol according to the needs of the body and converts the excess into bile. The liver also maintains the fluidity of the blood by regulating its coagulation ability and it destroys old red blood cells and helps make new healthy ones. It also helps the immune system by providing it proteins to make white blood cells. Many other organs of the body depend on the proper functioning of the liver. Hence the liver is one of the most important organs of the body and we must do our best not to burden it by eating toxic food.

The Pancreas

The pancreas is an exocrine gland whose digestive juices aid in the digestion of proteins, carbohydrates and fats. However, as it produces insulin, which assists the body in maintaining the sugar level in the blood, it is also an endocrine gland. Whenever the body has a sudden requirement of energy to do work, the control centers of the body signal the insulin producing parts of the pancreas to slow down their supply of insulin, so that more glucose is made available in the blood for its conversion into energy. This process is also sometimes assisted by a command from a stimulated brain to the adrenal glands to put more adrenaline into the blood. This is when we get an adrenaline rush. This is why people who get very excited and worried too often are prone to suffer from adrenal and pancreas fatigue. After the liver and the kidneys, the pancreas is perhaps the next most abused organ in the body, all due to the faulty modern diet.

The liver, lungs, kidneys and the skin (the largest organ of the body) are the organs that act as filters that eliminate toxins and waste from the body. They are each suited to handle different types of toxins, but they work like a group of friends often sharing the detoxification load among themselves, especially when they are overburdened or sick. We must understand that these four organs were developed by nature to filter out organic toxins that were normally found in nature. Separating out organic toxins and eliminating them through urine, sweat and exhalation is part of their normal working. What is not part of their normal working is, separating and eliminating inorganic substances that they never encountered before, like the new substances that are being invented daily, which are being added in our foods and other consumables.

The Lungs

The lungs, besides absorbing oxygen also absorbs most of the pollutants contained in the air, like vehicular exhaust fumes, fumes from evaporating petroleum products like petrol and paint, and alcohols from cleaning products. These are all inorganic compounds that are not supposed to be

processed by the lungs, yet it does the best job it can, but with an obvious result of sluggishness and weakness in its functioning. Weakness in the lungs causes its work of eliminating carbon toxins from the blood to fall on the kidneys. This often turns out to be an overload for the kidney causing residual toxicity in the blood.

The Kidneys

The kidneys filter out all the toxins that come into the body from the route of food and drink. The wronger our notions of healthy food and drink, the higher toxicity we subject our kidneys to. Kidneys turn out to be one of the most overworked organs of the human body because they are constantly engaged in throwing all sorts of wastes as well as uric acid out from the body. When they function to their limit and cannot handle any more toxicity like the carbon toxins from the lungs, they leave that toxicity in the blood and its elimination job gets passed onto the skin.

The Skin

The skin starts throwing out this residual toxicity from the blood through its pores via sweat and when this becomes a regular practice, it gives rise to skin problems. Any kind of skin allergy, or rash, or discoloring that is not caused by infectious microorganisms, indicates that the kidneys or the lungs or both, are overloaded or sick in some way. Liver sickness or the inability of the liver to process some inorganic toxin will also result in the toxin being circulated in the blood, thereby raising blood toxicity till the toxin finds an exit through the action of the lungs, kidneys or the skin.

Think of some fish put in an idle swimming pool for a few days. They will keep on passing the pool water in and out of their gills, taking in its oxygen to survive. After a few days, it is very likely that the fish have passed every single drop of that pool water through their gills, which are actually filters. If you take the fish out and inspect them, you will find all the inorganic substances of the pool water, like alum or chlorine used for its disinfection embedded in their gills, their tissues and their body fluids. At the same time, you will find the pool water cleaned out of all these inorganic substances. The organic contents of the pool water also come into the fish, but they get processed by the fish and are used up or excreted out. You will certainly not find them stuck in the fish.

This is how we function as well. We are moving, breathing, eating and drinking filtration systems. This is why we should be very particular about what we process with our bodies if we want our filters to survive a lifetime and not get clogged. Clogged filters are one of the root causes of chronic illness. It is true that we have degraded the quality of everything that goes into our bodies, but even in the present environment there are many choices that we can make to save our filters.

The human body is actually, the most amazing and efficient machine on the planet, and we may have really no idea about the hundreds of things we are unknowingly doing to undermine its performance. Yet, it does its best and it is only when we cross the farthest limits of its tolerance, that we see it slowly failing step by step and that is what sickness is all about.

By its sensing and responding mechanisms, the body maintains set points of all its operational parameters. This mechanism is called Homeostasis. The human body also has a defined hierarchy of which are the most important parameters to maintain and which are lesser important parameters to maintain. When disturbances are forced upon the functioning of the body, it allows the lesser important parameters to get disturbed first, yet always trying to bring them back within their operational ranges.

The brain for example, is the organ the body protects the most, because if it totally stops functioning for even a few seconds it means the end of life. Compared to the brain, the heart is a bit lesser important because it can sustain life even with a few missed beats. Compared to the heart, the lungs are lesser important because even if you do not breathe for up to a minute, not much harm is done. So if for example, your breathing becomes shallow for some reason, like stress, your body will not mind increasing the heartbeat rate (which overworks the heart) so that there is an adequate flow of blood to the brain, which needs a minimum amount of oxygen for proper functioning.

Between the urine and the blood for example, the body allows the urine to become more toxic than the blood by passing its toxicity into it, because the urine is not as vital a fluid as the blood and it is anyway disposed off by the body.

There are many wrong things that we do daily, which disturb the homeostasis in the body. When these disturbances become permanent, they sometimes manifest as known illnesses. When the expression of an illness is not understood, it is often called an autoimmune reaction. All autoimmune reactions are actually legitimate reactions by the human body, which allow the disturbance of a lower level of homeostasis only to protect a higher and more critical level of homeostasis that is required by the human body to function adequately.

Autoimmune reaction conditions like Diabetes II are not really diseases. They are rightful states of imbalance that the body is holding to prevent itself from degrading to an even more critical state of sickness. Instead of accepting these conditions as diseases, we should try and find out why the imbalances are caused and not rush to make synthetic medicines that suppress them.

Whenever you hear the following diagnosis from an expert "It is an autoimmune reaction", you should understand it as "We do not really know what is the meaning of this expression by the body and neither do we know why this reaction was caused, so we offer you no choice, but to live with the ignorance that we, the experts have settled for".

As you read on, in following chapters, you will come across some of the root causes of autoimmune reactions and you will see that if analyzed with a proper perspective, they are simple to understand and not as complex as they are made out to be. You will further come to know why all reactions by the human body are legitimate and only when viewed with ignorance seem wrong.

You will finally also understand that the brilliant workings of the human body are way beyond the brilliance of the smartest medical minds that ever were or are, even today.

What we need is proper education... not medication!

Laws of Nature

Nature has always given us the right guidance

Mother Nature will always give us the right guidance by her laws that are much higher and deeper than our limited modern scientific understanding. After all, we are just tiny parts of her entire ecosystem and we are bound by her laws, although we may think quite to the contrary. How naïve for a tiny part to think that it can dictate its terms to the whole. We have seen how powerful nature is, in the recent natural disasters that have befallen us in the past few years. Many of these disasters are due to mankind's abuse of nature. All that we create without adherence to nature's laws brings about our own destruction and the destruction of the ecosystems on this planet that support our life. It is naïve to think that we can act in isolation for our singular betterment, when the truth is that our every action affects the whole. Looking back on the last few decades has taught many of us this truth. Many still live in the delusion that they can outsmart nature, only postponing the harsher lessons that they are bound to learn. Their ignorant actions cause suffering to all.

So let us get to know some basic truths and laws of nature, which have been there since eons. Civilizations have come up and been wiped off the face of the earth quite a few times in the past, but the laws of nature have never changed. That is why we must learn of these all-powerful and all pervading laws. If we do, then perhaps this time around, we will be able to save ourselves.

The source of energy and nutrition

The sun is the primary source of physical life on this planet, because its energy is the 1st level of nutritional energy available on the planet. This energy is directly captured by plants through the action of chlorophyll during the photosynthesis reaction. Plants convert this energy into various forms as per their genetic makeup and store it in their leaves, branches, barks, fruits, flowers, seeds and roots. Plants form the 2nd level of energy, which is still abundantly available on the planet. All moving creatures on this planet, including man, access this 2nd level of energy by eating the plants and their produce. Thus most moving creatures and man become the 3rd level that holds energy, which in turn becomes the food of all moving creatures and man once again. This way man has a choice of consuming energy at either the 2nd level or the 3rd level, so that his energy requirements are fulfilled.

Every higher level of energy is a step down from the purer energy of the sun and this is why the same quantity of plant or fruit, has a higher energy content than the same amount of meat. This may even be wrongly disproved in a laboratory that treats nutrition like mathematics. Nutritionists may calculate the amount of protein, calories, fiber, fats and vitamins in a piece of meat, and prove it to be more than what is in a similar weight of fruit or vegetable, but they do not know the amount of energy that is spent by the human body to convert that piece of meat into energy. They do not calculate that energy created = energy supplied – energy of conversion. You could eat plain wood, which would have some trace of energy that the human body could use. But what are the health consequences of digesting wood, how much energy does the body spend in digesting it and what is the amount of energy the body gets from wood are the relevant questions.

Nutrition is about the life energy that you supply to the human body by giving it living food that matches the vibrational frequency of the human body. The human body does not work on maths; it works on the laws of nature, which are highly evolved and sadly, not yet completely understood by modern science. The testing laboratory environments of the entire world come nowhere close to the complexity of the human body's internal environment. That is why many experiments done in laboratories do not show the same results when applied to the human body.

Each level of energy storage also contributes its burden of contamination and disease that thrives at its level, to the next higher level. There is a certain level of contamination and disease at the plant level and an even higher level of contamination and disease at the animal level. So when man eats animals, he gets both the plant level as well as the animal level of contamination because the animals have already taken the plant diseases within themselves by eating them. To get nutrition that is free from all contamination, we of course, only have the sun to look up to.

The moon also plays a very important part in the circulation of energy on this planet by its gravitational pull and its influence on the water bodies of the earth. It works in conjunction with the sun to circulate energy in the form of the 5 elements of earth, water, fire, air and space.

There are some people who live just on the sun's energy, by absorbing it directly through their eyes and skin. They eat and drink nothing. As they do not access the 2nd or 3rd level of nutrition, they do not receive any contamination from these levels and evidently seldom fall ill. For over three years, I have used sun energy absorption techniques and have lived on 1/4th of my normal amount of food and water and sleep as well. So when I say the following, it is an experiential truth.

All the human body really needs is energy!

But the fact of the matter is that the people who successfully use these techniques are few, and living without food is not a normal or enjoyable way of living for most people. I have nevertheless explained this science at www.becomehealthyorextinct.com/sunyoga for those who want to practise it, because availing of the sun's energy has many other benefits too. It can cure many diseases and imbalances in the human body and it can also bring about great intellectual and spiritual development since it clears blockages from the energy circuits of the human body.

The reason I have touched upon this topic is for you to understand that what the human body really needs is energy and not heaps of matter we call food. A lot of modern food contains very little energy and that is why we need more of it all the time. I want you to start looking at the energy content of the food you eat.

The two brains that control the Human Body

Of all the organs of the human body, the brain can be considered the most powerful, because it controls the entire body. It controls not only the conscious and willful actions of the body but also the un-conscious and automatic processes in the body. The one thing that separates man from the rest of the living creatures on this planet is the capability of his brain exercised as the mind that can think beyond itself. The mind can think beyond its own personal existence and environment about how it interacts with the rest of nature surrounding itself.

This mind was a gift from God that man received above all other creatures on earth. Physically it looked like a big mass in the head called the brain, which many other creatures on earth also have, but internally it had the capacity of creation, the power to create almost anything it desired, even things that were never there on this planet before. If you will care to notice, this gift is with no other creature on earth and this is what separates man from the rest. Man used this gift to have dominion over all other creatures of the earth, as this was also God's plan for him. Man kept using his mind in more efficient and creative ways since it was such an impressive thing.

But as man used his mind more and more, he kept drifting further away from an older part of himself that used to take care of him before he received the gift of the mind from God. This older, now almost forgotten part of man is located at the center of his body and is called the solar plexus. It is also called the primitive brain or the secondary brain of the human body.

You may have different notions of how man's brain and solar plexus developed, and that is fine. What is important to understand is, that even though the predominant and more noticeable controller of the human body is the brain, it is the solar plexus that still regulates many automatic sensory functions of the human body. It has a sensory field that directly connects the human body to the sensory fields of all life and matter on earth. Many experiments prove the precognitive and sensory abilities of the solar plexus in humans as well as animals and birds and even reptiles. In these other species, the predominant controller is still the solar plexus.

As man started using his thinking mind more, he lost touch with his feeling mind, the solar plexus, with the consequence that he lost his strong connection with the sensory field of all life and matter on earth. This is why the term 'out of touch with nature' is frequently used nowadays. This is what happened with our modern medicine men too, quite some time back. Modern man has virtually lost all sensory bonding with earth and that is why he feels nothing when destroying her with his own hands. That is also why we have landed up trying to answer some simple questions like the ones in the next topic with the mind. Ancient man did not have such questions, he just knew!

If you want to improve the connection of your solar plexus with all life on earth, make lying down flat on your belly on the earth a regular practice. Have you noticed the distance between the earth and the solar plexus of our ancestor, the ape that walked on all four limbs? Do you now notice the distance between your solar plexus and the earth? Have you figured out what has happened?

Is man Carnivorous, Herbivorous, Omnivorous or Frugivorous?

How can one deduce if man is Carnivorous, Herbivorous, Omnivorous or Frugivorous?

By thinking really hard about it? Since the mind is such a powerful creator, it can just create any idea of what it thinks is the right food. People just go by their fancies and new food combinations are created every day. We have seen the history of this approach that has created some of the most indigestible meals on the planet.

By observing the eating habits of various cultures around the world? Isn't that just a study of the history of food choices? Those choices actually depended upon the food locally available and also on what the popular mindset at that time considered as food.

By microanalysis in a laboratory? Breaking down food into its micronutrients in a lab and analyzing them at microscopic levels has only given us a lot of data. That mind-boggling data is used to treat nutrition like mathematics, which only confuses the common man. They try to teach us that the sum of what is required by the human body = the sum of what must be fed to the human body at every meal. But this is not the way the human body works, as you will soon understand.

Classifying food into proteins, fats, vitamins, minerals, enzymes, starch, sugars, carbohydrates, hydrocarbons and fiber, and deciding what percentage of each nutrient constitutes healthy food is a stupid way of understanding nutrition. A particular vegetable may have different proportions of many of these nutrients, so does it mean that particular nutrients that we think are not good for certain people should be sucked out of the vegetable? Do you know that the people who have made these classifications do not even completely understand how these nutrients are treated and absorbed by the human body? Complex classifications of foods have only served to confuse people. Most of the food pyramids devised over the last few decades have many flaws.

Some of the healthiest people on the planet who live the longest are among the indigenous tribes and rural populations of the world. They do not know a damn thing about these modern classifications and studies, but yet, they do know much more about nutritious and healthy food than most of the 'developed' world.

Although much time has been spent by great minds on this topic of what is a proper diet and volumes have been written, much of it has not only been a waste of time, but also done great harm to humanity. It is not actually something to think about as you will see shortly, so please give your mind some rest and look deeper into proof that has been there since a long time and which thankfully exists even today!

- 1) Observing the Teeth – Detailed analysis of the teeth show striking differences between the teeth of Carnivorous, Herbivorous, Omnivorous and Frugivorous animals. The Carnivorous have large canines, which help in seizing running prey and cutting into flesh. The Herbivorous have well developed incisors for shredding grass and herbs and the molars are broad to facilitate chewing. The Omnivorous have canines like the Carnivorous and incisors and molars like the Herbivorous indicating they eat both flesh as well as vegetation. The Frugivorous however, have all teeth of similar height and broad molars, which are more suitable for eating fruit. The teeth of man exactly resemble those of the Frugivorous.
- 2) Observing the Digestive Tract – The bowels of the carnivorous are about 4 times the length of their body (mouth to anus) and their stomach is almost spherical. This facilitates the passage of quickly decaying meat. The bowels of the herbivorous are about 25 times the length of their body and their stomach is more extended and of compound build. But the bowels of the Frugivorous are about 12 times the length of their body and their stomach is broader than that of the carnivorous and has a continuation in the duodenum serving the purpose of a second stomach, which is exactly the design of the human digestive canal.
- 3) Observing the Digestive Juices – A carnivore's saliva is acidic and does not contain digestive enzymes, whereas the saliva of man, just like the herbivores is alkaline and contains carbohydrate digestive enzymes, like salivary amylase.

Carnivore's stomachs are over 10 times more acidic than Herbivores, to enable the quick breakdown of meats and so the acidic pH of a carnivore's stomach during digestion goes down to 1, whereas the pH of man's stomach, just like the herbivores goes to about 4 and this is adequate enough for the digestion of plant based foods.

Animal flesh is composed of highly complex protein, which requires vast amounts of uric acid to break down into amino acids. It is well known that higher amounts of uric acid in the human body cause havoc and accelerate the aging process. The job of neutralizing this high amount of uric acid falls on the liver, which fails to do it adequately most of the time. In comparison, a carnivore's liver is designed to neutralize 10 times as much uric acid as the human liver. Thus, human livers as well as human uric acid levels are not meant for digesting meats.

A high cholesterol diet like that of meats is handled very well by a carnivore's digestive system with no negative health consequences, whereas the human digestive system cannot handle meat cholesterol well. Humans have zero dietary need for cholesterol because the human body manufactures all it needs. Cholesterol is found in animal foods and rarely in plant foods.

- 4) Observing the behaviour of the Sense Organs – The carnivorous animal smells out its prey eagerly, and after it captures its prey, it immediately feasts on it even while the prey is writhing in its grasp with blood spurting all over. The herbivorous animal's senses of sight and smell lead it to select grasses and other herbs which it eats with delight. The Frugivorous animals senses always lead it to sweet smelling fruits of the trees. Similar to the Frugivorous animal, how delightful man finds the smell and sight of fruits and other produce of trees like leaves and roots and nuts that his mouth immediately starts to salivate. Mans senses of smell, taste, and sight, never lead him to kill and eat the flesh of animals.
- 5) Observing the Digestion Times – Digestion of food starts right from the time food is put into the mouth. It ends when the food reaches the last stage of the digestive canal, the colon, where the waste is prepared for elimination. If your digestive system is in good health, an un-cooked fruit meal or fruit juice takes only about 4 hours to digest, just under 1 hour in the stomach and just over 3 hours in the intestines. An uncooked vegetable meal takes about 6 hours. A cooked vegetarian meal takes about 8 hours, just about 1 hour in the stomach and 7 hours in the intestines. A processed vegetarian meal, like burgers and pizzas takes over 12 hours to digest. A cooked non-vegetarian meal takes over 16 hours to digest and finally a processed non-vegetarian meal takes over 20 hours to digest.

If your digestion system is not in good condition, it will take even longer times than these. There are natural ways of testing out these digestion times yourself, by using trace foods and observing certain body signals like timely burps after meals. Even though the food reaches the colon much sooner as in the case of raw fruit or vegetable meals, the colon holds the waste and excretes it only as per the body rhythms of once or twice a day. Do you realize why the fruit meal takes only 4 hours to digest? That is because the digestive tract is specifically designed to digest fruits. If you give the human digestive tract food it was not specifically designed to digest, it will obviously take a much longer time to digest it.

The test of natural food for man and which food is more preferable

Place your dinner table right in the middle of your dining area, and on it, place several serving plates, each containing a different food, only that each food should be IN ITS NATURAL FORM.

That means, raw meat in one plate, raw fish in another plate, raw vegetables in another plate, raw grains in one plate, raw fruits in another plate, raw roots in another plate and so on.

Now blindfold a person and get him into the room. Tell him to smell each plate and pick the plate that is most pleasing to his sense of smell. Which plate do you think he will pick? The meat plate or the grains plate or the fruit plate or the fish plate? He will obviously pick the fruit plate because it will have the only smell that pleases him. He may have no preference for the smell of the grains plate, but he will definitely get repulsed after smelling the meat plate or the fish plate and you will see the disgust on his face.

Please subject yourself to this experiment as well and know its truth!

Keeping the blindfold on, now ask him to taste the contents of each plate and pick the one that tastes the best. Will he pick the grains or the green vegetables or the fish or the fruit? Once again, the fruit will win!

Still keeping the blindfold on, now ask him to touch the contents in each plate and choose the food that feels best to the touch. Is he going to pick the sticky meat or slimy fish or the rough vegetable or the pesky grain or the smooth and interestingly shaped fruit? Again, he will pick the fruit. Many of us like to hold and even play with our fruits for a bit before eating them. Do you understand why meat eaters prefer to use a fork and spoon? They do not want to touch meat!

Now finally take off the blindfold and ask him to pick the food that is most pleasing to the eye. Will he even look for longer than a glance at the meat that is wet with slime and traces of blood? He will naturally pick either the fruit or vegetables because their varied shapes and colors are quite pleasing to his eyes.

To check with the sense of sound, recollect the sound that was made when the food was taken from nature. Fruit when plucked never makes sounds that are unpleasant to human ears. In fact, we even think that some of the plucking sounds are quite pleasant. The plucking or shredding sounds of vegetables, roots or grains also do not give us any discomfort. But the flip flopping and gasping sounds of fish do distress us a lot and the horrible cries of animals being killed right in front of us drives us virtually insane!

These are the messages our senses of smell, taste, touch, sight and hearing give us every day!

Universal law states that all our 5 senses will guide us only to our natural food and nowhere else. They guided Adam, they guided the stone-age man and they guide each one of us even today! And why? Because God has designed man in this way to forever remember his truths!

Now go out and bring in a dog and take him round the same table. There is no need to blindfold the dog. See what he picks as the first thing to eat.

He is not going to pick the fruit of course!

He is going to go straight for the meats!

Universal law proves itself again!

You can try this with whichever animal you want.

The senses of every species on this planet guide them to only eat their natural foods!

We MUST FOOL all of our 5 senses, which are the guardians of our body, EVERY TIME, so that we can eat foods not meant for us!

Sadly, this is what modern cooking does for us. It fools our senses and allows us to eat foods that are not meant for us. Every addition of a tasting agent or a fragrance or a spice or coloring takes us one step further away from our natural food.

How do we know that vegetables are just one step away from our natural food? Just add one condiment like salt, and we can eat it.

How do we know that cereals or grain are two steps away from our natural food? Because we need to add salt as well as a spice or two so that we can eat them. It is well known that preparations of rice or wheat or barley need salt and they are not enjoyed with just salting. That is why we need a side dish or a stew or a curry to go with them.

How do we know that meat and fish are 3 or 4 steps away from our natural food? Because we need to add salt as well as spices, flavours, fragrances and colorings so that we can eat them.

Eating food that is not the natural diet of man is one of the main causes of his long list of illnesses.

The functioning of our 5 senses and their automatic responses are not managed by the conscious mind and that is the reason why they cannot be trained or fooled by the mind. Their signals are relayed by our primitive brain (the solar plexus), and they are functionally held in place by an even greater, but lesser known prime controller of the human body, an invisible framework called the human blueprint, which is thankfully still beyond all human manipulation. I have explained what the human blueprint is, in the chapter on Metaphysics.

Now a few people may not respond very correctly to the tests of the 5 senses. These are the people who have been fooling their senses for a very long time. They will always pay the price for eating the wrong foods all the time by having imbalance and sickness as a normal part of their lives. Some diseased states also create craving for unnatural food in the effort to regain balance.

A craving for a certain spice in food can also come from the deficiency of its corresponding aspect in a person's life. What is satisfied by external gratification of the senses is often what is lacking internally. People who excessively spice up their food, only do so to excite their external senses because their personal lives have a lack of fire and excitement.

Often hot spices are craved for in food, just to balance the body's internal constitution. When a person's constitution has more of the earth and water element, expressed as heaviness of the body, they automatically crave hot and spicy food because that supplies their body with the much needed fire element. The fire element evaporates the water element and thins the earth element; thereby making them feel light and energetic and bringing their bodies back to balance for a while.

The trait of overeating (gluttony) is often an external satiation of internal unfulfilled sexual needs.

Some people like the Chinese who have been eating raw meats for generations, also have misguided senses. They too, need to fool their senses with some Soya Sauce and Wasabi.

The Eskimos unfortunately do not have a choice in flavouring their raw meats simply because there are not many spices that grow in icy terrain. This does not mean that they enjoy the taste of what they eat. They eat what is available just to survive.

The common craving for sweetmeats nowadays comes from the body's natural need for natural sugars that should have come from man's primary food, fruits. The modern diet instead, deprives the human body of adequate amounts of fruit that are the primary and natural source of glucose from where the human body gets most of its energy. If you take out all the sugar content from a sweetmeat, be it a candy, a chocolate, a cake or a pastry, there is not more than a 10% chance that you will eat what is leftover. Now you definitely need to try this one out too!

Try having at least two wholesome servings of fruit a day for more than 21 days and watch all your cravings for sweetmeats completely disappear! 21 days is a special time frame for the human mind and body. It takes 21 days of doing an activity at least once each day for it to be permanently etched in the human subconscious mind. After this period, it becomes a new habit and a norm that replaces an earlier habit. This mechanism is also controlled by the human blueprint.

People in Asian countries like India, know that many spices, condiments and herbs are medicinal, so they think that adding a lot of them to food makes the food very healthy. But this is far from the truth because evidence shows that Indians, who use a lot of spices in their food daily, are not healthy people at all. In fact, they have a lot of digestive problems. India is also the diabetes capital of the world. Most of the hot spices are highly acidic and make the food acidic as well. This forces the stomach to make stronger acids to break down the acidic food. This is the leading cause of stomach and duodenal ulcers in Indians.

Each of these medicinal spices, condiments or herbs are to be taken just by themselves or in simple mixtures in a prescribed way, like having them as the 1st thing in the morning, sometimes with water, followed with no eat or drink for about ½ hour and such similar restrictions, because their principle active ingredients only give a curative effect in their pure states. When taken in this way, they are absorbed by certain sections of the digestive tract and have a curative effect in the target organs or target areas of the human body. This science is well detailed in the ancient Indian system of Ayurveda that is more than 5000 years old.

But what happens when we add these spices when cooking food? The high cooking temperatures, the added water along with other spices, and the juices from the food combine to form new substances and the original purity of the spice, condiment or herb is totally lost and its curative capability totally diminished. New complex and difficult to digest acidic gravys are formed, which in turn cause digestive organ fatigue.

As the stomach makes the lowest pH level of acid to digest the food particles that require stronger acid, the medicinal herbs and spices in the meal also get exposed to higher levels of hydrochloric acid and this often destroys their medicinal value. Each natural curative substance is to be exposed to only that level of stomach acid that is required for its digestion and not more. The particular sections of the digestive tract are also not able to absorb the curative substances because of their changed chemical compositions.

If you are a non-vegetarian, by about this time, you must really be fuming that you have come across yet another book that is trying to take away your “God given right to eat meat”. But right about now, is also a good time for you to sincerely examine whether you were really given the right to eat meat or was that just your inferred assumption. Do remember that you eat meat only because of the tastes that are added to it. If there were no added tastes, would you really like eating meat?

Do not wonder about whether I am trying to fool you out of eating meat,

Wonder about how you are fooling your very own senses every day of your life!

That fruit is the best-suited food for humans, may also not go down well with many people who have illnesses like diabetes or candidiasis or cancer. It is unfortunate that their bodies have got so deteriorated and altered to a point where they cannot handle natural food anymore.

I do not wish that people be forced to give up the right choices of food due to compromised health conditions. That is why I hope such people first cure their illnesses, so that they have the ability to make the right choices. By the time you have read half of this book, you will know how to cure diabetes and candidiasis, and by the end of this book, you will know how to cure cancer as well. These are the three main diseases that forbid the sweetness of even natural sugars from fruits.

So till the time you cure your illness that do not allow for any sugar content, it is pretty obvious which should be your next food group choice – Vegetables!

The right balance of Food

If humans were meant to live on fruits, then what purpose do vegetables serve?

Well, vegetables are an alternate source of food for the seasons when fruits are not available on trees. Vegetables are also the source of many vitamins, enzymes, minerals, proteins, fats, carbohydrates, hydrocarbons, starches and fiber, which are sometimes not abundantly available in fruits. Even though the human digestive system is perfectly designed to digest fruits, its design also incorporates the capability of digesting vegetables, leaves, legumes, grains, seeds and roots, with just a little more effort and that is why their digestion times are just a bit longer than fruits. Many vegetables are also a source of healthy medicine for the human body.

Green leaves are abundant in chlorophyll, which is the basic source of nourishment for most plant life on earth. Did you know that the composition of chlorophyll is very close to the composition of human blood? This fact makes green leaves also a very good food for humans. Ocean vegetables also have a very high nutritional content because they grow in ocean water, which has over 90 minerals that can be absorbed by these plants. Nori, Dulce, Kelp and Seaweed are common sea vegetables that are very nutritious and you should consider including them in your diet.

Moving on to the next obvious question – Don't meats serve any purpose at all?

Meats are an alternate source of food for the seasons when fruits as well as vegetables and grains are not available. Meats also serve as the only food on some terrains on earth, where not much of vegetation grows. The human being can survive all over the planet in all sorts of conditions due to its diverse capability of digestion. Over the ages, the development of this capability was purely an efficient survival mechanism in tune with the seasons of the year. Man was meant to eat meat naturally, only when no other food was available and when his survival was at stake! But that certainly does not mean that meats are an equally healthy source of nutrition. Nature meant for man to eat meat only when no other food was available and this also proves that meat is to be eaten just by itself and not mixed with other foods like fruit or vegetable.

It is a known fact that the human digestive system can digest some of the metals too, although it takes a very long time, causes severe side effects and sickness and gives the body almost no energy. So just because metals are digestible by humans, does it mean that they are our food? This reference is for those who think that whatever is digestible, should be considered as food.

A regular meat diet may support the high protein needs of people who have chosen a lifestyle where there is daily loss of muscle mass like in the case of labourers or where muscle mass needs to be added regularly, like in bodybuilding. But is that your lifestyle? Besides meat, there are innumerable sources of protein and that is how we have vegetarian body builders and labourers as well. The kind of work you do (your energy expenditure patterns) should dictate the kind of food you eat (your energy intake sources).

Furthermore, we do not really need meat protein! Yes, you read that right. The human body needs amino acids that it can convert into useful protein. Meat does not supply the human body with the proper amino acids it requires and due to this, the body has to first break down the improper protein of meats into amino acids. The body then re-composes these amino acids into proteins that can be assimilated. This is a very inefficient process, which causes the formation of excess cholesterol and puts unnecessary stress on organs like the stomach, intestines, kidneys, liver and pancreas as well.

Where do the biggest and strongest vegetarians on the planet like the elephants get their protein? From plants obviously, because that is where protein is made. Protein is available in good quantities in most lentils, beans, peas, seeds, coconut, raw eggs and vegetables like spinach, broccoli, avocado, potato, kale, wheatgrass, spirulina and chlorella. Hemp and Soya are sources of high protein. Grains too contain adequate protein. Quinoa and Amaranth are two of the high-protein grains and their protein is nutritionally complete because it has all the essential amino acids in the ratios needed by the human body.

If you make a conscious choice of eating meats, the first question you should be asking yourself is whether you really do not have any other sources of food. The second question is, why eat a source of food that makes one unhealthy? And the third question you should be asking yourself is whether you have no compassion for sentient beings. It is one thing to see a neatly packed piece of meat and imagine that it just comes from a factory and a totally different experience to see what is done to a living animal on your behalf so that you can have one additional choice of food.

As explained earlier, meats exist at the 3rd level of nutrition, which is also the 2nd level of contamination. They not only contain the disease causing pathogens of plants, but their own viruses and bacteria such as salmonella, listeria, E. coli, campylobacter, and streptococcus, which can be harmful and sometimes even fatal to human beings.

To add to this, livestock is often fed on grains and grass that are grown with inorganic fertilizers and sprayed with chemical pesticides and herbicides. All these chemicals come into the cattle and get retained in their flesh. Medicines and antibiotics that are mixed in this cattle feed as well as synthetic hormones administered to the cattle for their fast growth also get retained in the cattle's flesh. When we eat such flesh, all these various inorganic chemicals come into our bodies and cause innumerable health problems. New sicknesses caused by these chemicals are springing up at a faster rate than we can find names for.

These inorganic chemicals also get delivered into the topsoil from the feces of the cattle and find their way into our sewage systems, which finally get emptied into the sea. That is the place where we get our fish from and also the reason why our fish have traces of those same chemicals.

The cultivation of meat all over the world for regular consumption has caused the entire ecosystem of the earth to degrade to a level from where recovery seems impossible.

It has furthermore recently been proved that cooked animal flesh contains heterocyclic amines, which are carcinogenic chemicals that form during the cooking process.

When we eat meats, we put all of the above harmful substances into our bodies and they obviously take a toll on our immunity and health. Should this not be simply put down as very risky behaviour? The problem is that most meat eaters are not even aware of all these facts and so unwittingly choose to eat meats based on false notions.

While it is true that raw fruits and vegetables can carry harmful bacteria, inorganic fertilizer and pesticide residues just like meat; most of these contaminants get removed when washing or scraping the fruits and vegetables. Cleaning the meat or trimming its fat is less effective in comparison. Though cooking the meat kills its biological contaminants, it does not remove the fertilizer, pesticide and hormone residues within the meat. If plants are contaminated, it shows in their texture, color and appearance and such plant material is immediately discarded. It is quite impossible to notice the same in a neatly cleaned and packaged piece of meat.

There is much criticism from some nutritionists, researchers and doctors of the capability of the human body to remain healthy on a 100% vegetarian diet. These 'experts' are quite ignorant of the many other natural aspects that make this possible. They only know what has been taught to them by faulty modern science. From here onward you will understand what these aspects are.

These are also the very people who popularise the view that vegetarians are bound to suffer in health from vitamin B12 deficiency, as vitamin B12 is only found in meats. Of course, the meat industry also propagates this view, because it helps the sale of meat. This view is however totally false as you will soon understand. But before that, here is a straight question for all these experts.

From where did Vitamin B12 get into the meat of the vegetarian animals we are supposed to eat?

Vitamin B12

Natural Vitamin B12 is produced only by bacteria, yeast and other microorganisms that live primarily in the soil. These microorganisms are also found in natural untreated water. They come into plants due to the plant's contact with the soil. They also come into animals when animals eat soiled plants and other material straight off the earth. These microorganisms multiply at a faster rate inside an animal's body than a plant's body, because the environment within an animal's body better suits them. This is why tests show that meats have higher amounts of Vitamin B12.

When we eat untreated organic plants and meats, these microorganisms also come into our digestive systems and multiply mostly in the gut. This is the normal route from where we get these microorganisms and the B12 they make. The problem nowadays is that all our plant sources of food are firstly heavily treated with pesticides, and then irradiated and this kills most of the B12 making microorganisms. That is why our plant sources have a very low content of these microorganisms. To make matters worse, we cook most of our plants, instantly killing even the few microorganisms that survived the pesticides and irradiation. This is why vegetarians and vegans have a lack of B12 producing microorganisms in their food.

Common symptoms of Vitamin B12 deficiency are acidity, weakness, weight loss, nausea, vomiting, anaemia, apathy, mental confusion, delusions, paranoia, memory loss, respiratory symptoms, hives, allergies, cardiovascular weakness, and nervous system defects.

The first solution to this problem is to eat a lot of raw organic fruits, vegetables, leaves, sprouts and roots. Organic farming does not use pesticides that kill microorganisms and having the food raw prevents the microorganisms from dying due to cooking heat. Going for a higher dose of natural B12 would mean eating the raw vegetables without thoroughly cleaning them, which is how animals get their B12 microorganisms. But the problem with doing this is that our modern digestive systems are so weak, that they cannot fight harmful microorganisms and pathogens in unclean vegetables. Our digestive systems have become weak because of our regular consumption of canned and processed food that contain inorganic chemical additives; our contaminated foods, antibiotics, vaccinations, steroids, birth control pills, pesticides, genetically modified food, chlorine and fluoride in drinking water, and the effects of radiotherapy and chemotherapy that constantly kill the good microorganism population in our guts. The count of B12 producing bacteria in our guts may be so low, that even though they produce B12, it is simply not enough for our needs.

The second solution, a traditionally tried and tested one, is to supply the body with good sources of helpful probiotic bacteria that make Vitamin B12, by eating fermented foods like miso, kimchi, sauerkraut, cultured vegetables, cabbage rejuvelac, yoghurt, vegan curds, cheese, coconut kefir, nutritional yeast, tempeh natto and raw eggs. Make sure the ingredients that go into these preparations remain raw and organic as far as possible, so that the bacteria in them are still alive. Spirulina is also a good source of B12. In fact, most unprocessed organically grown plant material growing close to the soil that is dried in ways that do not kill its bacteria, are good sources of B12.

One can also find many over the counter available probiotic capsules that can supply us with beneficial bacteria. It is important that the bacteria reaches the small intestine without getting destroyed by the stomach acids or the upper intestinal digestive enzymes on the way, and for that, the capsule material should be made of a proper composition like organic vegetable cellulose.

If you do not use any of the above sources of B12 bacteria regularly and switch to a vegetarian or vegan diet, you may show signs of Vitamin B12 deficiency within about 3 years. At that stage the deficiency can still be treated by taking Vitamin B12 orally, or by injections or in a patch form. But since those are man made forms of Vitamin B12, you will have to watch out for any side effects.

The next issue we face, even if we eat raw uncooked vegetation or ingest various sources of B12 microorganisms, is the body's capability of absorbing the B12 that is produced in the stomach and in the intestines by the B12 microorganisms. The mucosal linings of the walls of our stomach and intestines that house these B12 microorganisms are supposed to absorb the B12 using their intrinsic factor. But the problem is that these mucosal linings have already been damaged by the action of spicy food, viruses, harmful bacteria, and fungus or inorganic harmful substances like

preservatives and artificial taste enhancers or antibiotics that we ingest and that is why they are not capable of absorbing Vitamin B12 easily. The way to solve this problem is to reduce the intake of harmful inorganic substances and spicy food and treat all digestive tract infections so as to help the body rebuild healthy digestive tissue and intrinsic factor again.

Vitamin B12 deficiency is not just a problem of vegetarians as you may guess from the above. 60% of non-vegetarians also suffer from vitamin B12 deficiency when they cook their meats and kill their B12 manufacturing microorganisms. Meat eaters too suffer from the lack of intrinsic factor and perhaps more so, due to higher amounts of preservatives in their canned and processed meat products which destroy their mucosal linings.

It is a must for Vitamin B12 deficient people to get nourishment from the 5 elements of nature, as that improves the absorption of Vitamin B12 as well as reduces the inflammation of the mucosa, thereby improving the intrinsic factor. I have detailed this aspect of nutrition that is the missing in our modern diets, in a later chapter.

Nuts, Beans, Peas and Grains

Nuts, beans, peas and grains can be naturally dried and stored. They are forms of food containing stored energy that should be eaten during months when fruits and vegetables do not grow, which are generally the winter months. Consumption of grains produces acidity and internal heat that warms the human body during this cold period. Having these foods in excessive quantities, all year round, especially during the summer, damages the digestive tract and the mucosa in the long run.

The abundance of grains and pulses in our diets is only a result of large-scale modern farming. What we eat today is mostly dictated by what powerful food growers and marketing companies want to sell, which is, anything cheap and easy to make on a commercial scale! These grains and pulses never existed in such large proportions in nature before farming began and as per the provision of nature, they were not supposed to be the bulk of our food intake. The other conveniences of grains and pulses are that they can be stored and transported easily. Just because they are a convenience for business, does it make them healthier food for us? The staple diet is one of the biggest mistakes of modern nutrition! You will understand why as we go along.

The large scale growing of grains and pulses happened at a time when the population on this planet started exploding and governments began to feel that the healthier available sources of food with their slow cultivation times would not be enough to feed the growing populations, so they tried in haste to fix the problem by formulating large-scale production models of foods that had quick turnaround times, which were also simple and easy to grow.

It would be wrong to say that they did this knowing that it would cause harm in the long run. But it would be right to say that their ignorance of what the human body really needs as food let them do it. In addition, it is the money making priority of food suppliers that leads them to shove unnecessary foods down our throats. It happens even today, and if you watch your TV, magazine, newspaper and online ads carefully, you will see proof.

Why do you think there is still so much of contradictory advice in all mediums of advertising about what is the best food for you? It is because there is a 'behind the scenes' war going on between the people who have large food businesses and the people who are now revealing that the real nutritious foods are not the ones that are mass-produced.

Fruits

The reason why fruits are the most natural and nutritious food for man is because they contain the highest amounts of glucose, sucrose, and fructose, which are all used by the body as energy. After all, the most important requirement for the human body is the energy by which it does all its tasks. Fruits also contain the most varied range of vitamins, minerals and enzymes that are required for the efficient functioning of the human body.

In a complete ecosystem, every part gets its nutrition from the whole and in turn, it does work that contributes to the whole. Now what did making fruit man's main source of food enable? It enabled the growth of fruit bearing trees, whose leaves provided an abundant source of oxygen to the planet, food for other species, not only by their fruit, but by their leaves, barks and roots as well, home and shelter for some species on the planet, the prevention of soil erosion, and many other aspects that complete natural symbiotic ecosystems that sustain wholesome life on this planet.

Can you imagine a world without any fruit bearing trees? Would it not look quite barren and much less capable of sustaining a variety of life? Do you see such a condition being beneficial for the human population in any way? If you do not, then is it not true that they are here for all the reasons I have mentioned above, and more? Should we not value trees and their fruits the most? There are of course many people who value animals more, and that is fine, but is not animal life sustained by tree life?

Of all the parts of a tree, the fruit is the purest and most nutritious part, because it is an offering of the tree that brings forth life and by that capacity, also holds the most life itself. Fruits do not have any natural toxins in them because they are meant to grow life and not restrict it. There is a stage though, when a fruit will not lend itself to be plucked and eaten, and that is when it is unripe. If fruits are eaten at an unripe stage, their constitution will irritate the throats of those who try to eat them and that is rightly so. This is the mechanism of the fruit to protect itself and ensure that it comes to its ripening stage, so that its seeds are fully mature and capable of germination. It is the purpose of the tree to make its fruit ripe and tasty, so that humans, animals and birds eat them and carry their seeds far and wide, to be deposited back in the soil through their feces.

When we pluck fruits at a very unripe stage, just because they need to be transported over long distances, we cut short the higher nutritional value that was developing in them. For this reason, it is better to avail of locally grown fruits that are plucked very close to their ripening stage. Fruits and vegetables that are to be transported over long distances are doused twice with chemicals that are very unhealthy. The first time they are doused with preserving chemicals, just after they are plucked, so that they do not ripen when being transported, and the second time they are doused with ripening chemicals after reaching their destination, so that they ripen quickly for sale.

Vegetables

Like fruits, vegetables are also the offering of a plant that bring forth life and by that capacity, hold a lot of life themselves. Vegetables are the primary source of food for many species on this earth. They do not have an energy level content as high as fruits, because they are meant to provide for a lower band of energy and nutrition.

Which is the species on this planet that requires the highest amount of energy and the most varied forms of nutrition to perform the entire range of works that it is mentally and physically capable of?

You probably know the answer from the framing of the question itself. Yes, it is man. It is because man is designed to be engaged in much more than basic work that just ensures his survival. Man is not just an animal anymore. He has a very wide range of intellectual, physical, emotional and energetic needs and that is why his range of nutrition spans across fruits, vegetables, leaves, roots, grains, seeds, beans and many other forms of food. The more complex an organism and its functions and capabilities, the more complex and varied is the nutrition that it needs. It is well known that many human capabilities suffer in function with nutritional deficiencies. Have you noticed how simple the nutritional needs of a cow are? Is it not in line with the work a cow does?

Leaves, Stems and Roots

The leaves of a plant are also a great source of energy because they trap the sun's energy directly and store it in the form of biophotons. Green leaves are a very good source of nutrition because they contain good amounts of protein, minerals, vitamins and fiber. But all plant bodies and green leaves especially, have a tiny quantity of natural toxin within them. This toxin gives a slight negative reaction in the digestive system of the creature that eats too much of it. This is actually a protective mechanism of the plant, which ensures that its population in a certain location does not

get wiped out totally. It also ensures that the plant gets a fair chance of growing through the seasons so that it can flower and produce fruit and seed to multiply its population thereby ensuring its long-term survival. All animals sense this and stop eating too much of the same plant leaf because the toxin builds up in their body and makes them uncomfortable.

Though this may seem like new information to you at first glance, you may already be aware of all the leaves, stems, barks and roots of plants like neem, tulsi, bael, cinnamon, ginger, turmeric, garlic, onion and clove that have predator-fighting substances within them. It is because of their natural toxins that we use them as antibacterial, antifungal and antiviral agents.

The reason why I have highlighted this aspect of leaves and stems, is that, having too much of the same leaf or stem for too long can have a detrimental effect. For this reason, we should keep on changing the type of leafy vegetables we eat. This is in line with the natural principle of rotation of foods that I will explain later.

Is sugarcane not a stem? Have you realized that the increased consumption of sugar is also causing an increase in the number of illnesses related to sugar? This is because the bark of the stem contains minute traces of a natural toxin to ensure that the plant is not eaten away before it can complete its full growth to flower and produce seed again.

Some edible roots also contain a lot of stored energy and they are quite healthy to eat because many of them have medicinal properties that come from their soil pathogen fighting capabilities.

Grains

As stated earlier, we should be eating grains and pulses mostly in the winter months because they are stored forms of energy. This is because of the following reasons:

- 1) The digestion of grains produces acidity, which is converted into heat inside the body. This heat keeps the human body warm during this cold period. Now do our bodies really go through winter periods? Modern homes and warm clothing certainly do minimize the winter effect.
- 2) Most grains are complex carbohydrates, which when eaten, slowly get converted into glycogen that is stored in the liver and the muscles. Any excess not required by the body immediately gets converted into fatty tissue that is stored all over the body. This fat also serves to keep the body warm in winter.
- 3) The stored fat in the body is also a food reserve that is supposed to feed the body during this period of scarcity of fresh fruits, vegetables and roots.

Having grains all year round, especially in the summer months, in excessive quantities, damages the digestive organs in the long run due to the continuous presence of acidity and internal heat.

Secondly, its continuous daily conversion to sugar round the clock overworks the pancreas by forcing them to produce insulin all year round. The insulin producing islet cells in the Pancreas slowly die from such fatigue and this is what Type I Diabetes is all about. The above, are two direct problems caused by continuous all year round grain consumption.

The third problem is that all year round elevated levels of insulin force various organs and tissues to develop insulin resistance. Developing insulin resistance is actually a protective mechanism of the body, which is wrongly labeled as an autoimmune reaction. Developing high insulin resistance is not a normal job for various organs. They are forced to do so only because of the high insulin presence in the blood. This slowly causes the organs to malfunction. This is Type II Diabetes.

Recent studies show that Alzheimer's progresses as a result of the brain developing resistance to insulin. This in turn prevents proper lipid (fat) metabolism. As these lipids build up over time in the brain, rather than being properly absorbed, it results in increased stress and inflammation, as well as several other symptoms associated with dementia. This is being called Type III Diabetes.

All year round consumption of grains as per wrong staple diet models is the primary reason for Type I and Type II Diabetes. They are considered baffling chronic illnesses by our modern nutritionists just because they work with wrong notions of nutrition. They work with wrong notions of nutrition because they are cut off from nature, so they cannot see the natural cycles of nature that I just brought to your attention. They love their theories and their microscopes too much.

The fourth problem is that the body has a limited capacity of storing carbohydrates in the form of glycogen. The storage sites for glycogen are the liver and the muscles. Once their capacity is full, the excess carbohydrates are converted into fat and stored as fatty tissue all over the body. This is the most common form of obesity. High intake of carbohydrates also contributes to fatigue, brain foginess, hypoglycemia, intestinal bloating, sleepiness, High BP and depression.

Before cooking any grain or dried bean, it is important to soak it overnight in water for anywhere between 16 to 24 hrs. Firstly, this makes it absorb a bit of water and softer to cook. Secondly, and more importantly, soaking reduces the enzyme inhibitor phytic acid and makes it easier to digest.

All grains contain the enzyme inhibitor phytic acid that prevents untimely sprouting, but which also binds to minerals such as iron, calcium, and magnesium. This binding leaches out minerals from the human body, thereby leading to deficiencies that foster poor health, dental problems, and weak bone structure. In order to liberate these minerals for trouble-free absorption within the body, the enzyme phytase is needed. Since humans are unable to manufacture phytase, it needs to be activated within the grain to neutralize the phytic-acid. Soaking whole grains in water overnight deactivates the enzyme inhibitors and triggers the phytase that nullifies phytic-acid. If not neutralized, enzyme inhibitors hinder digestion. This places stress on the pancreas, causes malabsorption of nutrients, and contributes to food sensitivities as well.

Sprouts

The sprouts of seeds contain carbohydrates, fats, minerals, vitamins, proteins, natural sugar, living enzymes, amino acids and antioxidants. Sprouts are highly nutritious because they are acting at the most powerful stage of growth of a plant, that is, when life is springing forth from the seed at its maximum potential. They are one of the most lively and energetic foods if eaten raw, so try and make them part of your regular diet.

Sprouts are one of the cheapest foods as well as the purest, because they will not contain any hormones, pesticides, artificial fertilizers or preservatives since they are cultivated by you and in your home with good quality water.

The beauty about sprouting is that it activates the enzyme activity within the seed that make it a pre-digested form of food. This also stimulates the enzyme activity in the human body. Sprouting converts starch into sugars like glucose and fructose, it converts long chain proteins into free amino acids, it converts saturated fats into free fatty acids and it also raises the protein levels thereby raising the ratio of essential to non-essential amino acids. Sprouts provide more nutrients per ounce than any other natural food known.

Some of the popular seeds that can be sprouted are moong (mung beans), methi (fenugreek), sunflower, soy, alfalfa, amaranth, broccoli, kamut, quinoa, radish and spelt. Many of these sprouts help in curing some of our chronic illnesses, so that is one more reason to have them regularly, or as a preventive as well. You may not find many of them tasty if eaten by themselves, so it is a good idea to make them part of a simple raw salad containing chopped onions and tomatoes or any other raw vegetable garnishing that goes well with their taste.

Never sprout genetically engineered (GE) seeds, as they could be devastating to your health. Also, avoid sprouting grains such as wheat, maize, and rye because they contain Benzoxazinoids, which are part of the plants' defence system against pests, and are actually toxic components. Wheat sprouts also contain the highest amount of wheat lectin, which is responsible for many of wheat's unhealthy effects.

Living Food

As explained before, the purest level of nutritional energy available on the planet exists in sunrays. The next level of energy that is available is stored in plants. It is very important to note, that the energy in a plant is the highest when the plant is alive because its chlorophyll content and cellular structure are intact. The moment the cellular structure is broken down physically by crushing, chewing or by heating as in cooking, the plant material starts decomposing and its nutritional energy starts decreasing considerably if it is not absorbed immediately by digestion.

Raw plants and their fruits are also teeming with amino acids, live bacteria and living enzymes that aid in the plants own metabolic processes. They are both beneficial not only for the plant, but also for the human body. If we eat plants and fruits without cooking, these amino acids, live bacteria and living enzymes get into our digestive system and help in breaking down and digesting the plant material that we eat. The bacteria as well as the enzymes then become part of our intestinal microflora and help extract the nutrients from the very food they are present in.

When plants and fruits are cooked, all these useful bacteria and enzymes get killed. When such cooked food is eaten, it is the enzymes of the human body that have to do the job of decomposing and digesting the food. It takes a lot of energy and resources for the human body to keep up its count of beneficial bacteria and enzymes all by itself, with no help from nature. This is what drains the human body of energy as well as makes the digestion process more difficult and longer.

Healthy bacteria and living enzymes are a very necessary part of healthy nutrition. Cooking kills them, making the food nutritionally deficient. This is why routine health scans nowadays show that many people are nutritionally deficient. The doctors have no other option but to recommend that they have probiotics (helpful bacteria) and enzymatic supplements.

Another important nutrition we get from raw foods is 'biophotons.' Biophotons are the smallest physical units of light, which are stored and used by all biological organisms, including our bodies. These biophotons are the trapped form of the suns energy and they contain important bio-information, which regulate complex vital processes in the body.

Enzymes

Enzymes are proteins that can survive even thousands of years in frozen conditions, but die above 54 degC immediately. There are 3 types of enzymes. First are the food enzymes, which are present in natural food in its raw state and which aid in its decomposition. They help the digestion of the very food they are present in, when it gets broken down in our digestive tracts.

The digestive enzymes that are produced by our pancreas are the second type of enzymes, which are secreted into the digestive tract to facilitate digestion. If we eat more raw foods, which contain loads of food enzymes, that reduces the load on our pancreas since it will not have to produce and secrete as much enzymes of its own. Digestive enzymes help break down food into smaller parts that can be absorbed, transported and utilized by every cell in the body. This helps the cells of the body maintain good health, which in turn contribute to healthy looking skin, overall health and longevity. Enzymes not used up in digestion, are made available to facilitate other important physiological processes.

Metabolic enzymes are the third type of enzymes that are found inside the body cells, which help the cell carry out a variety of functions related to its reproduction and replenishment. They help catalyze functions that would normally not occur at physiological temperatures, and are involved in every single process of the human body outside of the digestive tract. It is the pancreas that produces metabolic enzymes as well. Metabolic enzymes are intimately involved with the running our circulatory, lymphatic, cardiac, neurological, endocrine, renal, hepatic, and reproductive systems, while maintaining our skin, bones, joints, muscles and other tissues as well. They also cleanse the blood of bacteria, fungi, and parasites that may be present, by breaking down their protein-based structures.

Enzymes lower the amount of energy needed for a reaction to occur. Without them, some reactions simply would not function in our body. But enzymes do not work alone. Enzymes rely on other elements to accomplish their tasks, such as certain vitamins and minerals. These elements are called "coenzymes." A deficiency in digestive enzymes also reduces the availability of metabolic enzymes.

While all raw foods contain enzymes, the most powerful enzyme-rich foods are the sprouts of seeds and legumes. Sprouting increases the enzyme content in these foods tremendously. By eating sprouts, we supply our bodies with the amino acids and the enzyme co-factors needed to boost our own natural enzyme production. By eating more living foods, we reduce our need for digestive enzymes. This allows the body to put more of its energy into producing metabolic enzymes, thus improving overall body vitality.

Mineralization

Each cell in the body contains a few thousand different types of enzymes lying dormant, just waiting to be activated. To become active, both major and minor minerals are required in the process. Most people never fully activate all of their enzymes because they lack the minerals required to do so.

Besides fats, carbohydrates, hydrocarbons and vitamins, the human body also needs an adequate supply of dietary minerals, such as calcium, magnesium, sulphur, iron, and phosphorus; and trace minerals, such as zinc, selenium, manganese, and copper, which should be coming from the plants and fruits that we eat. But the problem is that modern farming does not follow natural and organic farming methods that promote the generation and circulation of such minerals in the topsoil. Instead, it has chosen to put toxic substances such as fertilizers, pesticides, herbicides, and volatile organic compounds in the soil to grow our crops.

The other problem is that most commercial fertilizers that are supposed to nourish the topsoil have just 3 or 4 minerals added into them, whereas good healthy soil should have close to 50 minerals in it. This whole range of minerals is what our plants need for healthy growth and they are also what the human body requires. Due to the lack of a good range of minerals in our inorganic fertilizers, our cultivated plants and vegetation also become nutrient deficient. When we eat such produce, it is obvious that we will not get the minerals we need because they are not present in required quantities in the plants themselves. We instead get the toxic fertilizers, pesticides, herbicides, and volatile organic compounds in our bodies, which make us sick and keep our immune systems in a depressed state, where they do not have the energy to fight threats from other sources.

Therefore, it is very necessary that we limit our intake of toxic materials by following organic methods of farming, and rebuild a properly mineralized body. Minerals help the detoxification processes of our bodies as well.

Mineral deficient plants and vegetation also land up with the incapability of developing their natural defences against pests. This is why they are not able to protect themselves against pests.

The farming industry treats this problem by spraying the vegetation with pesticides instead of giving them the minerals they require to develop their own immunity.

If we are mineral deficient, don't we too lose our immunity very soon and fall sick very easily?

Cooking

All life on earth has its own unique vibration. Every living being on this planet remains healthy so long as it retains its unique range of vibrational energy. Once its vibration falls below its normal range, its decline or dying phase begins. Freshly plucked vegetables or fruits are at their highest vibrational frequency and that frequency is closer to the nutritional frequency of a human being. That is why we get good energy from raw vegetables and fruits. Kirlian photography which shows the visual colorful glow of life force energy from any living object, clearly shows the most vibrant energy in freshly plucked fruits or vegetables and a slight lower glow as the days progress when they are kept by themselves, but a drastically lower glow of life after these fruits or vegetables are cooked. When we cook the vegetables or fruits, their vibrational frequency drops drastically low and so does their life energy content. To be vibrating with life, you need to eat live food that is still holding its vibrational energy intact. This is why freshness of food is important. Cancer cells in the human body have the same frequency as highly cooked vegetables or cooked meat. Accordingly, cooked food should be called 'dead food' because there is no life in it anymore.

Cooking also alters the genetic structure of food to a level where the body cannot recognize it any more and so it interprets it as waste or toxic material instead and prepares its defence against it. Even basic cooking gets this reaction from food, so you can imagine what treatment the body gives highly processed foods like fried food and fast food. Highly processed foods have virtually no nutrition and that is the reason why people need more of them. They have to eat more and more because that type of food has very less energy. Besides that, processed food has so many chemicals added to it to enhance its taste and shelf life, that it becomes a toxic burden for the body. Processed food is another root cause of eating disorders, big potbellies and obesity as well.

Cooking food also creates toxic substances (higher the cooking temperature, more the toxicity), unusable waste material (that has a cumulative congesting and clogging effect on the body) and it depletes, alters or destroys essential nutrients, like vitamins, minerals, and amino acids.

Human beings are the only species on this planet who cook their food. Does this not strike you as being very very odd?

Cooking has become a necessity in modern times mainly to kill the various germs present in food. There are two reasons why modern man needs to kill these germs. One is that many of the germs have mutated to become stronger versions of their previous selves trying to fight man's persistence in killing them with pesticides. The other reason is that modern man's immunity has fallen to such low levels, that he finds it difficult to tolerate the presence of most soil germs in his body. Ancient man did not need to cook his food because his normal immunity was high enough to handle germs. Legitimate reasons for cooking many vegetables would be that they are either hard to chew when raw or difficult to clean or that their juices irritate the throat when eaten raw.

Cooking first came about when man found out that it was easier to bite and chew meats if they were cooked. Both these aspects of meat, unhygienic as well as hard to chew, also point to the fact that meats are not meant to be eaten by humans.

Through our unnatural food choices and bad habits like cooking, we constantly deprive the human body of all the good nutrition it was supposed to get. It is only when we become aware that we are becoming sick due to nutritional deficiencies that we take the advice of doctors and nutritionists and start eating nutritional supplements and superfoods. Organic nutritional supplements and superfoods are beneficial no doubt, but they come at a much higher price and try to fix a much simpler problem of us not eating the naturally available foods that we were supposed to eat.

How and when to eat fruit

If you eat fruits within ½ hour of a cooked vegetarian or non-vegetarian meal, keep in mind the following. The cooked meal, which takes much longer to digest, will still be in the stomach. As the fruits get added to this half digested food, it mixes along with it and this further lengthens the time the whole food mass now spends in the stomach. During this time the fruits start decomposing and becoming acidic because they get overexposed to the stronger digestive juices that were made to digest the cooked food.

The right thing to do would be to eat fruits at least 45 minutes before the meal or on an empty stomach because this time is enough for the fruits to be digested by the stomach after which it passes into the duodenum for further digestion. This way it does not mix with other food in the stomach to become acidic. It remains more alkaline, and this is very helpful in maintaining the body's pH balance. If you eat fruit like this, it will play a major role in detoxifying your system and supplying you with a great deal of energy for weight loss and other body functions.

You may have experienced an upset stomach or a sense of bloating in your belly when you have eaten particular fruits like watermelon or oranges just after your meals. This is because these fruits decompose very quickly once eaten and they get putrefied in the stomach when they are mixed with half digested food. You will not experience this problem if you eat them on an empty stomach.

Greying hair, balding, nervous outbursts, and dark circles under the eyes will start disappearing once you start eating fruits on an empty stomach. If you master the correct way of eating fruits, you will have beauty, health, energy, happiness and normal weight all through your life.

When you need to drink fruit juice, drink only fresh fruit juice, never from packaged cans that have artificial coloring, chemical taste enhancers and preservatives added. Do not even drink juice that has been heated up because heating further breaks it down and causes fermentation. Eating cooked fruits gives us their good taste, but not all their nutrients and living enzymes, which get destroyed by cooking.

Biting and chewing a fruit is the best way of consuming it. This is because saliva, which plays a vital role in the digestion of natural fruit sugars, gets well mixed with the fruit when chewed. Eating a fruit gives you its complete fiber content as well. Juices have two disadvantages, firstly they pass the mouth very quickly, so they do not get mixed with an adequate amount of saliva, and secondly, juicing extracts most of the useful fiber that is throw away. It is no wonder that our doctors advice us to get more fiber in our diets. If you must drink fruit juice, then drink it slowly and thoroughly enjoy its taste, because that gives the saliva time to digest the natural sugars present in it.

Acidity and Alkalinity

Alkalinity is anabolic, which builds up (growth) and acidity is catabolic, which wears down (aging). The cells of the human body are slightly acidic and must exist in a slightly alkaline environment (the body fluid) if they are to remain healthy and produce energy. For good health and long life, we should be eating about 80% alkaline food and 20% acidic food, the exception being the winter months where we can shift to 70% alkaline and 30% acidic food to get the benefit of internal body heat and fat buildup. We instead eat more of acidic food, which not only hastens the ageing process but also makes the digestion system unhealthy.

Misconceptions about our nutritional needs and farming conveniences force us to eat a diet that is 80% acidic and only 20% alkaline, right from the time we get off breast milk. This is how we bring the aging process into our lives right from an early age. If we had followed a proper alkaline diet right from childhood, we would not age beyond our physical growth phase of 23 years, till 50 years at least. There are many people in the world who have been following a high alkaline diet right from the age of 3 or 4 years, because it is what their parents taught them, and their health, vitality and youthfulness are testimony to this fact.

A person is normally diagnosed with a problem of acidity, when they show symptoms of frequent belching with heartburn. This is the kind of acidity that we are most familiar with, which is nothing but the malfunction of gastroesophageal sphincter muscle, which gets damaged by the regular consumption of highly acidic and spicy food as well as the action of strong gastric juices from the stomach. The malfunction of this muscle causes the reverse flow of some gastric juices, which irritate the esophagus.

What we are not so familiar with is the low-lying level of acidity that is silently lurking in our bodies right from our childhood. The cause of this acidity is the high proportion of acidic foods we are taught to eat based on a wrong paradigm of nutrition. This kind of acidity is the root cause of heartburn, ulcers, constipation, flatulence, headaches, migraines, arthritis, gout, uric acid, joint pains, skin problems, bone degeneration and hemorrhoids, as you will shortly understand.

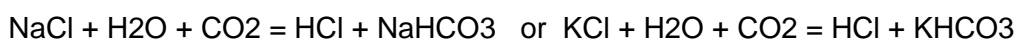
Acidity within the body can also get augmented with the acidifying toxins that pathogens within our bodies produce. That is why we should get rid of all harmful pathogens quickly. As the number of pathogens increase, they create more acidic environments that help them proliferate further.

The effects of acidic food and a low-lying level of acidity on the human body

As we eat more of acidic food meal after meal, day after day, residual acidity in every cell, and every body fluid goes up and gets maintained at a certain level, which though tolerable and unnoticed, still does its silent damage on a daily level. The body is always busy throwing our waste products from our system. The more unhealthy and toxic food we put into the body, the higher the rate at which the body throws out this harmful waste. But like all things finite, there is a limit to what rate the body can throw out such waste. When the unhealthy and toxic food input is more than this rate, net residual toxicity and acidity in the body shoots up and the body becomes sick.

The acid-alkaline balance of the body is maintained continuously by homeostasis so let's first understand how it works.

When food or water comes into the stomach, the stomach lowers its pH to a value that is required to break down the constituents that its sensory cells detect are present in the food. Hydrochloric Acid (HCL) is produced by the stomach to lower the pH. This is done by the following simple chemical reactions.



As seen, the by-product of making hydrochloric acid is sodium bicarbonate (NaHCO₃) or potassium bicarbonate (KHCO₃). These are the alkaline buffers that are released into the blood by releasing HCL into the stomach.

After HCL has completed its work on the food mass, the food mass moves from the stomach into the duodenum for the next stage of digestion. Now because the duodenum and the small intestines cannot handle the high acidity of the food that has just come from the stomach, the pancreas make pancreatic juice containing alkaline bicarbonates and supply them to the duodenum through the pancreatic duct. These alkalies neutralize the food in the duodenum, thereby making it available for the alkaline treatment of bile coming from the gall bladder. The pancreas produces alkaline bicarbonates by a chemical reaction just opposite to that of the stomach, that is, by putting HCL in the blood. This balances the bicarbonate buffers created in the blood earlier by the stomach. In effect, one could say that the bicarbonate buffers that were created by the stomach just got transferred to the duodenum thanks to the action of the pancreas. This is how homeostasis across the first stage of digestion is achieved.

So if highly alkaline food is supplied to the stomach, no doubt, it is made acidic in the stomach just for a while, but its alkalinity gets restored once it reaches the duodenum. This is how alkalinity of food or water is never lost.

Now what happens when highly acidic food is supplied to the stomach?

As the pH of acidic food is already low, there is no need for the stomach to lower its pH further. In this scenario, bicarbonate buffers do not get added to the blood. So when this batch of acidic food reaches the duodenum, adequate alkaline bicarbonates are not supplied by the pancreas, with the result that the food mass in the duodenum remains acidic. Now the only thing that can make this food mass alkaline to some extent is bile from the gall bladder. If the liver and gall bladder are not in good working condition, this process suffers. This is how acidic food reaches the intestines.

Whenever we eat more of acidic food, the blood becomes the recipient of this acidity because its job is to absorb the nutrition from the food. Since the blood must maintain its healthy pH range, it passes on this excess acidity to the kidneys that dispose it off in the urine. The blood does not like becoming acidic, but it is forced to absorb even acidic nutrients from the food we eat, because there is no other way that it can get nutrition to supply to the body. If there were another way for the blood to get nutrition, the intestines would simply allow all the acidic food to pass by and out of the body because it is harmful nutrition.

After nutrient absorption process in the intestines, a lot of residual acidity still remains in the waste food mass, which is carried through the colon and finally passed out in stools. A burning sensation in the rectum during the passing out of stools is an indicator of high residual acidity that could not be disposed off by the urine. An under performing liver or the absence of a gall bladder, due to surgical removal, are also reasons why acidic food from the stomach does not get properly neutralized in the duodenum but instead gets carried over into the intestines to acidify the blood.

When the acidity in the blood goes up, the blood first uses up the alkaline bicarbonate buffers present in its blood plasma to bring the blood closer to its slightly alkaline pH of 7.35-7.45. Unfortunately, because of the continuous supply of acidic food to the body, the level of alkaline buffers is often very low. If the blood pH falls way below its range, then all bodily fluids like the urine, cerebrospinal fluid, lymphatic fluid, synovial fluid, semen and saliva as well become a bit acidic. This starts disrupting all cellular functioning in the body and brings the body to a very critical state. Such a state is seen in cancer victims.

To prevent such a state of decline, the blood tries to reduce its acidity by neutralizing it with one of the most alkaline substances in the body – Calcium from the bones. It starts dissolving the calcium from the bones in itself to increase its pH level. This process is often referred to as the leaching of calcium from the bones. Now from the entire profile of the bone, it chooses the place where this leaching action is done the quickest – Not the hardened middle section of the bones, but the softer ends. As this reaction progresses, it produces pain and inflammation of the bone joints. This is Arthritis. All other so-called causes of arthritis are just reasons that aggravate this basic condition further. This is the root cause of Osteoporosis as well, which is characterized by porosity in the bones due to a higher degree of air element in the body. The air element in the body increases due to many reasons, out of which sour foods and excess sea salt are the main culprits.

When the acidity is being generated at a rate so high, that even calcium from the bones is not enough to neutralize the blood, the blood starts drawing another very alkaline element - Magnesium from the muscles. This causes muscle wasting, compromised muscular function and many other health problems, because magnesium is responsible for more than 300 biochemical reactions in the body.

The reason why the body allows calcium from the bones to be leached first is because the body knows that a bit of deterioration in the bones will not cause an immediate failure of the bones. So it slowly depletes the bones of calcium over a period of a few months to a many years, hoping that the abusive action of eating too much acidic food will stop and it will get a chance to replenish this reservoir of calcium when the body starts getting alkaline food again. But sadly in most cases, this does not happen because people are kept ignorant about healthy nutrition. Some people even after knowing choose to hang on to their old food habits just because they do not value health enough or because they do not have enough will power to change their bad habits.

The reason why the body allows magnesium to be the second target is because magnesium is more critical than calcium and its depletion causes vital disruptions in a shorter time frame. So as you can see, to protect a more critical component (blood), appropriate components of lesser criticality are disturbed as per the hierarchy defined by the body. In modern medical understanding these actions are called autoimmune reactions, but as you can see yet again, they are actually protective mechanisms of a body trying to maintain homeostasis.

Higher levels of acidity throughout the body are responsible for more internal imbalances, functional disturbances and chronic illnesses than what are known, or than what you can imagine. It is not only calcium and magnesium that get leached due to acidity, several other minerals as well get imbalanced, and the effect is just like a chain reaction. Respiratory acidosis and pulmonary acidosis have their root cause in the underlying acidosis caused by acidic food.

This simple truth may come as quite a shock to you, but you must understand why you have not been educated about such mechanisms before. Firstly, you have put your health in the hands of people who do not really understand the proper workings of the human body. Secondly, such knowledge is purposely rejected by medicine makers because they do not benefit from educating you on how to prevent illness. Instead, they benefit from having a lot of illnesses around so that they can sell you their medicines and make their money.

The chart on the next page is probably the most important food chart you will ever use, because it helps you distinguish between acidic and alkaline foods. Print it out and stick it on your refrigerator and refer to it often.

Acidic-Alkaline Foods Chart

<p>ALKALIZING VEGETABLES</p> <p>Artichoke Grasses Beet Greens Carrot Chard Greens Chlorella Spirulina Sea Veggies Collard Greens Dandelions Dulce Edible Flowers Fermented Veggies Green Peas Kohlrabi Mustard Greens Nightshade Veggies Parsnips (high glycemic) Rutabaga Sweet Potatoes Wild Greens Squashes</p> <p><u>Highly Alkaline Vegetables</u></p> <p>Bell Peppers (Capsicum) Cucumber Radishes Spinach Cabbage Avocado Celery Parsley Kale Kelp Broccoli Basil Sprouts Sour Lime*</p> <p><u>Moderately Alkaline Vegetables</u></p> <p>Alfalfa Lettuce Peas Pumpkin Beets Cauliflower Green Beans Coriander Onions Endive Turnip Okra Tomato</p>	<p>ACIDIFYING VEGETABLES</p> <p>Potato Corn Mushrooms Winter Squash</p> <p>ACIDIFYING FRUITS</p> <p>Canned or Glazed Fruits Currants Dried Fruit</p> <p><u>Moderately Acidic Fruits</u></p> <p>Blueberries Cranberries Blackberries Olives Prunes Mango Mangosteen Guava Papaya Strawberries Banana (high glycemic)</p> <p><u>Mildly Acidic Fruits</u></p> <p>Cantaloupe Currants Dates Plums Sweet Cherry Watermelon Pineapple Apricot Peach</p> <p>ACIDIFYING GRAINS, GRAIN PRODUCTS</p> <p>Amaranth Bran, Wheat Bran, Oat Corn Cornstarch Kamut Oatmeal Rye Spelt Wheat Germ Noodles Macaroni Spaghetti Soda</p> <p><u>Extremely Acidic Grain Products</u></p> <p>Flour White Bread Pasta Sweets</p>
--	--

Mildly Alkaline Vegetables

Eggplant
Brussels Sprouts
Leeks
Chives
Zucchini
Swede
Mint

Alkaline forming Vegetables

Watercress
Seaweed
Asparagus

ALKALIZING ORIENTAL VEGETABLES

Maitake
Daikon
Dandelion Root
Shitake
Kombu
Reishi
Nori
Umeboshi
Wakame

ALKALIZING FRUITS

Berries
Rhubarb
Tangerine*

Extremely Alkaline Fruits

Lemon*

Moderately Alkaline Fruits

Apple
Figs
Grapes
Nectarine*
Pear
Orange*
Raspberries
Grapefruit*
Currants

Mildly Alkaline Fruits

Cherries
Coconut

Alkaline forming Fruits

Honeydew Melon
Muskmelons
Raisins
Kiwi
Passion Fruit
Umeboshi Plums

*Citrus fruits may seem acidifying when tested externally, but have an alkalizing effect once inside the digestive system.

Moderately Acidic Grains, Grain Products

Barley
Bran
Oats
Rice
Rice Cakes
Wheat
Hemp Seed Flour
Cous Cous
Cereals
Biscuits
Pastries

ACIDIFYING DAIRY

Milk
Cheese
Paneer
Mayonnaise
Cream
Ice Cream
Margarine

Moderately Acidic Dairy

Butter
Crackers
Yoghurt (sweetened)

ACIDIFYING BEANS & LEGUMES

Chick Peas
Lentils
Rice Milk
Almond Milk

Moderately Acidic Beans

Black Beans
Kidney Beans
Pinto Beans
Red Beans
Soy Beans
White Beans
Lima Beans

ACIDIFYING NUTS & BUTTERS

Legumes
Peanut Butter
Pecans
Tahini
Dried Coconut

Moderately Acidic Nuts

Peanuts
Walnuts
Pistachio
Hazelnuts
Chestnuts
Cashewnuts
Brazil Nuts
Macadamia Nuts

ALKALIZING PROTEIN

Millet
 Quinoa
 Buckwheat
 Tempeh (fermented)
 Whey Protein Powder

Mildly Alkaline Protein

Almonds
 Chestnuts
 Flax seeds
 Sesame seeds
 Sunflower seeds
 Pumpkin seeds
 Tofu
 Yoghurt

ALKALIZING FATS & OILS

Flaxseed Oil
 Avocado Oil
 Coconut Oil
 Olive Oil

ALKALIZING SPICES & SEASONINGS

Cinnamon
 Curry
 Ginger
 Thyme
 Cumin
 Garlic
 Sea Salt
 Himalayan Salt
 Tamari
 All Herbs

ALKALINE BEVERAGES

Sour Lime in water
 Sodium Bicarbonate in water

ACIDIFYING ANIMAL PROTEIN

Beef
 Bacon
 Veal
 Venison
 Lamb
 Haddock
 Organ Meats
 Pork
 Rabbit
 Turkey
 Chicken
 Eggs
 Fish
 Seafood

ACIDIFYING FATS & OILS

Hemp Seed Oil
 Groundnut Oil
 Sunflower Oil
 Safflower Oil
 Sesame Oil
 Mustard Oil
 Canola Oil
 Corn Oil
 Butter
 Lard

ACIDIC SPICES & SEASONINGS

Chilli
 Pepper
 Mustard
 Tabasco
 Wasabi
 Ketchup
 Tamari
 Miso
 Soy Sauce
 Vinegar
 Yeast
 Pickles

ACIDIFYING SWEETENERS

Carob
 Corn Syrup
 Honey
 Jam

Extremely Acidic Sweeteners

Sugar
 Artificial Sweeteners

ACIDIC BEVERAGES

Alcohol
 Coffee
 Black Tea
 Cocoa
 Soft Drinks & Colas

It is common knowledge that non-vegetarians suffer more than vegetarians from acidity. This chart also proves that point since you can see that all meats are acidic. From this chart, you will also begin to see why pure vegetarians too suffer from acidity and all the illnesses caused by acidity.

Though vegetarians think that vegetables will keep them alkaline, what they fail to understand is that they counter the alkalinity of vegetables by firstly, using too much of hot spices like red and green chilly powder, which are highly acidic, in the preparation of their food and secondly, by eating too much of acidifying grains, lentils and beans as part of their staple diet.

Most other food charts show chilly and pepper powders as highly alkaline, but that is absolutely false. Put a few drops of the highly alkaline sour lime, and it will simply neutralize the acidic spiciness of these powders in your food. If these spices are alkaline, they should not get neutralized right? Try it out and know for yourself.

Juicing

Juicing would be the second best part about eating nutritious raw food. The best part would of course be eating fruits and vegetables just as they are, because that is natural. In this book, I am going to refer to juicing as well as blending as simply 'juicing' since juicing is a popular terminology that represents this format of food. But what I mean for you to do all the time, whether you use vegetables or fruits or roots, is blending. In blending you use the entire edible portion of the food unit and do not separate the pulp out as in conventional juicing.

Extracting the juice of a fruit or a vegetable and throwing away its leftover pulp is a very unwise thing to do for the following reasons:

- 1) A fruit or a vegetable is a complete unit of food. Throwing the pulp away is denying you that very fiber that doctors say is missing in the modern diet.
- 2) When you throw away the pulp, you also throw away a good portion of its valuable enzymes, minerals and vitamins. This is the reason why people who drink a lot of extracted juice cannot figure out why they still remain nutrient deficient.
- 3) When you drink just the juice, you tend to gulp it down quickly like water. The problem with this is that it passes the mouth very quickly and does not give enough time for the optimum quantity of saliva to mix with it well. Saliva is one of the most important juices that helps digest the natural sugars in fruits, vegetables and roots.
- 4) There is a ridiculous notion that juices are meant to be quick meals and that having fiber in a juice forces you to take a longer time to eat the juice. Well it does, but why should time be a consideration? Juices are not special food made for people who do not have time. Do we not spend at least ½ hour eating a normal meal? Then why should a blended juice, which probably has more nutrition by weight, be gulped down in a couple of minutes?
- 5) Another ridiculous premise is that juices make your stomach feel fuller and faster, whereas they should not. What should you be saving place in your stomach for, instead of real living nutritious food? Some cooked dead food?

Benefits of Juicing

- 1) Juicing and mixing raw fruits, vegetables and roots helps blend them to your tastes or your nutritional needs or your medicinal needs or your energy needs or even the needs of your special body conditions. Juicing also facilitates the addition of beneficial spices, special herbs and natural flavoring substances.
- 2) Natural organic medicinal herbs, spices and powders when added in juices, have the desired therapeutic effect since the juice is also in a raw and natural form.
- 3) A juice is an easier to digest form of food for aged people or people with dental problems or people who are recovering from sickness and do not have enough energy to chew food.
- 4) Juices put a very light digestive load on the body and that helps the digestive system to relax and detoxify itself naturally.

Juicing (blending) gives you the live, enzyme rich, bio-photon rich, complete nutrient range of fruits, vegetables and roots that are full of natural living material. In your blend of juices, you can select a combination of fruit only or vegetable only or root only mix or a mix of any of the three as per your different needs and tastes. For the most nutritious blends use a mix of 60% fruit and 40% vegetables. Cut them up into chunk sizes that are convenient to process in your blender, making sure that you remove all the seeds that are not edible.

Fruits contribute more towards supplying the body energy because of their different forms of sugar whereas vegetables contribute more towards the building of mass in the form of protein. So choose your proportions as per your specific needs.

If you are diabetic, hypoglycemic or insulin resistant, use a lesser amount of fruit or choose fruits that are not too sweet and focus on dark green vegetables and leaves. Too much of sweet fruit in your juice can spike your blood sugar for a while, and if you make it a regular habit, it can also contribute to certain illness. Never add sugar to a blended juice mixture. I have explained why sugar is harmful in a later chapter. You can add pure organic honey or stevia to sweeten your juice a bit if you have ended up putting in too many greens or vegetables that do not taste so good. Stevia is a natural sweetener made from the leaves of the stevia plant that are very sweet and contain no calories or sugar.

It is best not to go on a total vegetable juice binge for a long time due to three factors. Firstly, as explained earlier, you do not want to get affected by the minute toxin levels present in leaves, by having the same leaves too often. Secondly, cruciferous vegetables like lettuce, cabbage, radish, pakchoy, broccoli, kale, cauliflower and collards can cause thyroid function to slow down, which in turn weakens bones in the long run. And thirdly as just explained above, if you cut out the fruits for a long time, you may turn out to be glucose and energy deficient.

Since a human being needs a much wider range of foods than any other animal, try and use the complete range of edible fruits, vegetables and roots that lend themselves to cleaning properly before juicing. As a simple thumb rule, if the taste of certain raw vegetables or roots repels your mouth or if eating them irritates your throat, do not add them to your juice, instead add them to your list of ingredients of cooked vegetable or soup dishes.

Avoid adding too many different vegetables or fruits in a single blend, because it will necessitate a higher complexity of the digestive juices to be prepared by your body for a single meal. Remember that each meal is a separate digestive cycle and you can bring in the variety by having a completely different blend in the next meal. Learn to switch your fruits and vegetables every couple of days or so, following the principle of rotation of foods, so that you get varied nutrition and the minute toxin content in green leaves does not have any effect on you.

An important point in juicing is to not mix citric fruits with other fruits or vegetables because citrus fruits like orange, lime, lemon and grapefruit, watermelon too, break down very fast and putrefy if left open for even a little while. These fruits should only be blended with each other and always drunk immediately.

The raw green leafy vegetables you can use in your juice are lettuce, palak (spinach), asparagus, tandolija, cabbage, methi (fenugreek), kothmir (cilantro), mint, celery, neem, tulsi (basil), bael, wheat grass, fennel, collard, kale, kelp, dulse, dandelion, pakchoy, swiss chard, parsley, mustard greens or any other leafy green that is commonly used where you live. Other vegetables you can use are cucumber, tomato, pumpkin, gourds, zucchini, capsicum, amla (indian gooseberry), squash, string beans, avocado, watercress, chives, cauliflower and broccoli.

The sweet roots that you can add to your juices are carrot, radish and beetroot. You can also add medicinal roots like ginger, turmeric or pods like garlic or powders of cinnamon or clove as per certain recipes. You can also add probiotic gut bacteria in the last round of blending.

To read about health benefits of fruits, roots and leaves that you can add to your juices, go to www.becomehealthyorextinct.com/naturalmedicine

Why am I not giving you a list of fruits for juicing? Because they ALL can be juiced and that is because they are our primary natural food. Is this all slowly adding up and making sense to you?

With a little practise over time, you will figure out which are your favourite blends of juice. If certain combinations do not agree with you, then avoid them. Never make a juice to be had a few hours later because it will start decomposing very rapidly since it is fresh and has no preservatives. Even refrigerating the juice only slows down the rate of decomposition. Always try and finish all the juice

you make at each meal. If you are going to store the excess juice, put it in a glass jar filled to the brim, so there is no air left in it to cause oxidation, and put it in the fridge immediately. You are probably going to retain well over 90 percent of the nutritional value if you do it in this way and consume it within 12 hours.

Remember, when you are new to juicing raw vegetables and fruits, it is a shift from your normal food and it needs to be made tasty for you to start liking it. So start with making juices or salads that are tasty. Never force yourself to eat raw food that is not tasty, otherwise there will soon come a day when you will get fed up of what is going down your throat. The truth is, raw juices can be a lot of fun if you put some effort into finding the right recipes. People do not realize the amount of effort they invest into cooked food. There are many free e-books that have delicious juice recipes.

Go to www.becomehealthyorextinct.com/juicetherapy for curative juice recipes.

There is a very important point to take away, from having tasty juices to start with. If your taste buds have spent all their life being pleased by the strong flavors of spices and herbs in cooked food, they are going to seek that level of taste for a while still, because they have actually been numbed by strong tastes. Only after getting off strongly flavored food and having more of raw food and raw juices for over a period of 21 days will your taste buds start functioning normally again. They will begin to get the wonderful tastes in even the simplest of vegetables like a cucumber, on which you needed to sprinkle salt and pepper before.

If you make your juice thicker, then you will naturally have the tendency of chewing it or swirling it in your mouth for a while. Now this is a good thing, because it gives time for saliva to mix well with the juice. Remember that fruits were meant to be eaten and it was the chewing action in the mouth that gave the time for saliva to be mixed well with the fruit matter for its proper digestion.

If your juice becomes too thick for your liking, you can put in some cucumber to increase its water content instead of plain water because cucumber contains nutrients, whereas water may contain toxins like chlorine and fluoride as well as other impurities. If you do not have any cucumber or similar vegetable that has high water content, make sure you use filtered water.

The rules of when to have a juice are similar to what I have explained about eating fruits. The best time to have a juice is on an empty stomach because it has a very cleansing effect when there is nothing else getting mixed with it in the stomach. If you are planning to have it before a cooked meal, then have it 45 minutes earlier. If you are planning to have it after a cooked meal, keep a gap of about 2 hours. You can have a big glass of juice for breakfast or for dinner too.

When you get into about a week of juicing, you may find some of your illnesses getting a bit worse. This is nothing but your body going through a detoxification phase, where it is releasing all the old toxins that were held up in your body.

Cleaning vegetables, fruits and roots well before eating or juicing them becomes a necessity when you are having them raw. As explained earlier, modern man has very low immunity against germs that may be lurking in uncleaned raw foods, so to get rid of those germs you can do the following:

- 1) Fruits, vegetables and roots, whose skin needs to be peeled off should be washed in running tap water once at least before they are peeled.
- 2) It is very necessary to clean fruits, vegetables and roots that are to be eaten without peeling off their skin. Washing them with a scrubbing action under running tap water will dislodge natural dirt and germs on them. After that, wiping them off firmly with a clean cloth will remove traces of pesticide that may be stuck on them.
- 3) When you plan to use vegetables or roots that cannot be skinned, like leafy vegetables, soak them in either potassium permanganate water or sea salt water or baking soda water for 10 minutes to kill any germs on them. Then agitate them around in the same water for a bit to also dislodge all traces of mud from them. Follow up with rinsing them under running tap water and shake off the water from them before using.

- 4) Adding some colloidal silver water to your blend will help kill the germs, since it is an antiviral, antibacterial and antifungal, but this will kill some good bacteria present as well.
- 5) You can also use a frequency zapper to kill all the germs present in the juice, but this will kill the good bacteria present as well.

If you are not going to clean your raw fruits, vegetables, sprouts and roots well, then raw food may not end up so being good for you, because you can get nasty bacteria like salmonella, listeria, E. coli, campylobacter, and streptococcus from unclean raw food. If you going to be lazy about cleaning raw foods, then you may be better off with cooking fruits, vegetables, sprouts and roots that cannot be cleaned or peeled or scraped properly. Cooked vegetable dishes and vegetable soups will be a good option for you even though they are not as nutritious as raw foods.

Free Radicals and Antioxidants

A free radical is a molecule that is missing one or more electrons. It is very unstable in this state and seeks to grab electrons from anything in its proximity like molecules of the medium it is in contact with, like molecules of plant matter, proteins or DNA or cells of our body. Free radicals usually operate like a bunched group of molecules having several vacant electron sites that steal electrons from other molecules by attaching themselves to those molecules. This disrupts the normal activity of the host molecules. There are innumerable studies that show the negative effects of free radicals on the functioning of the human body.

The human body has several sources of free radicals as detailed below:

- 1) Free radicals are present in many of the unnatural stabilizers, preservatives, taste enhancers, colorings, fertilizers, pesticides and hormones that are present in our processed foods.
- 2) Free radicals are also created within the digestive system when all of the above substances are being digested. They are also created when processed oils and cooked fats are broken down for assimilation. These reactions are commonly referred to as "oxidation" reactions.
- 3) The body also produces free radicals as a normal by-product of metabolism and energy production, which varies in response to the kind of diet, sunlight, x-ray and pollution such as cigarette smoke; evaporating solvents and car exhaust fumes.
- 4) When invading microorganisms attack the body, the immune system causes the release of free radicals that have a positive charge in the affected site, just to destroy the negative charge that all cellular invaders carry. This causes swelling, redness, heat and pain in that region. These effects last till the invaders are overpowered and this often results in an excess of free radicals in the body. If the invaders keep coming into the body from some source or if radiation is constantly hitting the cells of the body, the immune system will keep generating free radicals at the affected site causing chronic inflammation and pain. This is why it is very necessary to identify such sources of irritation and remove them permanently.
- 5) A diet of animal fat and red meat, which is rich in oxidants, also causes the body to produce an excess of free radicals.

It is important to understand yet again, that it is the protective mechanism of the human body to produce these free radicals as a reaction to the presence of unnatural substances in the human body. If it did not do this, these substances would engage in harmful cellular reactions and there would be disruptions at more critical levels of homeostasis. Free radicals damage the cells in our body and make us vulnerable to disorders and diseases such as coronary heart disease, stroke, hypertension, arteriosclerosis, atherosclerosis, emphysema, alzheimer disease, diabetes, cataract, arthritis, nephritis, cancer and AIDS. They also cause inflammation, impair the functioning of the immune system and hasten the aging process by oxidation of the cells.

One easy way of preventing the above degenerative diseases is to reduce the intake of all inorganic substances and unnatural foods like meats. As long as we keep having these oxidizing substances, there will obviously be a high presence of free radicals in our bodies. This is where antioxidants come to our rescue.

An antioxidant is a molecule capable of inhibiting the oxidation of another molecule. Antioxidants break the free radical chain of reactions by sacrificing their own electrons to feed free radicals, without becoming free radicals themselves. They are all electron donors. The body also naturally circulates a variety of nutrients for their antioxidant properties and manufactures antioxidant enzymes in order to control these destructive chain reactions.

But the first problem is that the body cannot make all the antioxidants required. The second problem is that the body's capability of making antioxidants reduces with age. Fortunately, most of the organic vegetables, fruits and sprouts we eat are loaded with potent phytochemicals that act as antioxidants. The closer they are to being harvested, the more potent these antioxidants

become, which is another reason why we should consume most of our fruits and vegetables in a ripe and fresh state without cooking them or storing them for a long time.

Earthing the human body, or barefeet walking or standing on bare earth is an activity that brings free electrons from the earth into the body so that the build-up of free radicals get neutralized. This is a natural way of neutralizing free radicals that I have explained in more detail in a later chapter.

Besides fruits, vegetables, sprouts and some seeds like cacao beans, the other foods that have strong anti-oxidant properties are herbal teas and coconut oil. I will touch upon them because they are widely available and very convenient to use in daily life.

Herbal Teas

Specific polyphenols such as catechins, found naturally in herbal tea, have even stronger antioxidant properties than many fruits and vegetables. Herbal teas also contain phytochemicals that help the body fight certain cancers. Tea is also rich in natural fluoride, which is more easily absorbed by the body and helps tooth enamel remain healthy and inhibits the formation of cavities and plaque besides keeping our bones strong and healthy.

Green Tea

Green tea is made solely from the unfermented leaves of *Camellia Sinensis* that have undergone minimal oxidation during processing. Though green tea originated in China, it is now grown in many other countries as well and the variable growing conditions, horticulture, production, harvesting and processing methods create different varieties.

Green tea is high in flavonoids, which are a group of phytochemicals that have anti-oxidative and anticarcinogenic properties. In traditional Chinese and Indian medicine, green tea is used as a stimulant, a diuretic, an astringent, and to improve cardiovascular health. Other traditional uses of green tea include treating gas, regulating body temperature and blood sugar, promoting digestion, and improving mental processes. Studies show that regular consumption of green tea helps reduce the severity of many chronic illnesses. This is only natural as all chronic illnesses worsen with the presence of free radicals in the body and the anti-oxidant action of green tea reduces the free radical build-up. The amount of green tea that will be beneficial for you depends on your level of free radical build-up. Having one or two cups a day is the normal average. Green tea is mildly acidic, but not as acidic as black tea.

To give your green tea some added flavor, as well as to treat sinuses, cold, inflammation and pain, add some ginger in either its powdered form or in its fresh crushed form after the tea is brewed. Powdered cinnamon also gives green tea a wonderful flavor. It helps to lower diabetes, high blood pressure and cholesterol and it supports digestive function and helps relieve pain and stiffness of muscles and joints. It also prevents tooth decay and gum disease.

Tulsi Tea

Tulsi or Basil is also high in antioxidants. Tulsi provides Vitamins A, C, and K, along with iron, manganese, magnesium, and potassium. Loaded with flavonoids, Tulsi helps prevent cell damage from radiation and oxygen and prevents the growth of tumors. Tulsi also helps in boosting the respiration system, the digestive system, the skeletal system, the immune system, metabolism, stamina, and vision, as well as maintains blood sugar and cholesterol levels and prevents skin diseases.

The Tulsi herb contains hundreds of beneficial compounds known as phytochemicals, which are non-nutritive plant compounds containing protective and health promoting properties. Working together, these compounds possess potential antioxidant, adaptogenic, and immune-enhancing properties that help promote general health. Studies also show it to be a highly promising immunomodulator, cytoprotective and anticancer agent. The essential oils in Tulsi leaves are a particularly rich source of these phytochemicals.

The best way of taking Tulsi leaves is in their raw form. Chew them alone or make them part of your raw salad or put them in your raw vegetable or fruit juice. The next best way to getting the medicinal and nutritional benefits of Tulsi is to have its tea. Tulsi Tea by itself has quite a light and pleasant flavor. But if you do not like its taste, you can add some natural honey to it or pick a Tulsi tea that has organic flavoring by the addition of other herbs like mint.

To loosen congestion and ease a sore throat, a tea made by boiling one-quarter teaspoon of dry ginger and turmeric in one cup of water is very effective. Lemon and pepper added to a cup of ginger tea also does wonders for sore throat and nasal congestion. Herbal teas of Mathake, Echinacea and Dandelion Root help to rebuild the immune system.

Coconut and Coconut Oil

Coconut and coconut oil has been maligned for a long time, not by its users but by the producers of competing oils. The main aim of these producers was to only promote and sell oils made from sources that were abundantly available in their home countries, to maximize profits of course. In truth, coconut is one of the most wondrous trees on earth that amply provides for so many human needs. In coconut growing countries, not a single part of the coconut tree goes to waste.

Considered one of the most treasured foods of all time, coconut products including coconut flesh, coconut water, coconut oil, and coconut cream each deliver amazing health benefits. Few people and even fewer doctors understand that the coconut helps in stabilizing blood sugar; lowering cholesterol; hydrating the body; improving cardiovascular health, improving digestion, regulating hormones, supporting thyroid function, improving bone health, increasing metabolism, increasing immunity and aiding weight loss. In ancient India, the coconut palm has been recognized as a top immune booster, anti-inflammatory, analgesic, fat burning, antifungal, antibiotic, antiviral and antibacterial remedy for thousands of years. Yet, it is only recently that modern researchers have begun to fully discover the massive health benefits this amazing fruit seed offers.

Coconut oil is considered the best and safest oil to use for cooking and even superior to extra virgin olive oil when it comes to giving the body what it needs for optimum health. Unlike other fats and oils that we typically use for cooking and baking, because of its stable molecular structure, coconut oil does not break down into toxic by-products when cooked. It does not form polymerized oils or dangerous trans fatty acids in our bodies, which raise our cholesterol levels; clog our arteries and even make our skin sag and wrinkle. Polyunsaturated oils, which include vegetable oils like corn, soy, safflower and canola, can be very bad for health because they tend to become easily oxidized or rancid when exposed to heat from cooking. This results in the formation of molecules more toxic than trans fat, such as cyclized, cross-linked, fragmented bond-shifted and polymerized damaged oil molecules that stick in the body for years and wreck havoc on its health.

50% of the fat content in coconut oil is a fat rarely found in nature called lauric acid. The body converts lauric acid into monolaurin, which has anti-viral, anti-bacterial and anti-protozoa properties. Monolaurin is a monoglyceride, which can actually destroy lipid-coated viruses such as HIV, herpes, cytomegalovirus, hepatitis, measles, influenza, various pathogenic bacteria like listeria monocytogenes and helicobacter pylori and protozoa such as giardia lamblia. Lauric acid is a powerful virus and gram-negative bacteria destroyer, and coconut oil contains the most lauric acid than any other thing on earth. Capric acid and caprylic acid, which are also fatty acids present in smaller amounts, account for the antimicrobial action of coconuts.

Coconut oil can give the body important antioxidants that can help build stronger cells and improve overall health and well-being. So, switching to coconut oil for all of your frying needs and adding grated coconut to some of your food recipes like the people in costal zones would be one of the smartest cooking moves you could ever make. Coconut oil is very stable and does not go rancid for up to 3 years, even when stored at room temperature. What is more is that it is highly alkaline.

Perhaps the greatest advantage of coconut oil is that it goes directly to the liver where it is metabolized like a carbohydrate and gets converted into energy, not like the other oils which get stored as fat in the body. So in truth, it is a nutrient and gives you energy. Simply rubbing a little fresh coconut oil on your gums and teeth can keep them stronger and healthier than virtually any

other dental treatment by protecting your teeth from bacteria. In fact, coconut oil mixed in tumeric powder forms an excellent toothpaste that is highly antibacterial and antifungal. It whitens the teeth better than any other toothpaste. Using this toothpaste just before going to bed at night gives the advantage of traces of tumeric and coconut oil remaining in the gums for a good overnight bacteria killing action. The best coconut oil you can use is the organic cold pressed unrefined variety because the liver easily digests it. This variety, called virgin coconut oil, is made by naturally drying out the coconut kernels and then cold milling the oil out, without any further heating or processing.

Never use processed coconut oil for internal consumption or topical application. Some coconut oil manufacturers will dry the coconut meat (also called copra), by either smoking it or kiln-drying it. The oil that is extracted from such copra is unsanitary and must be purified, or refined. Once the coconut oil has been refined, it is bleached to remove any remaining impurities and to "improve" the color of the product. Then it is "deodorized" under high heat to remove the coconut fragrance. Sodium hydroxide (NaOH), better known as lye, is used to break down the fatty acids so the coconut oil will have a longer shelf life. Some refined coconut oil manufacturers take the refining process one step further by either hydrogenating or partially hydrogenating the coconut oil in order to keep the product from melting in temperatures above 76 degrees Fahrenheit. This process turns coconut oil, which is a very healthy saturated fat, into a trans fat.

Virgin coconut oil also makes superb topical oil that can help to naturally rid the skin of dangerous toxins. It also gives the skin the perfect mix of hydration and antioxidants that it needs to stay healthy, smooth and younger looking. Unlike traditional skin creams which can actually introduce fats and oils to the skin that will break it down over time, making it look older, creams derived from the coconut can actually replenish the skin, giving it a more youthful and healthy glow than most other skin care products on the market. Coconut oil is not only a good moisturizer for the scalp that nourishes hair roots thereby preventing hair fall, it also keeps the scalp free from bacterial and fungal growth. It is also effective in treating various skin problems like psoriasis, dermatitis and eczema. Frankly, could you ask for more than this from an oil?

Coconut water is completely pure and sterile and has the highest concentration of electrolytes compared to anything else found in nature, which is why it is an excellent source of hydration. Coconut water contains vitamins, minerals, amino acids, carbohydrates, antioxidants, enzymes, health enhancing growth hormones, and other phytonutrients. It has even been used in hospitals in I.V fluid for premature babies and the extremely ill to replace blood plasma in an emergency. Coconut water is high in potassium and this helps regulate heart health, blood pressure and other body systems as well.

Direct oral consumption of coconut oil is also recommended for people who have intestinal fungal growth like candida, or external fungus like clamidia and eczema. Its powerful antiviral action dissolves the oil-based cell wall of viruses destroying them on the spot.

You can have as much as two tablespoons of coconut oil twice a day as a therapeutic dose to kill excessive yeast, although you may need to work your way up to that amount. If you are getting up to four tablespoons from your fried food daily, that should suffice too. Many vegetarians or vegans have dangerously low cholesterol levels. They can very effectively use coconut oil to increase their cholesterol levels. Even if one already has high cholesterol levels, taking only very large quantities can be harmful.

Consuming more healthy saturated fats like coconut oil can not only help repair the inflammation problem that promotes the progression of Alzheimer's, but it can also increase the absorption of cholesterol in the brain, which in turn promotes healthy neuronal function. When the body metabolizes the medium-chain triglycerides present in coconut oil, it forms ketones, which are an alternative energy source for brain cells when they have trouble using glucose as they do in patients with dementia and Alzheimer's.

Many populations across the world, who consume a lot of saturated coconut oil, have all shown nearly non-existent rates of cardiovascular disease. Those eating diets high in coconut products are healthy and trim, despite the high fat concentration in their diet, and they do not suffer from heart disease.

Digestion

So far, I have given you an understanding about healthy sources of nutrition. Now that you know what all to feed your body, it is time to work on how you feed it. At first thought, you may feel that it is pretty simple and obvious, but the truth is that what you commonly follow are habits of modern living and many of them are not conducive to good health. Let us start by first understanding some basic principles of digestion.

The parameters of good digestion and their benefits:

Parameter 1 - The digestion process must be quick.

Food must be digested as soon as it is eaten because its nutrients must be extracted when their life energy is the highest. Food starts decomposing and losing its nutritional value once ingested, because biting and chewing ruptures its cellular structure.

Quick digestion can be achieved by eating easily digestible food, which happens to be all the right sources of food that I have detailed for you up till now. Quick digestion can also be achieved by following certain good habits and stopping certain bad habits that modern living has inculcated in our lives. These habits are listed in the next topic.

One benefit of quicker digestion and elimination is shorter food queues in the digestive tract. This cures the problem of a large unhealthy potbelly. The other benefit of quicker elimination is lesser toxicity within the body. When food stays in the intestines and the colon for longer than required, it starts decomposing further and becomes toxic. The intestines and the colon that are designed to absorb nutrition, keep absorbing some of this toxicity as well, and this is very unhealthy.

Parameter 2 - The digestion process must use the least amount of energy.

The digestive system uses up much more energy to digest processed foods and meats because they are difficult to digest. The body has to create stronger as well as more complex digestive juices to handle these types of foods. Due to this, the organs that contribute the most to such digestion also get overworked and age faster. The body could be spending as high as 80% of the energy it gets from food to digest food that is not suited for it. The reason why the body feels sleepy after eating a meal that has a lot of unnatural food in it, is that too much energy is being used by the body for digestion and not enough energy is left for the brain to remain awake.

Our bodies will use the least amount of energy for digestion when we eat foods that are meant for our digestive tracts. Eating more of the good foods that digest well and reducing bad foods results in lesser expenditure of energy during digestion. These foods are listed in the next section.

The lesser the amount of energy used in digestion, the more available for all other body functions. People having efficient digestion are always more energetic than people having bad digestion.

Parameter 3 – The energy to weight / volume ratio of our food must be high.

By energy content, I mean the live biophoton energy and the nutritional energy we get from chlorophyll, minerals, vitamins, enzymes, proteins, carbohydrates, hydrocarbons, starch, fiber, sugars and natural fat contained in the food we eat. This parameter is the highest in raw fruits, raw vegetables, raw leaves, raw roots, raw nuts, raw sprouts, and cooked beans, grains and cereals. It was not easy to measure this parameter in the past and that is why it is not referenced much in books on nutrition. Nowadays, even though it is measurable with modern technology, you are not being educated about such a parameter because you will end up throwing 80% of the packaged food in your house out and that is certainly not what your big food suppliers want.

Signs of good digestion are, no sleepiness after a daytime meal, no smelly breath, no white coated tongue, less flatulence, lesser body odor, bowel movement twice a day and light colored stools that are fully formed and drop without any exertion.

Understanding the needs of the human body

The human body is not a machine. It is a living organism built with a brilliant design and an amazing, but finite level of tolerance, which you should learn not to abuse. And so, there are some good foods, some good habits and some good body movements that will keep it in good health. When you start drifting away from these, you will surely drift away from good health.

In fact, all these were part of natural living a long time back, and that is why we did not need books or studies to highlight them. But with the advancement of civilization, we have lost our connection with nature and we have acquired new unhealthy habits and forgotten about natural healthy living.

Earlier in the chapter Causes of Chronic Illness and Disease, I mentioned how unhealthy food choices and bad habits affect our health. Here are a list food choices and habits that one should follow if they want to cure chronic illness the natural way. It would also be best to imbibe these habits for a healthier and disease free life. Though it may seem that some of these are new restrictions on habits that have become part of our daily lives, in truth, they are just part of natural and healthy living. They correct the habits that were formed due to the ignorance of the workings of the human body and nature.

Food Choices – Don'ts

Do not eat fruits soon after a meal. Eat them 45 minutes before a meal or 2 hours after a meal or on an empty stomach.

Do not drink tea immediately after a meal because it forms acid that causes the protein you have just eaten to harden, making it difficult to digest.

Do not have ice-cold food or drinks after a meal because it severely impairs digestion. The partially digested food mixed with acid gets solidified by rapid cooling and this inhibits its proper digestion.

Do not eat food that is very stale because it is partly decomposed and the bad bacteria if present, would have multiplied considerably. Stale food is food that has been cooked days ahead and not preserved well. Food that is re-heated and cooled many times also becomes stale.

Reduce your intake of highly processed foods since they are a bit salty or sour and have harmful additives that are carcinogenic. They also have hardly any nutrition left in them.

Do not use much oil in cooking. Human beings were not designed to consume oil in the quantities that we do nowadays. It adversely affects the liver. Bake, roast, boil, stew or steam instead.

Don't eat foods that are extremely high in spice or that have too much sugar or too much sea salt.

Avoid food with artificial preservatives, taste enhancers, stabilizers and colorings. They form toxins in the digestive system and destroy the good bacteria in the intestines too.

Avoid food that has been grown un-naturally with the help of un-natural fertilizer, un-natural pesticide and synthetic hormones.

Stop eating irradiated food from the Microwave. Get yourself an oven or steam your food.

Do not drink soft drinks that have processed sugar in them. The acidity caused by these drinks is so high that it takes 30 glasses of water to neutralize it. Acidity causes aging and chronic illnesses.

Stop using table salt altogether, since it contains additives and stabilizers that are harmful to the digestive system. Reduce sea salt (Sodium Chloride) in daily food as well, since the body has difficulty in disposing off sodium. Excess of sea salt causes many health problems. This is explained in a later chapter. Use rock salt instead (Potassium Chloride) or Himalayan Rock Salt.

Stop chewing gum since this leads to secretion of acids and digestive enzymes in your stomach. If food is not present in your stomach at the time of chewing gum, then you will suffer from acidity. If you need to clean your teeth, floss them or brush them instead.

Food Choices – Do's

Eat raw fruits, vegetables, roots, salads, nuts and sprouts regularly. Prefer locally grown food.

Shift to as much organic produce as possible. If you do not get a supply of organic food where you live, start growing some in your own backyard or community farming center.

Eat the right balance of foods. Now that you know which are more nutritious and easily digestible foods, correct your diet and try to move to an 80% alkaline and 20% acidic balance of food intake.

Make probiotic foods a part of your daily food intake as they help rebuild healthy gut microflora.

Shift to non-gluten grains. Try having the healthy grains you have missed out on.

Find out your body type and choose foods that are suited for your body type.

Food Habits – Don'ts

Do not eat to your stomach's 100% capacity. Leave 20% vacant, since the stomach is a hollow muscular chamber and it needs that space for churning the food and mixing the digestive juices.

Do not drink more than ½ glass water just after a meal since it dilutes the digestive juices in the stomach and impairs digestion. You can drink adequate water ½ an hour or more before a meal or 2 hours after a meal. Drink plenty of good quality water during the day. The ideal measure of water intake per day for the body is 30ml per kg of body weight. Even this popular measure varies with a person's body type and the change in seasons. This aspect is explained later in the topic of water.

Do not sleep in a horizontal position for at least 2 hours after any meal. This hampers the flow of food and in turn, the digestion process. Yes, peristalsis does take care of the food movement in the intestines, but instead of helping, sleeping horizontally puts up a big resistance to it.

Do not sleep flat on your stomach since it hampers digestion and healthy breathing as well.

Do not walk for more than 5 minutes, do not exercise and do not bathe your body for about 2 hours after a meal. All this diverts the blood required for digestion from the stomach and intestines to the exercised areas and this severely impairs digestion, because blood is the main constituent at work during the digestion process and it is required in the digestive zones.

Do not store or heat your food in plastic containers because they leak out carcinogenic chemicals into the food. Use glassware, pyrex, chinaware, ceramic ware or enamel coated vessels. Avoid aluminum vessels because they give off aluminum to the food very easily.

Food Habits – Do's

Every morning, after brushing your teeth and rinsing your mouth with water, drink 2-3 glasses of warm filtered water. It helps bowel movement, dilutes the toxicity in the body and facilitates all electrolytic processes in the body. A glass of water just before bedtime also facilitates the same.

Have a light / moderate breakfast, moderate / heavy lunch and make dinner the lightest meal of the day. You could have a heavy brunch if you plan to skip lunch.

When eating, chew your food well. This ensures that the food gets mixed well with the enzymes in your saliva and the food particle size is also reduced considerably so that the digestive juices in the later stages work faster.

Eat all your meals on time, with at least a 4 hrs gap between meals. Missing timings a couple of times a week is ok, but not on a daily level.

Eat in a peaceful state of mind without distractions of the TV or discussions on the table as this helps the body's senses do a proper job of digestion. It helps you enjoy the eating experience too.

Exercise for at least ½ hour daily, since it promotes blood flow, lymphatic flow, energy flow, nutrient flow, and it builds up a good appetite as well. A brisk walk / physical sport / all body workout / Aerobics / Pilates are good options. Suryanamaskar is an excellent exercise.

See <http://www.becomehealthyorextinct.com/suryanamaskar>

Laws of the Human Body

Nutrition is not mathematics, though many nutritionists and dieticians treat it that way. We have been brainwashed by them, that every meal should have a balance of proteins, carbohydrates, fats, minerals, vitamins, fiber, starch and sugars. But the fact is that a high mix of various foods also necessitates a high mix of various digestive juices that the body needs to create for each and every meal, daily. This means a lot of work for the internal organs, meal after meal, and this is what contributes to digestive organ fatigue. Fatigued organs that do not get proper rest also cause chronic illness. Some wise traditions recommend fasting once a week just so that organs get rest.

Different food groups take different amounts of time at each stage of digestion. When you have a complex meal, the stomach for example, does not allow the mixed food mass to pass into the duodenum till the constituent that requires the most time or pepsin or rennin or the lowest pH of hydrochloric acid is also broken down. What happens to the other constituents of the food mass, which require far lesser time and concentration of these digestive juices to break down? They just sit in the acidic bath of the stomach and get some unnecessary treatment, which degrades their nutritional value.

The stomach has a much tougher job processing all the digestion parameters of a complex meal, and that is why a buffet meal is the heaviest load on the digestive system. The huge variety of food necessitates a high mix of various digestive juices that the body needs to produce. And yes, the body uses a lot of energy for the production of these digestive juices and also during the assimilation stage of digestion. About 80% of the energy derived from eating processed meat is used up in digesting the meat itself. This means that, the body gets just about 20% net energy from such a meal. It is almost the reverse if you eat a raw fruit or vegetable meal, where just 30% of its energy gets used up in digestion and 70% of its energy goes into the body's reserves.

Combining too many different food groups together in a single meal causes acidity, bloating, constipation, fermentation, candida overgrowth, obesity, blood impurities, as well as rashes, mucus, spots and difficulty in gaining or losing weight. The one reason we feel full and heavy most of the time is because it takes so much longer to digest all our complex meals. This feeling of satisfaction that comes from being full all the time only creates more health problems. Constant satisfaction from food is often sought when satisfaction is lacking in other areas of life. We should instead eat simple meals that digest quickly and make us feel light and energetic.

If we look at nature around us, animals, birds and other creatures that are not brainwashed, still follow the natural sequential cycles of hunger, search for food (natural exercise), ingestion of food, rest and then play. They still eat foods as per the seasons and as per availability. These cycles present in nature all around us, promote rotation of foods, all round nutrition, internal organ cleansing and detoxification, leading to better health and longer life. It is only in the human community, that we fight nature, make our own rules and habits and then fall ill by following them.

The human body too expresses its own intelligence when deciding on what nutrition it needs by giving the following signals:

- 1) The first signal is when you really feel a need for the taste of a particular natural food - This is the time when your body has a deficiency in one or more of the nutrients this food provides. Think of the food in its natural form when you are using your 5 senses. Salivating at the thought of some stuffed turkey, is not a natural need for turkey meat. It is a need for the flavors and aromas of the spices and seasonings used in preparation of stuffed turkey.
- 2) A second signal is when you begin to not appreciate the taste of a particular food – This happens when your body has had enough of that food for its current needs as well as stored reserves. We keep ignoring this signal and overcome it by making different preparations of the same foods.
- 3) The third signal is when on seeing or smelling or thinking of a particular food, you immediately dislike it and look for other foods that seem appetizing – This is when your body does not need this food at all. Too often we suppress this signal as well and force ourselves to eat this food. It

does get digested when we eat it, but many of its nutrients get passed out as waste since the body does not need them.

When an animal finds a particular food, it eats it to its heart's content and only when it feels that it has had enough of that food, it chooses to eat another food. Now this feeling of having enough is not a mental thought, it is an internal sensory response. Sometimes this works out to just one type of food per day. You have probably denied such a sensory feeling many times and instead chosen a meal planned by your mind, or some dietary teaching, which could actually be against your sensory needs. Many people mimic this natural behaviour of eating a single food per meal, which is called the mono diet system. They experience virtually no digestive problems, but sometimes suffer from deficiencies, because they do not follow the principle of rotation of foods to a greater extent, which is a necessity for this kind of diet.

When animals have enough of one food, their senses decrease the appeal of that food, and this makes them seek some different food. Here two natural cycles are at work, first, where the body signals that it has had enough of a particular food because the nutrients from that food have been assimilated and enough is present in the body's reserves, and second, a new food requirement is signalled by the senses for other nutritional requirements. This is how the principle of rotation of foods is put into action naturally. In the case of humans, we are so out of touch with our senses that we have to be told that rotation of foods is a necessity for all round nutrition. Animals will always search for different food and only in the event that they cannot find any, will they get back to eating the earlier available food just to prevent starvation.

You can try out all of this yourself and let your natural instincts prove it to you. There is no need to hunt for big studies and extensive research to understand such simple principles of nature, of which we are an integral part. Here is a simple exercise that you can do.

Keep a mixed fruit basket in front of you daily at a regular time that you feel hungry. Choose just one fruit to be eaten per day. You can eat that fruit even more than once a day, but do not eat any other fruit. Now if your favourite fruit is banana, then on day 1 of this exercise, you will obviously choose the banana to be eaten. On day 2 also, you may go for the banana because you love it so much. But in a day or two, your senses are going to give you one clear signal "Enough of those Bananas!" As soon as you get this feeling, the next feeling to follow will be an appetizing feeling for your next favourite fruit from that basket. The same cycle will follow for the next fruit as well.

What happens here is, from the look, smell, taste and assimilation of the bananas, the body knows what minerals, vitamins, proteins, enzymes and fiber it is getting from it. The body also knows how much of these banana nutrients it requires for its present needs as well as stored reserves. When these requirements are fulfilled, the body cuts off the appetizing feeling for bananas and activates the taste for another fruit that it has had before and whose nutrients it requires. This cycle will keep repeating with a different fruit every time, till your body's requirements are met.

Now the body will not naturally call for bananas again till you give it options of other fruits, which contain other nutrients that the body needs. The next time the body will feel an appetite for bananas, is when the nutrients from the banana are all used up by the body and there is a need for replenishing them. The principle of rotation of foods as per the natural choices of our senses is the most important principle as far as overall nutrition is concerned.

"An apple a day keeps the doctor away" is the most useless advice for a general person. Though the apple supplies the body with certain nutrients, a regular dose of those nutrients are only required when there are permanent imbalances in the body, like a deficiency of iron. The intelligent solution is, not to eat an apple a day for the rest of your life, but to understand what is causing a depletion of iron in the body and solve that problem, because it is a state of chronic imbalance. Similarly, people eat certain fruits all their lives to treat particular health problems, like bananas for constipation. The right action is to understand what is causing the constipation and not live in ignorance. We should be free to eat or not eat anything that our senses desire.

When people who do not have any body conditions that need a daily supply of certain fruits, follow such eating rules, the excess nutrients are not assimilated by the body. They are passed out as

waste. The exception to this will be if you do not supply the body anything else but bananas and apples everyday, then yes, the body will not pass out their nutrients as waste since it will not choose to starve and die. It will make the best of what you feed it. This is sadly what some people do, that is, give the body a very limited range of nutrition.

When we repeatedly eat the same foods day in and day out, the body's need for the nutrients they supply get fulfilled and so our bodies try to tell us that it does not need them any more by giving a feeling that they are not tasty enough anymore. But instead of acting on this feedback, and rotating our foods, we add different spices and flavorings to the same old food and overcome that un-tasty feeling. Daily rice with different curries, weekend pulao and fortnightly biryani, all because we want to suppress the body telling us 'enough of that damn rice!' This behaviour is the very cause of build-up of unwanted substances in our bodies like fat, plaque and cholesterol.

Food Combination

Even though meats are an unhealthy food choice, if you still choose to eat meat, then do not combine raw salads or lightly cooked greens with them in the same meal. This may not be what many dieticians and nutritionists advice you even today, because they think that it is a good idea to eat some alkalinizing veggies to offset the acidity caused by meat. They do that because they do not understand the following:

- 1) Both these foods have extremely different digestion times. The meat takes the longest and the raw salad or cooked greens take the least time, second to fruits of course. So in the stomach, the broken down veggies have to wait for the meat to get broken down and they get putrefied to some extent during the wait, because the stomach will not release the meal into the duodenum till the highly acidic pH required for digesting meats is reached. It is only when the epithelial cells in the stomach sense the broken down constituents of the meat, that the entire meal will be released into the duodenum.
- 2) The veggies get unnecessary exposure to the stronger pH of Hydrochloric acid than what is required for their break down. This partly degrades their life energy and nutritional content.
- 3) It does not matter how much vegetable is eaten in a meal like this to make the meal alkaline. The stomach has to make the entire food mass reach the required pH to make the meat break down. Without attaining the required pH, which in some cases depending on the meat may be even be a pH of 2.5, the food will not be released to the duodenum. There is no way the body will bypass this step because there are no other organs further down in the digestive tract that will do this job.

Instead, eat meats with cooked grain and have a meat stew or a curry spread on the grain to compensate for its dryness. The digestion time for the cooked grains is much longer than vegetables and the stomach acid pH also closer to that required for meat. The best option of course would have been to eat the meat all by itself, but how many people can eat just plain meat in a meal? Again, this only proves that meats by themselves are not the natural food of humans, in fact, they are total misfits and they do not combine well with any of our other food groups.

Can you eat fruit all by itself? Anytime, is it not? Do you need an accompaniment with fruit?

Are you getting the same message again?

The ideal with eating fruits is to eat a single type of fruit or a maximum of 2 or 3 different fruits as a complete meal, not mixing anything else with it. The next best thing would of course be a blended juice of the fruits, and second to this, a fruit juice blended with vegetables or leafy greens to reduce the sweetness of the fruits.

The ideal with eating raw vegetables is to mix together a few in a salad and have it all by itself as a meal. Try not to use sauces and seasonings that are processed and contain artificial taste enhancers and preservatives. Coconut Oil, Flaxseed Oil and garnishings of oregano, parsley, rosemary, thyme and garlic are good. Mixing wheat (pasta) in such a pure salad is not a good idea at all. Having cooked vegetables with a raw salad is fine, since it belongs to the same food group, though a bit degraded by cooking.

Having cooked grains with a raw salad is also not ideal, because of their different digestion times, so do it less often. Cooked vegetables with cooked grains make a slightly better combination.

The juice of vegetables and leafy greens is another food group best had by itself. Due to its unsavory taste, mixing a couple of tasty fruits with it would be the next best thing. Adding tasty medicinal powders like ginger, cinnamon, clove or taste enhancers like organic honey or stevia to green juices is also a good option.

Fruits (sugars) do not combine well with nuts and seeds (fats).

Starchy vegetables like potato do not combine well with either fruits or nuts.

Fruits do not combine well with dairy.

Some of the specific foods that do not combine well are:

Beans with fruit or dairy.

Radishes with bananas, raisins or dairy.

Tapioca with fruit or grains.

Lemon with cucumber, tomatoes or dairy.

Potatoes, tomato, or eggplant with melon, cucumber or dairy.

Yogurt with fruit, cheese, eggs, or nightshades.

Honey with ghee.

Is dairy not standing out as the odd one here? More on why this is so, in a later chapter.

What we really need for healthy digestion and good nutrition is a small variety of food per meal, followed by a change of food in the next meal. If we keep a gap of 4hrs between every meal, then each meal becomes a different digestive cycle and this way we can eat up to 3 or 4 totally different food groups in a single day.

Fruits or fruit and vegetable juices or vegetable soup for breakfast, grains with gravy or curry and cooked vegetables or cooked meat for lunch and salads or cultured vegetables or vegetable soup for dinner is one such rotation. If you do this, you can be assured of getting a complete nutrition of vitamins, carbohydrates, hydrocarbons, fats, protein, enzymes, natural sugars, fiber, starch and all the nutrients you need in a single day. You can keep the same menu for a couple of days and then change it to a very different selection. This will provide you with varied nutrition on a weekly basis.

It is also wise to match a food group to your energetic needs for the time of the day or to suit your work schedules or time availability. All these iterations will work well, so long as you remember the above guidelines and stay clear of mixing too many food groups in a single meal.

Have a light / moderate breakfast, moderate / heavy lunch, but make dinner the lightest meal of the day. You could have a heavy brunch if you plan to skip lunch.

Having a light breakfast will keep you in light spirits and more energetic till lunchtime. A heavy breakfast is certainly unnecessary since the body already has a lot of stored nutrition from the previous nights meal. You may think of having a heavy breakfast when you plan to skip lunch, but try to have food at your regular times since you do not want acid build-up in an empty stomach.

You can afford to have a mix of the heavy foods for lunch because one is normally up and about during the daytime, and that movement assists in digestion.

Having the lightest meal at night helps to keep your digestion light since you do not have body movement to assist your digestion when sleeping. It will also lessen the accumulation of food in your intestines and reduce a potbelly.

The problems that you will get rid off by having natural foods and combining them well are, heartburn, body odor, smelly stools, dental cavities, pimples, warts, bad complexion and weak disfigured nails.

People are beginning to realize this amazing truth - You are what you Eat!

The most important principles of healthy food intake are:

- 1) An approximate balance of 80% alkaline and 20% acidic food by the end of each day. Keeping hot spices in cooked food to a low level helps food retain its alkalinity.
- 2) Daily consumption of raw food like fruits, vegetables, leaves, roots, sprouts and nuts.
- 3) Lesser variety of food per meal, as this facilitates efficient digestion as well as a lesser load on the digestive organs, keeping them healthier in the long run.
- 4) Rotation of foods - Different kind of meals through the day to make up variety and all round nutrition. Change in the content of the day's menu about thrice a week is good.
- 5) Eat food combinations that are healthy. Wrongly combined foods create toxic waste.
- 6) Not overeating any one type of food for too long and certainly not daily or for the rest of your life. The exception to this is fruit, because fruits have no toxins; they were made to be eaten.
- 7) Have as much natural and organic produce as possible. Its multifold benefits go a long way.
- 8) Eat foods that contain a lot of healthy gut bacteria like fermented foods or cultured vegetables.
- 9) To remain healthy and full of life and vitality, eat at least 50% of your vegetarian food raw. The ideal is to be on a 70%-80% raw food diet and 30%-20% cooked food diet.

One big disadvantage of going on a 100% raw food diet, is that you will miss out on eating many vegetables, leaves and roots that cannot be eaten raw because their juices irritate the throat or they are either too hard to chew when raw or difficult to clean well, so they must be cooked. Missing out on them would be missing out on a lot of nutrition and a lot of wonderful tastes and variety in life. Cooking them lightly using healthy cooking methods of baking, boiling, steaming, stewing and roasting or sautéing with coconut oil or avocado oil is healthy.

- 10) Always first try your best to eat locally grown fruits and vegetables of the season, because these foods are in balance with nature and the human body's balance with nature during that season as well.

When you cannot avail of an adequate variety of locally grown food, then non-locally grown food should be your second preference and imported food your last. As explained earlier, fruits, vegetables and roots that are transported over long distances have lesser nutritional value. They also have toxic coatings due to either preserving chemicals or ripening chemicals spread all over them.

Some of the best options of getting locally grown produce of the season would be to grow it in your own backyard or community farming center or get it from an organic farm in your state. Was this not the setup in earlier times when people lived in towns and villages? Food was grown very close by to reduce the transit time and retain freshness. If you only have a little space in your backyard, the first thing you should be growing there are culinary herbs and medicinal plants.

Add the earlier listed Food Habits and Food Choices to the above 10 principles of nutrition and what you will have is a complete system of nutrition that is accordance with the laws of nature and the laws of the human body. You may see many chronic illnesses going into remission just by following all these principles. Do not view them as new rules or limitations, because in truth, they are not. They are just bringing us back on the path of good health and long life that we had strayed off earlier for various nonsensical reasons. If you look at the whole situation conversely, you will see that it is the deviation from these natural laws and habits that have created all our problems of digestion and their related chronic illnesses.

Eat right for your Constitution

All that I have written up to this point about food is commonly applicable to all types of people, ages, races and cultures. Below these universal and higher laws of nature are smaller differences that make each one of us unique. The different ways each of our bodies handles food depends on the balance of the natural elements within our body as well as the resultant environment that each body creates within itself, which is a summation of its genetics, the external environment, habits, food choices, the illnesses experienced right from birth and the state of mind.

There are many recently developed models of nutrition like the “Eat right for your Blood Type” model and the “Eat right for your Nutritional Type” model. Although many people follow these models, few report lasting health benefits and that is because these models have some flaws.

- 1) They are based on principles that ignore some of the most fundamental laws of nature and inner workings of the human body, which I have already explained upto now.
- 2) They are formulated by data from studies that focus on specific groups of people or people in specific locations, like the USA for example. Can health studies on Americans who have been on the SAD (Sad American Diet) diet for the last few generations be used as a proper reference when the SAD diet itself is fundamentally flawed? That diet has caused a shift in the internal body syndromes of their entire populations and current suitability of certain foods or the incapability of digestion of other foods is only a flawed response from a degraded body.
- 3) The working class lifestyle changes have not only changed the energetic needs and the nutrient requirements of the body, they have also disconnected the body from the elements of nature, thereby making it incapable of assimilating certain nutrients. These lifestyle changes have created certain unnatural rhythms and incapacities within the human body that have also clearly manifested as a long list of lifestyle diseases. These influences also give the impression that there are different types of bodies that need specific kind of nutrition.
- 4) The kind of work we do also gives an impression that we belong to a certain nutritional type. If in doing your regular work you spend energy in frequent short bursts, then regular doses of fruit or simple carbohydrates will seem to fit your nutritional needs. If your work is continuous, then complex carbohydrates, which break down slowly and supply constant energy to the body, may seem to satisfy your needs and if you do labour intensive tasks and lose muscle mass every day, then protein is the food your body needs the most. These are all just conditions the body adapts to over a period of time and not its fixed nature.
- 5) Many people are capable of eating only certain types of food due to their underlying diseased states. For example, a gluten intolerant or lactose intolerant person has most of their microvilli damaged, sometimes initially due to infections and then later due to the over consumption of these two foods. This makes them incapable of digesting certain other foods as well. This does not mean that they should get classified into a different nutritional type because that is not the solution. Preventing the destruction of microvilli is where the focus must go.

None of these recent models of nutrition have really proven themselves and they are certainly no match for the 5000 year old proven system of Ayurveda that teaches you how to eat right for your body constitution. This body constitution is governed by three operating principles, called Doshas which control the balance of the 5 elements of earth, water, fire, air and space that exist inside every cell of the human body. The three doshas are called Vata, Pitta, and Kapha. Vata represents a dominance of the (Air + Space) elements. Pitta represents a dominance of the (Water + Fire) elements and Kapha represents a dominance of the (Earth + Water) elements. Very few people have a perfect balance of all 3 doshas.

The doshas are the invisible principles that express themselves not only through our instinctive inner choices like preference of foods, colors, fragrances and environment, but also our externally attributes of appearance, attitudes, behaviour and values. Once you get into the study of this deep topic you will be amazed at how many of our choices are not really mental, but constitutional and not really self directed, but guided by nature within us.

Over the years I have tried many of the nutritional models and found that eating right for your body constitution to be the best, since it keeps your body functioning at the right parameters, which maintain perfect health. I have also found this system to be in harmony with the body at the microcosmic level (cellular and DNA level) as well as the macrocosmic level (our natural senses) and the megacosmic level (seasonal changes of earth) as well. Eating right for your body balance is not about cutting out certain foods from your diet completely, just as none of the 5 elements in your body is absent. It is about varying the proportion of foods as per your body's internal balance and as per the changing seasons of the year.

There are many books as well as traditional Ayurveda schools that can teach you this detailed science, so that you arrive on a diet that best suits your body constitution. But it is important to understand that these are only secondary principles that help in fine-tuning which foods will benefit you the most. The primary principles are what I have already covered till now and once you start following them you will see a sure and steady improvement in your health.

If you want to understand your body constitutional balance right away and also start working on fine-tuning your diet further, go to www.becomehealthyorextinct.com/doshadiet

If you are not really keen on understanding your body type to fine-tune your diet, then just keep it simple by following your natural instincts. If certain foods do not agree with you, then on consuming them, you will know that they effect you negatively in some way or they throw your body out of balance by the end of the day or by the time you wake up the next morning. The simple thing to do would be to just avoid those foods in the future. You may not be able to figure out every time why exactly you have a certain allergy or intolerance towards a particular food, so just accept it as part of your uniqueness.

It is important to understand that people who follow a 100% vegetarian or vegan diet and do not fare well on it, may in fact have adopted lifestyles and habits that lock down the natural nutrition absorption capability of the human body and that is why they cannot extract the nutrition from a vegetarian diet completely. They should go through this book with a fine toothcomb and see which of the natural laws they are violating.

Following are the arguments that promote a simpler and more universal diet system:

- 1) Although we all originate from the 4 different races of the black, white, yellow and brown peoples of the earth, and their varying DNA is the reason why different blood types exist, it is not useful to base systems going backward in time because of the following reasons:
 - a) Most of these races are now interbreeding and creating averages of their blood types and so also their nutritional needs. This interbreeding trend is only increasing and creating common averages.
 - b) Over thousands of years, the different DNAs have learnt to adapt to the commonly available nutrition sources. The trend of the races spreading all over the globe as well as the trend of food being transported all over the globe, are only increasing.
- 2) The natural laws that govern all human nutrition are so much more deterministic and constantly acting than the weak differences in ancient DNA whose effect diminishes with time.
- 3) Adaptation to commonly available foods builds resilience in a species and focusing on special needs only reduces adaptive capability.
- 4) Choosing a diet model that is too complex for you to implement, is yet again playing into the hands of the experts and giving your control back to them. These experts try to keep it complex, so that you give up on trying to understand nutrition.
- 5) All the complex models of nutrition have already been tried out and their flaws have been exposed. People who have started following the simple basics of nutrition are becoming healthier by the day.

Common Foods that ruin our Health

You must have heard the old adage “Too much of anything is bad for health”. It is one of those sayings we quote when it serves our purpose, but otherwise, we do not really give it much consideration in daily life. But that saying is very true, and all of the time! Even though we may feel that too much of any natural food should not be bad for our health, it is quite the contrary, especially when we have the wrong notions of what our natural food is. Of course, we know that too much of food preparations like sugar-rich dairy sweets or fried food are bad for us in the long run. But that is not what I am talking about, because those are not natural foods.

How would you place something as natural as water? It is a very necessary requirement for your daily life, but do you know what too much of water can do? If you drink too much of water at one time, you can collapse from a condition known as hyponatremia, within a few hours. Now this is a warning bell for those overdoing water therapy.

So could we be having some foods in excess and could those excesses be harmful for our health? What if those foods are not even our natural nutrition? Would not the damage be even worse? So let us now analyze some of the foods that have a prominent place in our daily diets.

Sugar

Commonly used sugar is a processed product made from sugarcane, corn, beet or similar high sugar content foods. Let's take a look at the most used one from this list, sugarcane.

Question: Is sugarcane just one of the 30 or more fruits, roots or plant bodies that contain a good amount of natural sugar?

Answer: Yes, it is.

Question: When nature teaches us not to have too much of any one food, out of 30 sources of sugar why do we select sugarcane and have about 10 doses of it in various foods every day?

Answer: Most of the time, this is the only sugar we are given to use. Sometimes we get a couple of other choices, but as they are more expensive, we eventually drift back to cane sugar most of the time. But there must be some really good reason for our sugar suppliers to do this. If not for this reason, we would not have overdosed ourselves on this one plant, especially because we are using the body of the plant that must be having a natural toxin in it for its protection.

Question: To what extent are we overdosing on the sugar of this one plant?

Answer: For variety, we could have had a different sugar every day of the month. So if we have the same sugar everyday, it amounts to a 30 times overdose, than what nature offers us. Even if we have just 10 different sources of sugar where we live, it would still be overdosing 10 times. Point to note, is that we don't really need the sugar from the fruit, we need to eat the fruit itself.

Question: How many animals or birds in nature eat sugarcane on a daily basis?

Answer: None, they keep eating different sources of food all the time since it satisfies their tastes. They also eat sugarcane when it is in season and then they eat other plants in other seasons. The more intelligent and complex a being, the greater variety it seeks in its nutrition.

Question: Why does nature offer us so many natural sources of sugar?

Answer: Because we are the most complex being on this planet and we need a whole range of nutrition. That is also why our taste buds simply love the variety. Otherwise, our tastes would have been pretty simple like the cows, feeding on just grass.

Question: Did man in ancient times eat sugarcane as frequently as he ate other fruits?

Answer: No, he just treated it as one of the sources of food in season, in proportion with the rest.

Question: So what is that very strong reason that makes sugarcane our daily source of sugar?

Answer: It is very easy to grow sugarcane on a mass scale and harvest it quickly with relatively less effort. This serves the sugarcane growers since the turnaround time of this product is fast and money can be made quickly. It is not like a fruit tree, where you have to wait for a few years for the tree to grow first and even after that, you get just one crop per year. It gets even worse when trees sometimes skip giving fruit for a year in between.

Question: Why do we feel the need for so much sugar in our daily lives?

Answer: Since modern cuisine virtually cuts out fruits from our daily diets, the body gets deprived of one of its most important sources of energy, which is glucose that is made from the natural sugars contained in fruits. It is only to make up this deficiency that the body craves sugar. But instead of supplying the body with various fruits from where it can get its natural sugars, we give it just one type of sugar, which is harmful because it is processed and has inorganic chemicals in it. To make matters worse, we put this processed sugar in various unnatural foods and thus fool the body into eating those foods as well.

We eat so much sugar at regular intervals each and every day of our lives that our pancreas are constantly getting overworked and fatigued by producing high amounts of insulin to cut down this constant elevated sugar content in our blood, and so they fail to remain healthy for even one complete lifetime. The failure of the pancreas to produce enough insulin is labeled as Diabetes Miletus (Type I Diabetes). High levels of sugar in the blood also cause the adrenal glands to secrete epinephrine, which in turn forces the breakdown of more sugar from the muscles and liver into the blood, which inevitably raises the blood sugar again. Diabetes is just one of many diseases caused due to elevated levels of sugars.

Do you know what happens when you give a pathology laboratory any of your bodily fluids like blood, urine or saliva for a test to see if you have infectious microorganisms in them? Quite often they will put your sample in a sugar solution to multiply the number of microorganisms so that they are clearly visible and identifiable under a microscope. Yes, glucose is used as a growth medium for microorganisms. So elevated sugar levels in the body enable the growth and multiplication of all parasites, mould, fungus and bacteria present in the body. Try this out yourself. Make a sugar solution and apply it on various surfaces around your home and within a couple of days you will see fungus or mould or bacteria growing on it. You will also see ants and other tiny critters come to feed on it, because they all live off glucose.

The popular form of processed sugar from sugarcane and corn used in thousands of food products and soft drinks contains high levels of fructose, which is a sugar not well metabolized by the liver. It gets converted into free fatty acids (FFAs), VLDL (the damaging form of cholesterol), and triglycerides, which get stored as fat all over the body and this leads to obesity. The metabolism of fructose by the liver also creates a long list of waste products and toxins, including a large amount of uric acid, which increases the acidity in the blood causing the depletion of minerals and vitamins as well as all acidity related problems like blood pressure, constipation, arthritis and gout. Studies show that fructose is also a hepatotoxin, which severely taxes the liver and causes non-alcoholic fatty liver disease that can lead to liver failure. Adding to this problem is the presence of toxic chemicals in sugar that are used in its processing. These toxins end up getting stuck in the liver and further deteriorate its function.

Glucose however, which is a more natural form of sugar gets used by every cell in the body, including the brain, so most of it gets used up immediately after it is consumed. The excess if any, gets converted to glycogen and is stored in the liver where it can be converted back to glucose any time for use.

If you consume raw fruits and vegetables you would get about 20 grams of fructose per day which is much lower than the 80 grams per day you would get from a diet of sugary snacks, sweets or sweetened drinks. This is because in vegetables and fruits, the fructose gets mixed with fiber, vitamins, minerals, enzymes, beneficial phytonutrients, natural antioxidants, as well as other synergistic compounds, all which moderate any negative metabolic effects.

If you completely stop having all forms of processed sugar, which also means stopping the consumption of all sweetmeats, pastries, biscuits and beverages that contain sugar and only feed your body natural sugars from fruits, vegetables and roots, you will find that in just about 3-4 months, your body will start dissolving all its excess accumulated fats. This happens because fruits, vegetables and roots contain more of glucose that gets used up immediately, whereas the processed forms of sugar contain more fructose that gets stored as fat easily. You may not have much fat disappearing in the first 2 months, because the body takes a bit of time to adjust to this new change, but expect a rapid loss of fat from the third month onwards, which will complete its course in about 6 months. At the end of this period, you will feel lean, energetic, and full of life.

This will do for you what the most rigorous forms of exercising cannot do, that is, cure fat related obesity forever. It will even rid you of belly fat, which is the fat that even body builders cannot get rid off easily. In this time period if you keep exercising daily, fat will get burned at an even faster rate and you will reach your ideal body weight much before 6 months. A point to note here however is that there are different causes of obesity that I have explained later in this book, so if your principle cause of obesity is not dietary fat accumulation, you may not lose a lot of weight.

The other problems that elevated sugar levels cause are:

- 1) Depletion of critical electrolytes such as potassium, magnesium, calcium and sodium leading to cellular dehydration and chronic muscle spasms.
- 2) Depletion of trace minerals like chromium, copper and zinc that help sensitize cells to insulin.
- 3) Depletion of trace mineral stores in the brain and opening up of the blood brain barrier, which allows toxins and other heavy metals to accumulate in brain tissue.
- 4) Depletion of anti-oxidants such as glutathione, vitamin C and vitamin E.
- 5) Inhibition of cellular protein synthesis, resulting in dysfunctional bone, muscle, and joint chemistry.
- 6) Destruction of nerves leading to chronic pain, neuropathies, vision disorders, and accelerated organ dysfunction.
- 7) Creation of tissue damaging Advanced Glycolytic Enzymes (AGE's).
- 8) Inhibition of Human Growth Hormone (HGH) and elevation of cortisol levels.
- 9) Induces cancer cell division and proliferation and inhibits mechanisms that slow down tumor growth and that inhibit cancer cell apoptosis (programmed cell death).
- 10) Negative changes in the genes and reduced functioning of the immune system.

Due to all these harmful effects of sugar, it is best to stop having all forms of processed sugar. In fact, raw forms of sugar like jaggery should also be avoided if one wants to lose dietary fat.

Aspartame is a synthetic replacement for sugar that is found in thousands of foods, soft drinks, candy, chewing gums, vitamins, health supplements and even pharmaceuticals. It is to be avoided at all costs. It is a chemical combination that is comprised of approximately 50% phenylalanine, 40% aspartic acid, and 10% methanol. It is known to cause dizziness, headaches, behavioural changes, hallucinations, depression, nausea, numbness, muscle spasms, weight gain, rashes, fatigue, irritability, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain. Health conscious countries all over the world have banned it. Aspartame is best known by the brand names NutraSweet, Equal, Sweet One and Spoonful. Acesulfame Potassium is another name for Aspartame. A similar artificial sweetener called Neotame has recently hit the market as well.

Instead of all processed and synthetic forms of sugar, if you have at least two wholesome servings of fruit a day for more than 21 days, you will be surprised to see all your cravings for sweets and sugary delights disappear. The only healthy forms of sugar that you can mix with food are herbal stevia, lo han extract or coconut nectar. You can also use pure glucose (dextrose) as a sweetener since it is safer. Natural organic honey though high in fructose is also healthy in limited amounts. If you have unnatural sugar cravings from infections like Candidiasis, follow my Candida Cure protocol given at www.becomehealthyorextinct.com/candidiasis and solve that problem.

Sugar cravings will also come down if you do the following:

- 1) Have herbal teas regularly.
- 2) Sprinkle apple cider vinegar on your raw vegetable salads or even cooked vegetables.
- 3) Drink apple cider vinegar in water now and then.
- 4) Eat lots of cultured vegetables.
- 5) Drink tender coconut water regularly.
- 6) A glass of water in many cases can satisfy sugar cravings.

Milk

The issue of whether milk is good or bad for health has become a very contentious issue mainly because of all the 'education' that is being hammered into the brains of the masses daily by the agencies that stand to profit from the production and sale of milk. This is why it becomes necessary to look at each and every aspect of milk, so lets look at the macrocosmic aspects first.

Question: Which mammals on the planet drink milk naturally after the age of 3 years?

Answer: None, except the Human!

But the fact is that we do not drink it by natural craving, we are forced to. Evidence of this is the behaviour of most children beyond the ages of 3 or 4 years. They refuse to even touch a glass of milk after that age since they simply cannot stand the taste or smell of it anymore. That is why they throw tantrums like spilling it on the floor or just staring at it indefinitely and even dashing out of the room once it is given to them. To force them to drink milk, we have made the thousands of milk powders with all their wonderful flavors. Remember that we must fool our senses every time so that we can eat food not meant for us. The milk powders fool the child's senses of taste and smell. It is the same with adults. We add sugar and corn flakes and only enjoy flavored milk shakes.

So there must be some really strong reason why children do not like milk after a certain age, right?

But first, coming to an even more fundamental question.

Question: Why do mammals produce milk?

Answer: Milk is a very basic and highly nutritious liquid food that is produced for the nutritional needs of mammals when they are at a very primary stage of growth, when their digestive systems and digestive juices have not yet developed adequately to eat other forms of food. It does take a bit of time for a baby mammal to develop its natural senses of taste and smell as well its coordination of biting and chewing. So milk is meant for this interim period only. During this period the nutritional composition and taste of breast milk in humans changes as per the various growth stages of the child.

As per the natural cycle, a mother also stops lactating once this period of 2-3 years is over, unless of course she has a new baby. In tune with this, a baby beyond 2-3 years of age also naturally stops craving milk and starts craving other natural foods of the world since its digestive system is developed and ready for them.

There is another important fact that supports this truth.

Once babies cross the age of 3 years, their bodies stop producing two very important digestive enzymes, namely rennin and lactase that are necessary for the complete digestion of milk. Why? Because their bodies are designed to start digesting new foods instead of milk and not because there is a scarcity of milk around the place. After 4 years of age, most people begin to develop lactose intolerance, (the inability to digest the sugar of milk), because they lack the digestive enzyme lactase. Lactose-intolerant people who drink milk may experience stomach cramps, gas, and diarrhea. Studies show that 75 % of the world's population is lactose intolerant.

Question: Which milk is the best for human babies?

Answer: Human milk of course!

Question: Isn't cows milk also good for human babies?

Answer: You may now think that it may not be, but lets look at some hard facts anyway.

Cow's milk contains 3 times as much protein as human milk and about 50 % more fat. The main protein in human milk, lactalbumin, has a molecular weight of 14K. It is perfectly suited to building sensitive human tissue. The basic protein in cow's milk, casein, has a molecular weight of 233K, and because it is so durable and sticky, it is used as a binder in paint, and also as the glue that holds plywood together and sticks labels to bottles. It is perfect for building a calf's tissues but causes incalculable harm to humans. Casein is an immense and unwieldy protein, difficult for a human child (or adult for that matter) to properly break down, creating a lot of acidic residue when metabolized, and in the case of young children, causing many serious digestion problems. The excess mucus (casein) caused by milk can harden to form a coating on the inner wall of the intestines, hindering the absorption of nutrients.

Cow's milk is far too coarse, especially for young human babies who are growing delicate brain cells, nerves and other tissues. These tissues are best grown by the nutrients in human milk. In the first 2 years of a human baby's growth, milk is supposed to be the only food because it is a complete food. Why would cow's milk be designed for a human baby?

Now since cows milk contains 3 times more protein than human milk, by drinking cows milk, we are subjecting the human body to 3 times the concentration of the protein it requires. This much of an overdose causes problems. The simple fact is that, if the human body could do with such high density of protein, human milk would itself have had it. Now when this high concentration of protein is metabolized and absorbed as amino acids, it results in acid formation in the body. As explained earlier, this is the very same low-lying level of acid in the system that is responsible for the leaching of calcium from our bones and magnesium from our muscles. That is why the highest number of osteoporosis sufferers are found in the western world, which is where you will find the highest amount of dairy consumption. Very few dairy products are consumed in eastern countries such as China and Japan, which also happen to have the world's lowest rates of osteoporosis. Cows milk that is advertised as a source of calcium supply to the human body, in fact causes the leaching of the existing calcium from our bones.

Cows milk actually curdles in the human intestine and forms a filmy coating on them, which prevents the digestive system from absorbing other vital vitamins. It also increases mucus formation, leading to catarrh, chronic coughs and sinus blockage. It also causes gastrointestinal problems such as bloating, stomach cramps and wind.

Question: Isn't cow's milk one of the best sources of Calcium?

Answer: The milk industry advertises cow's milk as a good source of calcium. And so it is! However this calcium lies bonded to the protein casein, which cannot be unbonded without the action of the two digestive enzymes rennin and lactase. Since humans over the age of 4 years do not produce these enzymes, they cannot avail of this calcium at all. It actually gets excreted in urine, having done the body no good whatsoever. Even though human babies under 4 years can avail of this calcium, it is the casein that causes great harm to their digestive systems.

If we want a good supply of calcium, we should be looking at vegetables instead of the cows. Leafy green vegetables have a lot more calcium than milk. Other sources of high levels of calcium are cauliflower, pumpkin, turnip, radish, spinach, millet, gram, rajma, horse gram, amaranth, rajgira, artichoke, almond, walnut, sesame, sunflower seed, watermelon seed, soyabean, lime, amla, apricot, fig, raisin, date, betel leaf and tapioca. To make a comparison, breast milk has 33mg of calcium per 100gm portion, whereas potato chips have 40mg, beans have 50mg and chickpeas have 150mg. Adequate Vitamin D from natural sunshine is also a must for the proper assimilation

of calcium from these foods. Milk is very poor in iron content as well. 50 gallons of milk are equivalent in iron content to one bowl of spinach.

Question: From where do vegetarian animals like the cow and the elephant get calcium for their strong bones as well as for the milk production for their young?

Answer: Just from eating plants, herbs and fruits because that is where the calcium is.

Question: What about the latest debates in the news of raw milk vs pasteurized milk?

Answer: Well, it is a debate on cow's milk, which is quite irrelevant to us once we have understood that cow's milk should be left to the cows. If there is anyone who should be spending time talking about this topic, it is the cows. But let us consider the debate because some of our human friends, 'the experts' are fighting over it.

Raw milk is fresh milk taken from the udder of a cow and consumed within ½ hour without giving any kind of treatment to the milk. This is done to retain the live nutritional content like proteins, amino acids, helpful bacteria as well as living enzymes. If this milk is not consumed within this time period, the bad bacteria present in the milk start multiplying at a very alarming rate and they can be quite harmful. So if the milk cannot be consumed within this period, it needs to be pasteurized, which is heating it to about 65deg C to kill all the harmful bacteria.

When milk has to be transported to a factory and then packed, pasteurizing certainly becomes a need. Even refrigeration only slows down the deterioration of the milk to some extent. Factory produced milk from factory farmed cows has pus and blood present in it because the cows are quite sick from the unhealthy conditions that they live in. Such milk also needs to be pasteurized.

The case against the pasteurization of milk is that in trying to kill the harmful bacteria, it also destroys milk's many beneficial ingredients by transforming the physical structure of its proteins and altering the shape of the amino acids to ones that the body is not able to process. Pasteurization also destroys the beneficial bacteria typically found naturally in milk and drastically reduces the micronutrient and vitamin content. When pasteurized milk is also homogenized, a substance known as xanthine oxidase is created. This compound increases oxidative stress by acting as a free radical in the body.

Now the truth is that nature did not create milk with all these botherations in mind. Milk was to be suckled by the baby straight from the mother's breast and there was to be no time for the milk to be lying around and getting bad. The little bad bacteria present in the mothers milk was easily handled by the baby's own immune defences. There is no case for boiling a mothers milk in this natural scenario. But since we are hell bent on not following nature, we get saddled with all these unnatural problems to which we have found unnatural solutions! Can we even call them solutions?

Now lets get to another fundamental question.

Question: Is there a shortage of milk in the human populations at the time it is needed naturally for human babies, to warrant the use of milk from other species?

Answer: As long as mothers keep lactating up to the first 2 years of their baby's growth, there isn't. Perhaps there is real need only when mothers do not naturally lactate enough to support their baby's initial growth. We cannot really blame the mothers for this since the present quality of life and the deterioration of the human body do take their toll. Many working mothers choose to stop breast-feeding their babies after just a few months, as they need to go back to work. This is perhaps the most damaging choice a mother can make for her child, because it takes a toll on the baby's healthy growth as well its future immunity. This not only disturbs the entire transition cycle from breast milk to natural foods, it also sabotages the formation of good populations of healthy bacteria within the child's gut that are initially supplied in small quantities through mothers milk.

Some more facts about cow's and their milk:

A single glass of milk from a cow can contain a mixture of as many as 20 painkillers, antibiotics and growth hormones, many of which are carcinogens that cause chronic fatigue, anemia, asthma, and autoimmune disorders. Using highly sensitive tests, scientists have found these chemicals in samples of cow, goat and even human breast milk. The results show that man-made chemicals are now found throughout the food chain, with the highest quantities of medicines found in cow's milk. This is because growth hormones are injected into cattle to make them grow faster so that that male cows are ready for the slaughter sooner and female cows also get matured and produce milk faster. Special inorganic hormones are also administered to all female cows regularly so that they produce higher quantities of milk.

Factory-farmed cows are also administered antibiotics on a regular basis because they often fall sick from the unnatural and unhygienic living conditions they live in. They are also subjected to all sorts of torture throughout their lives, besides being fed all sorts of unnatural foods to speed up their growth. All these antibiotics come into the milk and the meat of the cows.

The growth hormones in cow's milk are the primary reason why young girls nowadays, who are forced to drink milk, are physically maturing before their time and much before their mental faculties catch up. It is also the reason we see young boys growing faster and having bigger builds than their parents. If you track the health of all these youngsters, you will find them prone to various illnesses like internal organ weakness, hormonal imbalance and obesity by the time they are just 20 years old.

The milk farming techniques subject cows to such cruel torture right from the time they are born to the time they die, that people who have seen this cruelty during farm visits have given up milk and meats totally, just out of sadness and disgust! In this age of awareness, it would be a very good idea to have every meat eater visit the farms from where they get their meat so that they are able to understand the extent of the atrocities that are committed just for the sake of their food choices. When meat and dairy products are advertised on the TV and other mediums, you will always find a very rosy picture portrayed. But if you spend a week in a factory farm and slaughterhouse, you will experience one of the worst hells on this planet!

Milk drinkers would be doing not only themselves, but also the entire animal world a big favor by getting off milk from other species totally. The many alternatives to animal milk are coconut milk, sesame milk, rice milk, oat milk, almond milk, groundnut milk, cashewnut milk, hazelnut milk, soy milk, hemp milk as well as bean curd and tofu. There is much debate on whether soya is cancerous, but the latest studies show that only genetically engineered soya products can be cancerous. A sad fact backing that is that 80% of the soya circulating in the markets today is genetically engineered.

Curd retains many of the negatives of milk. Its only benefit is the lactobacteria present in it, which does gut microflora some good. But like I have explained, probiotic bacteria can be got from many other sources as well. If one is lactose intolerant, it is better to avoid curd. If not, then some amount of curd now and then may be tolerable. Buttermilk is lesser harmful than curd because it is highly diluted and it has a much higher percentage of lactobacteria. So if you're not lactose intolerant, then your digestion will definitely benefit from its consumption.

Wheat

As explained earlier in the section on grains, wheat is not to be eaten all year round, but only in the winter months because it creates acidity (internal body heat) and fat deposits in the body, which are beneficial only in those months. After winter, when wheat consumption is stopped, it gives the body time to release the built up fat as well reverse any damage caused by an excess of wheat.

Besides this problem, wheat contains high amounts of wheat germ agglutinin (WGA); a glycoprotein classified as a lectin, which damages the intestine internally by causing increased shedding of the intestinal brush border membrane, reducing the surface area, accelerating cell loss and shortening of intestinal villi. It also causes cytoskeleton degradation in intestinal cells,

contributing to cell death and increased turnover, and decreases levels of heat shock proteins in gut epithelial cells, leaving them more vulnerable to damage.

WGA is very small, hard to digest and it tends to bioaccumulate in the body, where it can interfere with many biological processes. WGA stimulates the synthesis of pro-inflammatory chemical messengers (cytokines) in intestinal and immune cells, and has been shown to play a causative role in chronic thin gut inflammation. WGA can cross your blood brain barrier through a process called "adsorptive endocytosis," pulling other substances with it. WGA also attaches to the myelin sheath and is capable of inhibiting nerve growth factor, which is important for the growth, maintenance, and survival of certain target neurons.

As the solar plexus is the human primitive brain, damage to its nerves and their myelin sheaths, which are situated right in the gut region cause severe nerve related malfunctioning, which are often expressed throughout the endocrine system. The gut and brain work in tandem, each influencing the other and that is why intestinal health can have such a profound influence on mental health, and vice versa. Wheat also inhibits production of neurotransmitters like serotonin, which is involved in mood control, depression and aggression. A number of studies indicate that wheat can cause serious mental health problems such as anxiety, depression and schizophrenia, which are also symptoms of celiac disease.

Wheat also contains a number of other harmful components like Gliadin (an alcohol soluble protein component), Gliadomorphin (an exorphin which damages nerve cell receptors) and enzyme inhibitors. Glutamic and Aspartic acid contained in wheat cause an over-activation of the nerve cell receptors leading to calcium induced nerve and brain injury. The traditional ways of addressing many of these anti-nutrients is by sprouting, fermenting and cooking wheat. These anti-nutrients are however, designed to withstand degradation through a wide range of pH and temperatures.

Common symptoms resulting from wheat sensitivity are nausea, insomnia, abdominal bloating, flatulence, constipation, diarrhea, sore throat, sweating, tiredness, skin rashes, acne, migraine, sinusitis, depression, anxiety, confusion, loss of balance, tremors, difficulty in walking and difficulty in concentration.

Besides wheat, gluten is also found in grains such as rye, oats and barley. People with undiagnosed gluten intolerance often have malabsorption of nutrients due to chronic intestinal damage caused by gluten and so the body is unable to optimally absorb nutrients from food and distribute them throughout the body.

To make matters worse, white bread made of refined white flour which contains hardly any minerals and vitamins, contains unhealthy ingredients like processed salt, hydrogenated oil, soya, oxidant chemicals, reducing agents, emulsifiers, preservatives and enzymes from bacteria or fungus. Many of these ingredients are not required to be listed on the label of your bread packet, so you may think they are not present. The excessive consumption of white bread and other processed forms of grain products causes obesity, diabetes, heart disease, allergies, asthma, gluten intolerance, celiac disease and vitamin deficiencies.

So if wheat is so harmful, why does it have such a prominent place in our diets?

Well, the reason is the same old one. Wheat is easy to manufacture, harvest, store and distribute on a large scale. Before wheat farming started, it was never found in such large quantities in nature, and that is why it was not supposed to be a large part of our diet. Sadly, we make at least 80% of all our baked foods out of wheat flour. We probably eat wheat 3-4 times in a day. It is in our chapattis, rotis, breads, pastries, biscuits, cakes, snacks, pastas, pizzas and sweetmeats as well.

At every stage of processing, like harvesting, storing, transporting and conversion, wheat is normally treated with either a pesticide, or a fungicide or a hormone. All these substances enter our bodies along with the wheat and contribute to the toxic load in our system.

As you had seen in the test of the 5 senses, wheat is not even a natural food for us because we cannot eat it as it is. It has to be processed and cooked and flavored as well. In moderation, it can

be handled by the human body even in the non-winter months. But if you analyze how much of it we are eating on a daily basis, you will realize that we are overdosing on it, and it is the overdose that damages the human digestive system. Sadly, when you have reached a certain level of intestinal damage, just reducing wheat from then on is not going to help undo the damage. To prevent further damage, you need to stop all wheat products, altogether!

Refined forms of wheat like wheat flour, pasta and white bread are more damaging than unrefined forms like unleavened bread and whole wheat bread because the latter contain a higher proportion of the bran, which results in a lower proportion of lectin and this helps moderate the bad effects of the lectins in the grain. So the first step in reducing the damage caused by wheat would be to shift from white bread to whole wheat bread and from refined flour products to unprocessed forms of wheat flour.

Switching to gluten free grains like rice, millet (Nachni / Raagi / Bajra), buckwheat, quinoa, sorghum (Jowar), flax, amaranth (Chauli / Rajgira / Ramdana), Corn, sesame, sunflower and tapioca will prevent you from further gluten damage, but do remember, grains are still meant to be eaten in good quantities mainly in winter. Do not make any one grain part of your staple diet. Keep rotating them every month or two during the non-winter months, still maintaining low quantities.

Rice

Similar to wheat, rice is also high in carbohydrate (starch), especially white polished rice, since it does not contain any of its germ coating. The brown germ coating, which contains fiber, some B vitamins, minerals and trace nutrients is taken off and sold in health food stores instead. Brown rice is only considered healthier because it contains this germ coating, which reduces the proportion of the starch as well as the lectin in rice.

Whether you eat white rice or brown, the fact that its starch gets immediately converted into glucose, which spikes the sugar levels in the blood, does not change. One bowl of cooked rice is the caloric equal of almost 10 teaspoons of sugar. The fact that whatever excess of this sugar is available from a rice meal, gets converted into fat just like many other grains, also does not change. This is why doctors advise diabetics and obesity sufferers to cut down their rice intake.

So what need of the body are we really catering to by eating rice? It is the body's natural need for simple sugars that are found in fruits. It is just that by eating rice we go about fulfilling this need in a round about way and end up doing some damage in the process.

Repeating that same old question... If rice is harmful, why does it have such a prominent place in our diets?

It is the same answer yet again! It is easy to manufacture, harvest, store and distribute on a large scale. It is cheap food and cheap does not necessarily have anything to do with healthy. Before rice farming was started, it was never found in nature in such large quantities, and that is why it was not supposed to be a large part of our daily diet.

Rice also has high levels of lectin, which has the same intestine damaging effects as that of wheat. Besides, eating rice causes you to eat more salt, which has its own set of problems, since plain rice is absolutely tasteless. Just to eat rice, we have also invented our whole range of curries, stews and gravies, some of which may not even be healthy depending on their tasting and flavoring ingredients.

So try to cut down on your regular consumption of rice, since it will create problems for you in the long run even if you do not have them now. Do not wait to be labeled diabetic and then go about trying to fix the problem with medicines. If you have any rice related illnesses, then you would be better off replacing it with other grains that do not convert to sugar. The first step in reducing the damage caused by rice is to shift from white rice to unpolished rice, which is also known as brown rice. Do not be fooled by polished white rice that has been coloured light brown. Switching to other grains every week or even every month is a good idea.

Salt

Sodium Chloride (sea salt) is one of the body's most important electrolytes that helps maintain the osmotic balance in its cells. It also helps the transmission of nerve impulses, regulates hydration as well as regulates the pH levels and facilitates the absorption of other nutrients. Chloride enables the blood to carry carbon dioxide from tissues to the lungs. It also helps in digestion and assists the immune system in fighting infections. The body cannot produce its own sodium or chloride, yet all human fluids contain, as well as need salt, including blood, sweat, tears and digestive juices. It is true that a shortage of salt can cause serious health problems, even death. So even though sodium chloride is necessary in our diets, why do some say that is bad for health?

Sea salt is anhydrous in nature, so it soaks up water in its vicinity. Every gram of excess sodium chloride in the body needs 23 grams of cellular water to get neutralized. So having too much sea salt will cause water to accumulate in the tissues and cause Oedema, a form of obesity. In fact, water retention is a mechanism that the body uses to dilute toxicity that it is not able to flush out through the elimination system. Excess sea salt in the blood, draws in an excess volume of water into the blood as well, thereby increasing the osmotic pressure of the blood. This in turn increases the pressure on the heart. Another negative is that this volume of unnecessary water could have been used up by useful nutrients instead. Excess sea salt in the blood also causes the hardening of arterial walls in the long run which sometimes leads to the hemorrhaging of blood vessels. It also causes thickening of the heart muscles, worsening the condition of all other heart diseases.

Processed forms of sodium chloride like table salt can be very toxic for the human body because to make it granular and free flowing (which are just culinary requirements), harmful additives like calcium carbonate, magnesium carbonate, and aluminum hydroxide are often added. Aluminum hydroxide is an alloy that deposits in the brain and is suspected cause of Alzheimer disease.

If you take normal sea salt and crush it into a fine powder and leave it on the counter, after a few hours you will notice that it tries to reform into its granular crystals, which is its natural form. Depending on the humidity in the air, you will also see it draw water from the air. Free flowing powdered salt is not a natural form of salt. When salt in the body is high and water consumption is low, salt sucks up a lot of the water molecules at a cellular level. This results in an increase in the proportion of the air element at a cellular level due to the decrease of water, which causes insomnia, change in a persons mental faculties like thinking and talking too much (the airhead) as well as it aggravates conditions like osteoporosis (too much air in the bones).

Excess of sea salt interferes with normal cellular functions and blocks enzyme function as well. The body also has difficulty in disposing off sodium, especially when the kidneys are weak, and so sodium content in the body keeps on building up with regular salt consumption.

High sodium chloride content in the cerebrospinal fluid (CSF) causes the valve outlet in the brain that makes CSF flow into the central nervous system, to constrict and stiffen. This restricts the free flow of CSF, which in turn puts a backpressure on the blood brain barrier, which is transferred to the blood circulation system and then onto the heart. This is the root cause of High Blood Pressure. This is why reducing salt consumption immediately benefits High BP sufferers. Under this valve also lies the all-important pineal gland, which also gets constricted due to this action of the valve. Constriction of the pineal gland restricts its growth, which in turn slows down mental, intuitive and spiritual growth.

Another substance that severely restricts the functioning of the pineal gland is inorganic fluoride, which is found in many of our processed foods, beverages, water and even healthcare products like toothpaste! Fluoride was first added into drinking water by the Nazis and the Russians in their concentration camps, to make the camp population docile and subservient to authority. This is still being done by some governments to keep their populations stupid. Fluoride also worsens kidney problems, all bone and joint problems, thyroid function, mental disorders, dental fluorosis, estrogen and testosterone levels, autism, alzheimer's, immune function and cancer.

Now let us take a look at nature and see if it guides us on salt as well.

Which animal on the planet besides the human makes salt from the sea and uses it in its food?

None, not even the smart monkey! Yet, tests show that animals also have sodium and chloride in their bodies even though they do not produce it. Well, they get it from the food they eat. All roots, plants and trees draw enough supply of sodium chloride from the earth and when animals eat vegetation, they get their supply of sodium chloride as well. Similarly humans too, get their supply of natural sodium chloride from the vegetation and fruits they eat. This is why we must take good care of our soils and not overburden them with artificial chemicals that inhibit the action of sodium chloride or reduce its proportion.

So when we can get our supply of natural sodium chloride from our natural sources of food, why do we need to get more from the sea? Well, we use that extra amount of salt in our diets only to aid ourselves in eating foods that we are not naturally meant to eat!

You will never suffer from salt or iodine deficiency if you eat organic vegetables, roots, sprouts and fruits regularly, because iodine is contained in most of these foods. Natural sources of sodium include seaweed, green leafy vegetables and tuberous vegetables. Some foods with higher amounts of chloride include seaweed, rye, tomatoes, lettuce, celery, and olives.

It is also important to note the quality of seawater in the world today from which sea salt is being made. Salt is seldom made from deep-sea water that is clean. It is made in saltpans across seashores where the quality of seawater is very bad, since most of our sewage systems empty out their filth in the coastal areas. Think about the content of such salt.

Since sodium chloride causes many health problems, it is advisable to completely remove it from our diets and replace it with rock salt (Potassium Chloride) or Himalayan Rock Salt. The body handles potassium very well and can easily dispose of excess levels. It aids in digestion, prevents constipation and helps the body release toxicity. Potassium Chloride is also present in most vegetables, roots and fruits and that is how you know it is a natural salt for the human body. Himalayan Crystal Salt is the purest and cleanest unrefined salt that can be found on this planet. It was created by millions of years of tectonic compression that helped create fine crystal branches, which makes the elements in the salt absorbable and bio-available. It contains all the 84 trace elements of which the human body is comprised.

Even if you consciously eliminate the use of sea salt from your home cooked meals, you will still get fed traces of sea salt regularly if you eat food from the grocery or supermarket or the restaurant. So there is no need to worry that your body may not be getting any additional sea salt as well. There are good uses for sea salt and that is what we should be using it for. Dissolve it in water to clean your vegetables, since it kills all sorts of germs and dislodges mud from the vegetables too. Soaking in a bathtub of salt water is very cleansing since it pulls out various toxins from the body.

Cooking Oil

Humans are the only beings on the planet that eat oil and not because they naturally like it, but as a necessary part of eating fried food, which again, is a format of food that no other being besides the human eats. If there were no need for frying food, or adding oil to prevent food from getting stuck to a cooking vessel, would we be using cooking oil at all?

Cooking oils of Groundnut, Canola, Corn, Hemp Seed, Flax, Sunflower, Olive, Safflower, Sesame as well as Butter and Lard are all acidifying oils. This is another indication that their use is unhealthy, because they work against the healthy alkaline principle of the body and contribute to all the illnesses that are caused by acidity.

During assimilation of fried food, cooking oils are absorbed by the intestines and transferred into the blood, which is then received by the liver. It becomes the job of the liver to precipitate out these oils from the blood, so that they can be disposed of by the organs of elimination. This puts a tremendous load on the liver, which many times is not able to precipitate out these oils completely, so they end up circulating in the blood and getting deposited at various locations in the body in the

form of plaque, cholesterol and fat. The hardening of arteries is also due to the acidic reaction of processed oils on them. This workload on the liver fatigues it and ages it quickly. After all, the liver was not designed to encounter processed oils in our food. When the liver gets overwhelmed with this work, it cannot do a good job of its other regular functions. Many allergies are due to the incapability of the liver to process certain toxins, which remain circulating in the blood or come out onto the skin causing skin rashes.

Our digestive systems were not designed to consume oils in the quantities that we do nowadays. Natural sources of oil and fat that are present within various natural foods like vegetables, nuts, beans, grains and pulses are enough for the nutritional needs of the human body.

Some traditions like Ayurveda advise the use of ghee in cooking, as well as its direct consumption along with foods like rice or wheat rotis or spicy lentils. The actual purpose of the ghee is to coat the walls of the throat and the intestines so that the acidic spices in the food do not damage the mucous linings of the digestive tract. This advice in Ayurveda is actually a remedy for wrong acidic habits. When we have already wrongly chosen to eat acidic foods that are going to cause stomach and duodenal ulcers, then a fitting remedy is to protect these organs by coating them with ghee. People who do not understand this, wrongly promote the unrestricted use of ghee.

Stop frying your foods in all sorts of oils and do your liver, kidneys and digestive system a big favor. Bake, roast, boil, steam or stew instead. If you must have some fried food, use cold pressed coconut oil instead, because it is a nutrient in itself. Cold pressed olive oil lends itself to light sautéing on low temperature, but not for deep frying at high temperatures because it starts breaking down into unstable compounds.

Eggs

Eggs are full of nutrition since they are the seeds of life and so are bound to contain all life nurturing substances. Eggs are a high source of protein and are also loaded with vitamins A, D, E, B2, B6, B9, B12, iron, calcium, zinc, sulphur, phosphorous, potassium and choline. They also contain the antioxidants tryptophan and tyrosine. It is also well known that many animals as well as birds eat eggs, but they all eat them raw, which is the easiest way of digesting them. One egg contains 6 grams of high quality protein and all 9 essential amino acids. One egg yolk also contains about 300 micrograms of choline, which is an important nutrient that helps regulate the brain, nervous system, and cardiovascular system.

Cooking an egg damages its valuable nutrients like lutein, lecithin, cysteine and zeaxanthin, as well as the bioflavonoids present in egg yolk that are very nutritional for the eyes and vision. Heating the egg protein also changes its chemical properties, and this distortion leads to allergic reactions from the human body. Further, when an egg is overcooked, such as when it is scrambled, the cholesterol in it becomes oxidized, or rancid, and oxidized cholesterol can increase your levels of inflammation and lead to numerous health problems.

So the only way of getting the proper nutrition from eggs is to eat them raw. But the problem with that is, raw eggs may contain harmful bacteria like salmonella. Eggs may also contain hormones that are injected into hens for them to grow fast and produce bigger eggs. Traces of antibiotics that are administered to hens that become quite sick from being raised in unsanitary conditions have also been found in eggs. Traces of inorganic chemicals may also be found in eggs, if the feed given to the hens is inorganic. All the above is usually the case with factory farmed inorganic eggs.

These problems are avoided by the use of organic eggs from hens that are fed on a free range of foods in an organic farm or in the countryside. If you can get such eggs from a reliable source, then yes, you do have a safe source of protein and all round nutrition.

Eggs have received bad publicity in the last decade since they contain fat and cholesterol and also because they are mildly acidic. But many reports clearly prove that it is neither this dietary cholesterol nor fat or acidic nature that creates any problem in digestion. The best thing of course would be to keep in mind that too much of anything is bad for health and have them in moderation.

Microwaved Food

Microwaves cause water molecules in the food to vibrate at a very high frequency. This eventually turns them into steam, thereby heating the food. While this method can rapidly heat food, it also distorts and deforms the molecules of the food and changes its chemical structure. The cellular structure of the food gets ruptured and adhesion of molecules occurs, which is very noticeable even visually, especially when the heating is very high. These adhesions are unstable groups of molecules that are carcinogenic in nature.

Minerals, vitamins, and nutrients of all microwaved food get altered to a point where their nutritional value gets totally destroyed. In fact, the altered radiolytic compounds so formed, are not even recognized by the human digestion system and cannot be broken down properly in digestion. Minerals in vegetables also get altered into cancerous free radicals that cause cellular damage.

Low levels of radiation constantly leak out of microwaves when they are running and if you are close to one at the time, you will definitely get hit by some of this leaking radiation, increasing your chances of cancer. Microwave radiations also distort the healthy energy fields of the human body.

Heating food in the microwave using plastic or thermocole containers or plastic wrap causes carcinogenic toxins to leach out of them. This specially applies to foods that contain fat or oil since the combination of fat, oil, high heat and plastic, releases dioxins into the food, which ultimately get into the cells of our body. Dioxins are also carcinogens that are highly toxic for the human body.

Switching to the old induction-heating electric oven is a better alternative.

GE Foods

Genetically Engineered (GE) foods are also called Genetically Modified (GM) foods. These foods are created in a laboratory by using complicated mechanisms of altering the genetic structure of bacteria, viruses and also the genetic structure of seeds and plant material, all with a purpose of making pest killing crops or pesticide tolerant crops. GE seeds generate powerful toxins when they germinate and grow into plants. When pests eat these plants, they die from the toxicity present.

Some seeds are genetically engineered with pest killing capabilities so as to reduce or avoid the use of pesticides in farming, whereas other seeds are genetically engineered to have pesticide resistant genes, so that they survive the pesticides sprayed on their plant, which is meant to kill the pests attacking it. The problem is that with time, pests have mutated to become more virulent than before and also immune to these GE plant toxins as well as the pesticides. This has only necessitated the engineering of seeds having higher toxicity, as well as stronger pesticides, which are now damaging our health to an even higher degree.

When we eat these GE foods, traces of the toxic components in the plant as well as traces of the powerful pesticides, get into the human digestive systems and play havoc with it. Studies have shown that they disrupt the functioning of the endocrine system and the reproductive system as well. There are hundreds of studies that clearly show that GE foods are very harmful for the human body and they even affect the growth and health of a baby in a mother's womb. GE foods cause allergies, toxicity, damage to the immune system, nutritional problems, nausea, headaches, lethargy, skin irritations like acne and eczema, arthritis and they even create a carcinogenic environment in the human body, thereby leading to cancer.

Studies have shown that even after you have stopped eating GE food completely, the genetic material continues to infiltrate your intestinal bacteria that later become harmful to you. This process itself alters human DNA and mutates genes.

Pesticides meant for GE crops also get into the earth and destroy beneficial soil organisms that help plants absorb nutrients and suppress disease-causing organisms. They also kill beneficial insects and soil organisms that maintain ecological balance. In most cases, such soil becomes unusable for normal crops again. Farmers who harvest such crops often complain of rashes on

their bodies. Even after a crop is harvested and cattle are allowed to graze on the leftovers of these plants, thousands of cattle die from eating them in a very short period of time.

GE crops have also been the cause of many farmers' livelihood being destroyed and their consequent suicides. The cycle starts out by the farmer paying a high price for GE seeds that are supposed to deliver a higher output crop. Then the farmer also needs to buy expensive pesticides that are especially meant for such crops increasing his financial burden even more. If the rainfall is less that year, then these GE crops fare far worse than normal crops and the farmer is left with not enough produce and a higher debt than what he began with. And the worst problem to round it up, is that most seed varieties are sterile, meaning that their seeds will not generate any plant the next season, so the farmer has to go back to the GE seed supplier and buy fresh stalk the next year, thus continuing with the same cycle of debt and the struggle to survive. This has happened in India as well, and there is a film titled 'Peepli Live' that has shown this truth.

It is only the companies who have heavily invested in the research and promotion of genetic foods that fight for their use, only to recover the investments in their projects. Most of the employees of such organizations do not consume these foods at all, because they know how harmful they are. Many countries and health institutions have started banning GE foods after thorough research.

Although just a single GE crop, BT Cotton is grown in India, and the use of some more GE products like BT Brinjal are being forced by the GE crop companies, there is considerable resistance from the Indian people to their introduction. The Union Government plans to table a bill called Biotechnology Regulatory Authority of India Bill (BRAI), which is basically being pushed, by the Ministry of Science and Technology to ensure smooth approval of GE crops in the country. The new BRAI along with other draconian clauses proposes to ease the approval of genetically modified crops without giving Indian citizens any choice in the matter. Moreover, the lack of transparency makes it impossible for citizens to have access to any information related to genetically modified crops prior to their approval. It remains to be seen what efforts the citizens of India are prepared to make to ensure their health as well as the health of their future generations.

We need to be ever vigilant and see if we are unknowingly eating GE foods, since they could also be available in our grocery stores in imported food items. The problem is that proper laws that enforce the labeling of GE foods are not yet in place, so you may not be able to trace its presence.

Some ways to do away with GE Foods are:

- 1) Get GE foods out of your supply chain by forcing the government to make GE ingredients labeling compulsory. After this is done, do not buy a single product that has GE ingredients.
- 2) Buy organic produce. By definition, food that is certified organic must be free from all GE organisms and produced without artificial pesticides and fertilizers. For animal meats, they should be reared without the routine use of antibiotics, growth promoters or other drugs and only be fed on vegetation that is GE component free.
- 3) Start growing your own organic produce in your backyard or if you have enough land, start an organic farm, since it is going to be one of the best booming businesses on the planet, because most of the current supply chain of food is completely contaminated and people are looking for alternate sources of healthy food. If you do not have enough land, then try and implement a model of community farming or buy your raw food from a certified organic farm.

Do you know that there are some agencies in the world that are working towards quickly reducing the unsustainable 7 billion population of this planet by introducing slow acting poisons into the food chain? Have you figured out your strategy on ensuring your own survival?

Summary of this Chapter

Besides the above harmful foods, there may be some other foods that you have been chronically consuming all your life. I hope that you use similar analysis to figure out whether they are good for your health or not. If they are not, then quickly reduce their consumption and switch to alternatives. Always look at nature around you for guidance. Study the food habits of the natives of your country. Follow the law of rotation of foods, since it will always benefit you.

It is also about time that you wake up and see that the debates about secondary issues of whether cane sugar or corn syrup, raw milk or pasteurized milk, white bread or whole-wheat bread, white rice or brown rice, iodized table salt or fat sea salt, canola oil or sunflower oil and raw eggs or cooked eggs are all kept alive by the agencies who are in the business of selling you these specific foods. The debates just create more publicity of the very same products that they want to sell, so it is all a part of their grand marketing and sales plan.

Did you know that a classic way of hypnotizing the human mind is to constantly blast it with secondary arguments day in and day out, through all mediums of communication? This keeps the mind constantly buzzing with the 'noise' of those issues, while the focus on the primary issues gradually fade away.

Do you know why these very agencies cleverly stay a mile away from the real debates about the primary issues that really matter, of whether processed sugar or naturally available sugar, milk or no milk, wheat or no wheat, rice or other grains, sea salt or no salt, cooking oil or other methods of cooking and factory farmed eggs or organic eggs?

Because losing these debates can really take them out of business in a flash!

Be very clear that these agencies are not in the business of taking care of your health.

Organic Food

Organic foods are foods that are produced using natural methods that do not involve modern synthetic inputs such as synthetic pesticides, chemical fertilizers, synthetic hormones, genetically modified organisms or seeds, and that are not processed using chemical food additives, industrial solvents or irradiation.

Non-organic industrial food contains pesticides, antibiotics and other animal drug residues, pathogens, hormone disrupting chemicals, toxic sludge, slaughterhouse waste, genetically modified organisms, chemical additives and preservatives, irradiation-derived radiolytic chemical by-products, and a host of other hazardous allergens and toxins. Over 100 million cases of food poisonings every year and an epidemic of food-related cancers, heart attacks, immune system disorders and obesity make for a compelling case for Organic Food.

Not only does chemical and energy-intensive factory farming destroy the environment, it also exploits farm workers, impoverishes rural communities, inflicts unnecessary cruelty on farm animals and contaminates the water supply. And finally, the end product is inevitably contaminated as well. Organically grown produce contains significantly higher amounts of minerals, and without the toxic effects of all the chemical reagents used in conventional farming methods. Plants grown organically, without chemicals, in reasonably good soils, and even better, with dilute ocean water that contains the most minerals, and rock dust, in carbon or nitrogen rich soils, thrive and develop healthy immune systems. These plants are naturally strong enough to resist the damage that insects inflict on weaker, conventionally grown crops, negating the need for chemical pesticides.

Millions of green-minded consumers understand that industrial agriculture poses a terminal threat to the environment and climate stability. A highly conscious and passionate segment of the population are beginning to understand that converting to non-chemical, energy-efficient, carbon-sequestering organic farming practices, and drastically reducing food miles by relocalizing the food chain, are essential preconditions for stabilizing our deteriorating climate. Decades of research confirm that organic agriculture produces crop yields that are comparable (under normal weather conditions) or even 50-60% superior (during droughts or excessive rain) to chemical farming.

Nutritional studies show that organic crops are qualitatively higher in vitamin content and trace minerals, and that fresh unprocessed organic foods boost the immune system and reduce cancer risks. Organic farms use, on the average, 50% or less petroleum inputs than chemical farms, while generating substantially lesser greenhouse gases such as methane and nitrous oxide. Moreover, diverse multi-crop organic farms sequester enormous amounts of CO₂ in the soil. Agronomists point out that a return to traditional organic farming practices across the globe could reduce greenhouse gas pollution by 40%.

Though it is true that organic produce is costlier than commercial non-organic produce, the long term ill effects of non-organic food on health and the cost and time spent on reversing those effects certainly negate their cost savings. In fact, putting together all the costs associated with eating conventional produce, over a year's time frame, you may end up saving more money by going organic. There are three reasons why organic is more costly for now. Firstly, since organic operations are on a smaller scale, the costs are higher. Secondly, there are regular costs of inspection and certification of organic produce. And finally, the yield in organic is a bit lower since pests do destroy some amount of the crop. But once many of us start buying organic because it is healthier, higher volumes will naturally bring down the cost. Better farming practices will also increase the yield of crops over time. So the higher costs are only a temporary phenomenon that will come down once we give priority to organic produce.

The cheapest way of getting organic produce would of course be to grow your own in your backyard, agricultural plot or community-farming center. You will at least be sure about its quality. Out of the myriad list of hobbies we have nowadays, it would be very wise and useful to cultivate the hobby of backyard farming. It is interesting, creative and intensive. It also gives you an exercise routine, keeps you close to nature, increases your knowledge and it finally also builds a network of health conscious people who create self-sustaining communities.

Antibiotics

The word “Anti” means against and the word “Biotic” means life. Antibiotics were made to primarily kill disease-causing bacteria in the body. Nowadays this word is synonymous for antimicrobial, antifungal and antiviral action as well. When disease-causing organisms enter the human body, the immune system usually destroys them. But when we give our immune systems the continuous job of monitoring and fighting all sorts of other inorganic contaminants we put into it, it gets overburdened and does not do a good job of killing these harmful microorganisms. Various other energetic drains on the human body also decrease immune function. This is when the body cannot fight the attack from microorganisms and it has no option but to take the help of antibiotics.

The problem with antibiotics is that they cause damage in several ways. Firstly, they kill all types of bacteria, even the good bacteria in the small intestine and colon that are of over five hundred different kinds. These bacteria perform hundreds of functions required for healthy metabolism and immune response. Through enzyme secretions, these bacteria transform metabolic and microbial wastes before the body discharges them in the feces. These wastes include cellular debris, hormones, chemical wastes, bile, pus accumulations, viral toxins and bacterial toxins.

The second problem is that every time we swallow antibiotics, the good bacteria get killed and their percentage (85%) comes down. The intestines need this proportion of good bacteria for good digestion and assimilation of nutrients. When the good bacteria reduce, then other harmful microorganisms multiply and take up their place. These bad microorganisms (15%) are present because they do certain jobs of scavenging and cleanup of dead cells and other dead microflora within the digestive system. They also facilitate the decomposition of the body after the body dies. They have a much higher resistance to antibiotics, so they do not die easily. When the good bacteria gets killed by antibiotics, they fall off their anchorage sites which become vacant and then the bad bacteria multiplies and takes up those sites. When the bad bacteria % goes relatively higher, their damaging activities move into high gear.

Yeasts and Fungus are some of those opportunistic microorganisms. As the good intestinal bacteria die, the yeasts and fungus thrive, by feeding on the nutrients that are in your food, while you in turn get deprived of them. To make matters worse, they excrete fecal matter that contains harmful substances like ethanol and acetaldehyde, which damage cellular tissue. Using their tendrils (hyphae), fungus pokes holes through the lining of the intestinal wall, which results in a syndrome called leaky gut. Through these tendrils they even deliver their toxins directly into the blood stream, which gives rise to toxicity in the blood that gets secreted out onto the skin causing skin rashes. This unhealthy environment in the gut causes many other chronic illnesses of the gut.

One of the serious and fast spreading illnesses of the gut due to the above phenomenon is Candidiasis. It is caused by the opportunistic yeast *Candida Albicans* that even transforms into fungal colonies, which can wreck havoc in the human body. The worst form of this disease is systemic candidiasis, where forms of the yeast travel all through the human body via the blood circulation system to various sites. It can be fatal if not diagnosed and treated in time. If you have Candidiasis, and need to cure it, look up www.becomehealthyorextinct.com/candidiasis

The third problem with having antibiotics often, is that the harmful bacteria become resistant to their action over time and new stronger antibiotics are needed every time, which not only damage the intestines, but also other organs of the body like the liver and the kidneys to a high degree.

Another source of antibiotics are the meats we eat. It is virtually impossible to rear animals in factory farms without giving them regular doses of antibiotics, which keep them healthy since they live in very unsanitary conditions that make them fall sick quite often.

There are three ways of preventing the decline of good bacteria in our intestines. One obviously is to reduce the amount of antibiotics that we have and go for natural remedies instead. Second is, to reduce the consumption of packaged products that contain artificial preservatives, stabilizers, taste enhancers and colourings since most of them destroy the good intestinal bacteria. Third is, to increase the population of the good bacteria that have been destroyed, by eating foods that contain healthy bacteria. These foods are popularly known as Probiotics.

Probiotics

Probiotics are foods that contain strains of healthy bacteria like Bifidobacterium Lactis, Bacillus Mesentericus, Streptococcus Faecalis, Lactobacillus Acidophilus, Bifidobacterium Longum, Bifidobacterium Bifidum, Clostridium Butyricum, Lactobacillus Casei, Lactobacillus Plantarum, Lactobacillus Salivarius, Lactobacillus Rhamnosus, Lactobacillus Bulgaricus and Lactobacillus Sporogenes. They have become a necessary part of modern nutrition just to offset the damage caused to the healthy gut bacteria by the action of all the inorganic chemicals that we ingest in our foods and medicines. If we had used our intelligence in a better way and added only organic substances in our food and our medicines, we would not have destroyed our good bacteria and lowered our immunity in turn.

Probiotics in the gut play a role in helping numerous bodily functions, such as digesting and absorbing certain carbohydrates, producing vitamins, absorbing minerals and eliminating toxins and preventing allergies. They also support a healthy immune response by inhibiting the growth of pathogenic bacteria by producing organic acids, hydrogen peroxide, and unique natural antibiotic substances. In turn, these process and neutralize toxic compounds.

An excess of unhealthy bacteria in the gut can manifest in many ways, such as gas and bloating, fatigue, sugar cravings, nausea, headaches, constipation or diarrhea. Despite a healthy diet and exercise, many people may even have difficulty shedding weight if their % of bad bacteria is high.

I keep repeating that organic substances are the only substances that we should use, because we have not yet completely understood the far-reaching and devastating effects inorganic substances have on the mind and body. If we want to be 100% organic, we truly can. It is just that most of the time; we are being opposed by people who want to not only sustain, but also expand their inorganic businesses.

In the past, we did have illnesses of the gut, which reduced our good bacteria population, but those illnesses came from more natural sources like intestinal infections, and to revive our populations of healthy bacteria we would naturally increase our intake of fermented foods like idli, dosa, miso, kimchi, sauerkraut, raw cabbage, cabbage rejuvelac, cultured vegetables, probiotic curd, vegan curd, coconut kefir, nutritional yeast, tempeh and natto. We can do that now as well.

If you are not able to eat enough of the above natural foods that give you these bacteria in good amounts, then you can get a capsulated dose of probiotic bacteria from a good and proven source. It is important that the bacteria reaches the small intestine without getting destroyed by the stomach acids or the upper intestinal digestive enzymes on the way, and for that, the capsule material should be made of a proper composition like organic vegetable cellulose.

It is also important that the capsules are recently manufactured which ensures that the complete bacteria population is still alive. Stocks that have been sitting on a shelf for a long time will have a much lesser percentage of live bacteria than what the capsule contents indicate. It takes time to rebuild bacteria population in the gut, so you may have to take such supplements for at least 6 months to a year, depending on how low your reserves of good bacteria are. Taking probiotic capsules on an empty stomach or at least an hour before a meal ensures that they spend the least time in the stomach. Remember, combining them with a meal makes them wait in the stomach acid bath till all the other foods are digested as well. People who supplement with probiotics before surgery are less likely to have postoperative infections. In fact, the use of antibiotics to treat all hospital-based infections decreases for those taking probiotic supplements.

Getting enough fiber in your food daily is also necessary for building strong probiotic colonies. To help build strong probiotic colonies, you also need the right substrate of fiber and prebiotics, a category of nutrients that create supportive environments for the growth of healthy microflora. The most commonly recommended prebiotics are inulin and fructooligosaccharides (FOS). They can be taken as supplements, but they are also found in foods like chicory root, garlic, onion, and other fruits and vegetables. Naturally fermented foods like sauerkraut, kimchi, coconut kefir and dairy drinks are also good sources of prebiotics. Lastly, cutting back on all foods that have processed sugar is necessary since it feeds the unhealthy bacteria, yeast and fungus in the gut.

Cultured vegetables

Cultured vegetables are probably the best kind of probiotic food that you can put into your body for several reasons. Firstly, they are made of raw vegetables that ensure that their nutritive value is the highest. Secondly, they are quite tasty to eat just by themselves or as an accompaniment to your regular meal. Thirdly, they are easy to store and contain many natural strains of healthy bacteria.

To make cultured vegetables, simply chop fine vegetables like cabbage, radish, turnip, cucumber, onion, squash, carrot, a mid sized piece of ginger and a few garlic cloves. Take half of this mixture and put it in a blender adding drinking water in a quantity as required to make the blend into a thick juice. Now put the chopped vegetables into an airtight glass jar and add the thick juice to it. Pack down this mixture leaving a couple of inches at the lid side vacant. In this space, pack a roll of a few cabbage leaves and then close the lid of the jar airtight. The juice should reach up to the rolled cabbage pack.

Leave this jar for a few days to a week at room temperature between 20 degC to 40 degC. Friendly bacteria present in the vegetables will quickly multiply and lower the ph making it an acidic environment where they can flourish. The sugars and starches start getting converted to lactic acid. The vegetables will then become soft, tasty and somewhat pickled. They could be ready within 3 to 4 days itself, if the temp is closer to 40 degC and you may have to wait for about a week if the temp is 20 degC. You can open the container and taste them to see if they are ready. They can even be left on the kitchen counter for a couple of weeks after which you will need to refrigerate them. Refrigeration slows down their activity considerably but it does not stop it altogether, so be sure to finish them off within a couple of months.

Supplements

The supplements I am referring to about here are natural organic supplements. There is no point in talking about inorganic vitamins or supplements since they are all made from man-made chemicals and have harmful side effects. If you choose to have inorganic vitamins or supplements, you would be directly diluting the healthy effects of natural organic nutrition and causing yourself great harm in the long run. Even popular inorganic vitamin supplements have been found to cause harmful side effects and internal organ damage when taken for long periods.

Organic supplements like wheatgrass, spirulina, chlorella, aloe vera extract, seaweed, medicinal mushrooms, blue green algae, goji berries and many similar superherbs are great sources of nutrition that are generally needed when we face one of the following conditions:

- 1) When we are not able to supply the body with varied nutrition because it is not adequately available where we live.
- 2) When the body is internally sick in some way and cannot absorb the nutrition from normally available foods.
- 3) When we age considerably, and our internal organs are not working as efficiently at absorbing nutrition as they used to when we were younger.

If none of the above is your case and you are still popping organic supplement pills every day, then it is an indicator that you are either a health freak who is paranoid about suffering from malnutrition or you have enough money to spare for the consumption of these superfoods on a daily basis, because they are all expensive foods.

The problem with feeding your body too many supplements even when you do not really require them is that you make your digestion system complacent in the long run. When given these readymade foods regularly, the digestive system slowly slackens down its capacity of drawing out nutrition from the normal range of living foods.

If your body is not drawing nutrition from normal foods, it is an indicator that something is wrong internally. It is better to find out what the problem is, rather than feed the body readymade foods and mask the real problem, which will only get worse with time and necessitate higher doses of these supplements.

The superfoods market has become a niche market nowadays with a clever few praising these foods to the sky and touting them as the new fixes for every kind of deficiency, in return for monetary earnings they get from their sales. These foods are after all, just different forms of natural food that seek to replace regular nutrition. The fact is that every food on this planet has got some great nutrients in it. All we need to do is, have a good amount of rotation in our foods to get all these nutrients. If you are not really aware of the amazing nutrition in some of our most common foods, go to www.becomehealthyorextinct.com/naturalmedicine

The new superfoods movement takes advantage of the belief amongst many that the human body is a defective piece of work that cannot help itself and so it needs a lot of help from these superfoods to remain healthy. When you subscribe to this view, it automatically prevents you from going deeper into the issues of why the human body cannot absorb nutrition from simple foods. It dissuades you from making an effort to truly understand the workings of the human body and how nature naturally provides nutrients. It also dissuades you from finding out why our regular plants and fruits no longer carry the nutrition they once did. It dissuades you from finding out the root causes of all the problems we are facing.

Many of our vegetarian food sources nowadays no longer carry the level of nutrition that they once did because they are being grown in soils that are nutritionally deficient all due to destructive modern farming and cultivation methods. We have really lost focus that we need to rebuild our soils so that they can grow healthy vegetation again. There are very few people who advocate healthy farming practices. Their voices should be heard and their knowledge implemented, if we

want to have a better future on this planet. There is scope for a lot of new business in this area, because the demand for healthy and organic food is on the rise with every passing day.

Before you scramble for expensive superfoods that are imported from all the corners of the globe, support the cultivation of live nutritious foods in your own farming localities. Give enough attention to understanding why the human body is getting degraded and failing to draw adequate nutrition from the normal sources of food. Work towards finding organic replacements for the inorganic products that are destroying your body and your environment. These are the foundations of sustainable ecosystems that we need to build for our future generations.

Make up your mind on whose side you are on – A small, but growing number of people who are trying to fix the superficial problem of the human body not getting nutrients with the short term solution of stuffing the body with Superfoods, thereby masking the reality of nutritionally deficient food produce or a bigger number of people who are realizing the mistakes that have been made by modern farming practices and modern medicines and who are re-writing the codebook of healthy organic practices.

If you want to fix a deep-rooted problem for good, you have got to stop doing the harmful actions that caused the problem, not bring in something new that suppresses the harmful effects caused by the problem.

You must have understood by now, that the focus of this book is not about giving you quick fixes for all your illnesses. It is about making you first understand the basics and how we have deviated from them and caused our states of disease. It is about undoing wrong practices that are ultimately destroying our lives as well as the flora and fauna in the environments that we live in. This book is about recreating good practices, good foods, good environments and good ecosystems, most of which we have destroyed because of our ignorance.

Healthy Choices

Reducing your toxic burden

All the inorganic products that we use have harmful chemicals in them that are not biodegradable inside our bodies, so they contribute to the internal contamination and toxicity of our bodies and are the underlying causes of many of our illnesses. We must remember that our bodies are made by the elements and grown and sustained by organic nutrition all around us, just like every other living being on this planet. If not for the bacteria and enzymes of the earth that reside in our bodies, the digestion of foods, extraction of nutrients from them and many other cellular functions would not have been possible. The truth is that our bodies were built for interacting solely with organic components only, not for being the passageways for inorganic substances. That is why our bodies fail to process inorganic substances properly.

Many inorganic substances once inside the human body demonstrate affinity towards certain organs and disrupt their functioning and others adhere themselves to certain cellular tissues and that is why it is difficult for the body to detach them and throw them out. Some inorganic vapors once inhaled also accumulate in specific passages within the body, which then become the bonding sites for other inorganic substances. Only 100% organic products that are biodegradable outside the human body demonstrate bio-degradability within the body as well. Till we understand this, we will not stop making inorganic substances for use with the human body and therefore, we will not be free of our ever-emerging illnesses and maladies.

So try and reduce the toxic burden on your body by doing the following:

- 1) Shift to as much organic produce as you can because this frees you from chemical pesticides, inorganic fertilizer and artificial hormones.
- 2) Follow proper food combinations that do not create toxic substances during digestion.
- 3) Avoid grilling and frying foods because they create toxic compounds that get into the food.
- 4) Stay clear of processed food and tinned food because they contain harmful preservatives, stabilizers, synthetic colorings and harmful taste enhancers like MSG (Ajinomoto).
- 5) Reduce the intake of the common foods that ruin your health. These I have already detailed.
- 6) Stop storing or heating your food or beverages in plastic containers. Use glassware, pyrex, chinaware, ceramic ware or enamel coated vessels instead.
- 7) Stop using Teflon coated cookware and aluminum vessels for cooking.
- 8) Switch over to organic soaps, shampoos, toothpastes, shaving cream, body creams and lotions, antiperspirants, deodorants, cosmetics, fabric softeners and home cleaning products.
- 9) Avoid using artificial air fresheners, dryer sheets and other synthetic fragrances. Use therapeutic essential oils and organic fragrances instead. Use reed diffusers instead of burning scented candles or tea lights that vaporize these oils if you want to save the oxygen in the air.
- 10) Give up substance abuse habits.
- 11) Stop using metallic implants in dental ware.
- 12) Put a water filtration system on the incoming water line of your home.
- 13) Before you drive, always air out toxic rexin seat vapors in your car.

Healthy Food options

You could stick a print of this page on your refrigerator as a quick reference of the various healthy food options you have in the place of unhealthy food options like meats, fish, milk, rice, wheat and sugary food. The following food choices are available to you every day of your life:

- 1) Two large servings of fruits.
- 2) Two large servings of raw vegetable salads.
- 3) Juices, only fruit or only vegetables or a mix of fruit and vegetable to suit your needs.
- 4) A serving of sprouts, perhaps even made into a tasty salad.
- 5) Over two-dozen choices of herbal teas instead of tea or coffee.
- 6) A choice of probably over a hundred different vegetable soups, instead of tea or coffee with bread and butter or bacon and eggs or milk with cereal.
- 7) One serving of a healthy grain that you have not been eating your whole life, like millet or quinoa or sorghum or amaranth or corn, with cooked vegetables or a curry or stew.
- 8) Many non-gluten organic grains are now also available in the form of crackers that you can have with a vegetable soup for breakfast or with herbal tea in the evening.
- 9) A serving of fermented foods like cultured vegetables, sauerkraut, tempeh, miso, kimchi, yoghurt, natto or a probiotic drink.
- 10) A couple of servings of cooked vegetables. Again, the list of recipes here is endless.
- 11) Plenty of good quality filtered water, instead of soft drinks or packaged food juices.
- 12) Raw food supplements like wheatgrass, spirulina, chlorella, seaweed or aloe vera extract.
- 13) An activity that gives you a good dose of the 5 elements that feed your energetic needs.

Now does this in any way look like a limiting diet? Statistics show that regular meat, milk, wheat and rice eaters do not have such a variety of food even over a complete week. Once they get on their standard unhealthy diets, that is all they keep feeding themselves. The truth is that, if you take a keen interest in looking for healthy foods, you will find them in abundance.

Ensuring that you have healthy options

What can you personally do about your food sources being toxic, besides complaining to governing bodies, signing public petitions and supporting organizations that provide organic?

- 1) First and foremost go out into the marketplace and find non-toxic organic foods and supplies that are available and start using them yourself.
- 2) Make your immediate as well as extended family members and friends aware of the non-toxic organic products, so they too start using them.
- 3) Start creating general awareness about healthy food choices and healthy organic products, thereby increasing their demand in your local markets. All retailers stock whatever sells fast.
- 4) If you are not able to get certain organic products, you can start making some of them yourself. Set up a business that supplies organic products. You will never run out of stocks for yourself.
- 5) Start supporting businesses that supply you the products that are good for your health.

Metaphysics of The Human Body

Up till this part of the book, I have covered generally known topics about health and nutrition. Working with the basics was necessary for clarity to emerge, so that many healthy choices become very clear. Still, I cannot say that we have covered all the basics since one very important aspect is still left. This aspect is the metaphysical understanding of the human body, which is not considered in modern medicine, because it is a non-physical body of work. The fact that this aspect is the prime controller of the human body, makes its understanding very necessary.

It is only recently being understood, that energy directs matter to behave in certain ways and arrange itself accordingly. Up till this time, the understanding was that, because we are, so we think, and as we think, so we do. This is the perception that matter directs energy. It is because of this perception that we thought that our health was pretty much determined by the matter of our bodies and so we had modern medicine focusing mainly on the body.

After reflecting on all that has been written in this book up till now, I hope that you have begun to understand how our faulty ideas (energy) have directed our current states of health (matter). Maybe if we had a lot of organic ideas about a century back, which we also implemented, then we perhaps would not have been in such a mess now, trying to fix ourselves and our environment for the most part.

At the beginning of this book, I wrote the following - The human body has seven physical layers and seven energy layers that are working in tandem with each other all the time. Any permanent cure has to address all these layers to be successful.

Most of matter can be seen under a microscope, and so modern medical science has worked mostly on matter, trying to rearrange it into healthy configurations whenever it goes out of healthy configuration. Many times they succeed and many times they fail. The problem is that whenever they fail, they just do not seem to figure out what is causing the failure. It is the invisible energy that is also independently manipulating matter at the same time thereby causing failure. So unless they understand how the energetic structures of the human body manipulate matter, there is a slim chance they will completely succeed with their efforts. So let us understand how the energetic structures influence the human body, so that we too can use this knowledge to help ourselves.

The human body contains non-physical energy centers, which are called Chakras. Ancient Indian texts explain that there are about 88,000 chakras evenly spread out within the human body. All of these energy centers have different intensities, varying from low, to medium, to high. In the high intensity band, there are seven chakras, which are located along the central vertical column of the human body. The problem with visually identifying these 7 chakras is that they are invisible energy constructs that are not detectable by normal medical instruments. Even if you surgically open up the human body, you will not see them and that is why modern science thinks they do not exist. Some think that the chakras exist only in the brain, but you will soon understand that this is not so. The brain only has a mental mirrored image of these chakras.

Each major chakra is a rotating energy vortex that is generated and functionally operated by the action of human bioelectric current, a nerve plexus, an endocrine gland, as well as a geometric node within an energetic framework called the astral body. The 7 main chakras are not located within the spinal column as some people think; rather they are located in front of the spine and between their four generating components. The chakras do not require empty space to exist, as they are not air currents. They are energy vortices that permeate through flesh and bone. I will explain each of these components to an extent necessary for the purpose of this book.

The brain is the generator of biocurrent within the human body. This biocurrent flows from the brain into the spinal chord and all through it's branching and so, it reaches every nook and corner of the human body. In fact, every cell in the body gets a tiny, metered dose of this biocurrent. There are times when the biocurrent flow is high, like during activity and also during automatic actions like reflex. Without the flow of biocurrent, no physical movement and no transmission of sensations are possible. So yes, besides food and water and blood, our bodies live on current as

well. You may have not know much about this current earlier, simply because modern science does not understand it well, and that is why it is not featured much in common texts.

Some scientists state this current as being +ve and -ve, but it is so only in concept. A closer representation would be that it is created and operated between potentials, which can be called higher and lower. Some scientists also claim that the biocurrent is generated in the heart, but this is wrong as well. A lot of biocurrent does flow through the heart because it is the only vigorously moving organ in the body. Its constant pumping action creates a magnetic field around it. This gives the impression to some that current is generated within. With intent and focus, the heart field can be magnified several times. The magnetic field generated by the heart, has many purposes, out of which one is the magnetism of love.

If you examine the paralyzed hand or leg of a person, you will feel the skin, flesh, bones, a pulse in the arteries, and blood in the veins, possibly the nerves too. But what makes the limb appear dead? It is the absence of this bioelectric current, which is not flowing into that limb, because its carrier nerve is damaged or severed at some point upstream. Just because we normally do not feel the presence of this current, it does not mean it is not present and continuously at work.

My hand got severed at the wrist in an accident, and after it was rejoined, I had experiences of biocurrent that I could not have possibly imagined. In the reconstructive surgery, my flesh, bones, tendons, blood vessels and a few main nerves were reconnected. They could not however, rejoin every other minute nerve. So there were some open-ended nerves within my flesh that were leaking out this biocurrent into the live cells of my body. Every slightest movement in my fingers would send painful electric charges from the open nerves directly into my flesh. I have had electric shocks in my life before, from domestic currents of 240V~15Amps as well as 110V~5Amps. I would place the shock effect of these leaking biocurrents at 110V~5Amps very easily. That is how powerful biocurrent is. Just because we have not yet made devices that measure it properly, it does not mean that it does not exist. Of course, it cannot be strictly compared to normal electricity because its nature and purity are very refined and its efficiency is beyond our contemplation. We humans are still at a nascent level of understanding electricity and only use a crude form. The human body is in fact, run on 5 different electricities. Now how many of our most advanced scientists have even a vague clue of that?

Plexus is a junction of nerves. There are many plexuses in the human body, which are part of the nervous system that branches out from the spinal chord, but the 7 major plexus are found in the direct vicinity of each chakra, because it is the plexus that supply the biocurrent to the chakra from where it derives most of its energy. See the chart on page 101, as well as the diagram on page 102 for the location of each plexus with respect to its corresponding chakra and their correspondence with other mind-body parameters.

Endocrine glands secrete hormones that go directly into the bloodstream from where they immediately get delivered wherever required within the body, to maintain metabolism as well as to continuously balance the 5 elements of earth, water, fire, air and space within each cell of the body. During normal function, there is a very slow and metered supply of these hormones into the blood. But if required, the secretions can be suddenly increased depending on stimulus from the 5 senses and the brain. This is explained this with an example that integrates the other components of a chakra as well, a bit later. See the chart on page 101, as well as the diagram on page 102, for the location of each endocrine gland with respect to its corresponding chakra and their correspondence with other mind-body parameters.

The astral body is an invisible geometric framework that is made of energy. It has inbuilt codes and formulations and that is why it is also called the human blueprint. This framework becomes animated when inhabited by a very pure form of energy that we call the soul. Once animated, it is capable of association with a physical body. The start of its association with a physical body is what we normally refer to as life. The soul along with its astral body enters the human body through the head region, as soon as the human body is capable of housing it, which is, normally in the third week of growth of a foetus in a mother's womb. The astral body automatically fits itself to the physical frame of the foetus and keeps on expanding with it all through its life. The soul however, seeks the zone of the densest physical vibration in the body of the foetus, which is the

base of the spinal chord and makes it its residence. The soul does not reside in the head because at 3 weeks, even the skull is much softer than the spinal chord and it has a much lighter vibration.

The soul with its astral body normally leaves the physical body only after death. Sometimes, it leaves with strong impressions of its life that are expressed as visible energy and this is the form that we call a Spirit. Spirits have been photographed and filmed several times, even though our instruments are not designed to specifically capture their level of vibrational energy. There comes a time in its onward journey, when the soul discards its astral body as well. At this point in time, its pure spherical ball of energy state has also been photographed and filmed. It is conventionally called an Orb in this state.

As a child grows, the astral body frame expands in size along with the physical body, matching every physical node of the body with a corresponding astral node. At each chakra location, exists its corresponding plexus along with its astral node junction. Even though the soul resides mostly at the base of the spine, it is connected with every part of the body, every second, through the nervous system, the neural networks, the chakra energy flow, the astral body and the brain as well. Through these connections it is aware of all the activities of the mind and body and it stores the record of all events and all states of being. Through the years, as the soul matures from its life experience, it expands its presence upward into the human body. If it does not mature, it does not expand its presence upward. At the time of death, the soul ascends to the highest vibrational zone in the human body, which is in the head, from where it normally exits.

After the birth of a baby, programmed geometric codes within the astral body get released into the physical DNA in stages every 7 years. As per this program, during the first 7 years of life, energy vibrations of certain frequencies of light and sound get gradually transferred to the 1st chakra called the Mooladhara Chakra, located just above the anus.

The energy generated at that location comprises of the survival instincts of the human being. This energy is also called the survival energy. During this 7-year period, impressions of the soul with respect to those particular vibrations of light and sound are also transferred to the chakra. Any serious interference to this energetic transfer can damage the healthy formation of the survival energy and in turn create a malfunctioning energy circuit between this energy center and the brain. Refer to the last row in the chart on page 101 for the frequencies of light and sound and the plexus that relays this energy to the brain. This is why children who are physically or mentally traumatized between the ages of 0 and 7 years, lose their sense of security. It forms a permanently damaged mental impression in their psyche.

After 7 years, the next set of codes within the astral body gets released into the physical DNA. This forms the sexual energy, which is an aspect of the Swadhisthana Chakra, located at the abdomen region. The development of this sexual energy center completes by the age of 14 years and that is why after this time, young teenagers become clear about their sexual orientation. Unhealthy liaisons or forced sexual behaviours within this period of growth create confusion in the teenager of whether sex is to be used to control others, or for perversion or for creating joy.

The next stage of growth between 14 years to 21 years sees the development of the character energy, which is an aspect of the Manipura Chakra, located at the stomach region. During this period, the soul transfers the impressions of its character to the chakra. After this period you will notice that people become very clear about who they are and what they want from life. It is almost like the character gets etched in stone. Even after many years you may have heard an old college friend say "Hey! You have not changed one bit even after so many years". This happens because the development of your character energy was complete by 21 years when you were in college itself. Although it is true that strong events in life also make further impressions on one's character, the change is not too much.

The next 7 years see the complete development of the emotional energy, which is an aspect of the Anahata Chakra, located at the chest region. The energy of love in the heart fully develops by the age of 28 years. If you have passed this age, then you would have experienced the emotional quality of love. Reflect on what you thought of love when you were just 15 years old. You would have understood love as mainly a concept, something everyone said was good. But after 28 years

of age, you know what love emotionally feels like, the love that floods your whole being like no other sensation in the world.

The next 7 years see the complete development of the expressive energy, which is an aspect of the Vishuddha Chakra, located at the throat region. The expressive, communicative, and verbal talents of a human being get fully developed by the age of 35 years.

When the energy at certain stage gets well developed, it contributes to the healthy development of energy at the next stage. Serious disturbances in the energy transfer during any of the 7 stages can cause energetic or physical illness that stay for life. This is the 10th reason for chronic illness.

For example, by the age of 14, the sexual energy gets fully developed, after which the development of the character energy is in progress. When teenagers between the ages of 12 and 20 prematurely engage in habits like frequent masturbation or sex, they repeatedly discharge the built up sexual energy that was supposed to contribute to the development and vitality of the sexual energy as well as the character energy. This creates a defective energy circuit that manifests later in life. The defect is, that when strong sexual energy is generated during the commencement of the sexual act, it gets prematurely discharged through the orgasm before it can rise up through the body and bring pleasure to the entire body. This is the primary cause of PE in men. When sexual energy during the sex act does not rise up enough and warm the character energy, the emotional energy and the expressive energy, one may correspondingly start feeling guilty about the sex act or they may feel that sex is not a loving expression between two human beings or they may feel that sex is not something to be frankly spoken about. Sex becomes an experience of just the lower half of the body.

The next 7 years after the development of the expressive energy see the development of the intuitive energy, which is an aspect of the Ajna Chakra, located behind the eyes, just above the eyebrows. This development activates the intuitive energy of the person who begins to see their connectedness with the world. It is also a stage where wisdom unfolds.

The next 7 years, which is the last stage of energetic growth, see the development of the spiritual energy, which is an aspect of the Sahasrara Chakra, located at the top of the head, the zone of the most subtle energy vibration in the human body. It strengthens the connection of the human being with God. Many answers about the purpose of life and creation begin to unfold at this time.

Thus, the entire development of our energetic being completes only by the age of 49 years. This is the original design of the human being for its current phase of evolution. The physical body of the human being was designed to be completely healthy till the age of 49 at least; so that it could facilitate the wholesome and complete development of the energy bodies, thereby facilitating the complete blueprint of the astral body, which in turn facilitates the complete impressions of the soul.

It was not so far in the past that we had very wise forefathers who lived till 150 years of age. Our activities of the last few centuries have degraded every single thing that supports a healthy and long life. When illness strikes the human body before the age of 49, it creates internal deficiencies and imbalances that disturb the stage wise development of our complete being. It is partly because of physical sickness and the related disturbances in our energetic development that we have become a species not intellectually, emotionally and spiritually developed enough to take care of ourselves as well as all the other life forms around us that support our existence.

In the beginning of this book when I stated that the human body was designed to be in a growth phase till the age of 50 years, and so also, perfectly healthy with no signs of aging, I was referring to the complete growth of a human being, which includes its energetic development as well. Physical growth of the human body completes by the age of 24 ½ years. By this time, half of the development of the 4th chakra is complete. The 4th chakra is the median chakra, with 3 chakras below it that assist physical development, and 3 chakras above it that assist spiritual development. These timelines are representative for the majority of our population. There are always exceptions where some people develop spiritually at a younger age or grow physical even after 24 years, because there are forces that cause those aberrations.

Each one of the 7 energies that develop within us, function at their individual harmonic frequencies of vibration of light and sound and they are actually distinct individual intelligences that represent one form of the human being called the energy body of the human being. Refer to The Human Matrix chart on page 101. I have used the reference of the energy body to explain the stages of growth over 49 years, because we all feel these energies in our lives and relate to them easily.

Have you noticed a leader or a politician giving a powerful speech to a gathering of people? If you are within the crowd, what is the main essence that your senses pick up from this person? It is the vibration of their words and the force of their communication that hits you. It is their amplified expressive energy body that animates their entire behaviour at that point of time, which gets projected to you. You get captivated by this energy and do not notice any other aspect of that human being at that point in time. At this time, the maximum energy flow within the person is happening between the brain and the Vishuddha Chakra. After the speech is over, the energy flow slowly normalizes and comes back to balance with the other chakras of the body. We often categorize people according to their most prominent energy body. The speaker in this case would most probably be called a great communicator.

Different people magnify different energy bodies as per their impressions or as per their focus. The more energy you give an energy body, the more animated it becomes. You may have sometime received strong sexual vibes from a particular person. When that person is radiating strong energy from their sexual body towards you, you will perceive the person as more of a sexual being and all other aspects of their personality at that point in time will seem diminished.

In this way, each of us has the capability of magnifying the energy body that we need to use, to get a particular job done. Sadly, most of us use just a couple of our energy bodies and let them define our personality. The most well balanced human being is the one who is a master of all their seven energy bodies and uses each of them as and when required, to experience and express life to its fullest. Of course, there is a time and place for each of these expressions and it is all to be managed by the sensibilities of a person. Many times people wilfully choose to express only a selected range of their energy bodies as per the work they have taken up, like holy men.

Although the above knowledge may seem esoteric, its basic understanding is a must for every human being, since it explains the different stages of development of a human being, which should be a guide in designing the stages of their lives. It also explains many behaviours and tendencies a human being develops as it ages. It gives a better insight into the mental illnesses and physical energy imbalances that occur in life. Finally, the purpose of all this explanation is for you to better understand how the energy centers interact with the physical body to create health or disease.

The 7 different bodies that go into making the complete body are:

Physical Body-Endocrine Body-Chakra Body-Astral Body-Energy Body-Aural Body-Etheral Body

The Astral Body is the median of the 7 physical bodies shown above. It has progressively denser bodies on the left side and progressively lighter bodies on the right side. Although the bodies on its right are invisible, they are made of matter that is very fine. Take a look at The Human Matrix chart on page 101 to understand the relationship of each body with all other aspects of a human being.

The Astral Body

The astral body is the prime body that animates life right from the time it inhabits a human body at the foetus stage. It has the strongest framework amongst the 7 physical bodies because it is formed by advanced geometry and strong energies of light, sound, which are beyond the present level of human understanding and manipulation. Each successive lighter body on the right or denser body on the left of the astral body is held together by weaker forces and so more susceptible to alterations or abuse by the misguided human mind. The astral body is connected to the cosmos through its higher counterparts of energy.

The astral body has been seen by yogis in altered mind-body states with their inner vision, and they have called its framework the Nadi network. The astral body has also been experienced by

many people during near death experiences or out of body experiences or by using certain techniques. I have experienced the astral body as well, using techniques that can be taught to just about anyone. The knowledge of the astral body is a matter of experience and practise and not a subject of theoretical discussion. It is through the astral body that cosmic healing energies flow, first to the energetic and then to the physical form of the human body.

The Energy Body

I had used the example of the energy body to explain the growth phases of our energetic being since we are most familiar with our emotions as feelings and their resultant expressions as behaviours in our life. I could not have used the chakra body or the aural body to explain our growth stages, because we do not perceive those bodies easily and we do not really know what is going on with them most of the time. Understanding what is going on with your energy body all the time, is important since it is your emotions that decide the activities in your life. Emotional stress, one of the major factors that have an impact on health is nothing but the disturbed energy of one or more of the energy bodies. Because the energy body is interconnected with all the other 6 bodies, its disturbances have an effect on all of them and therefore on the complete human being as well. Mental stress is mostly located in the mind and a result of harmful thought patterns.

The Aural Body

The aural body is an energy body that is formed just outward of the physical human body by the energy radiation emanating from the chakras. Its depth of field ranges from quarter of an inch to about two inches. Since there are 7 chakras, which vibrate at seven different frequencies, one can even see seven different VIBGYOR colors of this radiation along the 7 different zones of the body from head to foot if their eyes are trained to do so. These radiant colors have been photographed by a technique called Kirlian photography. Kirlian photographs have shown that all living beings radiate some energy colors around their body. I have been seeing the aural body for over 5 years, ever since I trained my eyes to do so, and I also teach others how to do the same. We all have this auric vision by default when we are born, but it slowly fades away after the ages of 2 or 3 years when we are taught to focus more on the physicality of objects and not on the subtle energies around them.

The Etheric Body

It is the subtler extension of the aural body that is finer in vibration and it extends further beyond into space to a distance of several feet. It is not seen by optical vision, but by an aspect of vision called the inner vision. This vision is also called psychic vision and the people who possess this vision are called clairvoyants. Its color range as seen through clairvoyance, varies from white to grey to black depending on the quality of energy radiating from a person.

The Chakra Body

Since I have already explained what forms each chakra, I will not repeat it here again. Experiences of the chakras can be had in certain meditative states as well as in certain forms of yoga. In some cases, they require no effort at all, and that is when a person's internal sensitivity has risen to a point where it can perceive such energies and know their form and character. This subtle inner sensitivity picks up the senses of the astral body, which exactly match our five normal senses of smell, taste, sight, touch and hearing. They are correspondingly called clairolfactance, clairgustance, clairvoyance, clairsentience and clairauidence. Independent of the physical body, the astral body already had these senses before it inhabited the human body. If you have had an astral experience you would have noticed that these senses work even without a physical body.

Although there are many other chakras in the human body, we focus on the prominent 7 chakras that lie along the spine because they have the most energy flowing through them, which in turn regulate most of the functioning of the human body. Some other chakras that have prominent energy flow are located at the center of the palms, feet, knees, armpits, shoulders and the side of each hip. They too have all the four constituents of a chakra, namely biocurrent supplied by the

nerves, smaller nerve junctions that are called mini-plexuses, endocrine secretions delivered by the blood circulating in that part and the astral body nodes.

The next stage of human evolution will see 12 prominent chakras regulating the human body. They will first get activated in their astral energetic state and then take up their physical functions. There are in fact, many people across the globe who have started activating these chakras recently. Consciousness, intent and energy directs matter.

The Endocrine Body

It is made up of all the endocrine glands namely, prostate, ovaries / testes, adrenals, pancreas, thymus, thyroid, parathyroid, pituitary and pineal, which secrete hormones directly into the blood stream. Through their hormonal secretions, the endocrine glands perform the following tasks:

- 1) Regulation of the chemical composition of all fluids in the body, which in turn regulate cellular activities in the body.
- 2) Regulation of the 5 elements of earth, water, fire, air and space within every cell of the body.
- 3) Receiving energy as stimuli and responding with hormone secretion to effect cellular changes.
- 4) Receiving feedback of cellular changes and regulating secretions to effect energy changes.

The endocrine glands are the pivot points of conversion of energy to matter and matter to energy. Sometimes the conversions happen within a second without the conscious mind even being aware of what has occurred. All other parts of the physical body can even be considered as just different forms of cellular structure under the influence of the endocrine glands and for this reason; the endocrine glands can be considered the prime manipulators of the biological body. The reason why I always advise to treat the endocrine glands (using Acupressure) during the treatment of chronic illness, is because they effect rapid equilibriums within the human body.

The Physical Body

This is the body that we are most familiar with and therefore, also the one that we investigate the most, and sadly also abuse the most. Though we know from modern science how many mechanisms of this body function, our knowledge is still very incomplete. If you study The Human Matrix chart well, you will better understand which chakras, endocrine glands and plexus, control which mechanisms and parts of the physical body as well as the mind.

You may find the above topic of the 7 bodies a bit difficult to understand at first, but once you start reflecting on what has been written about them here, and compare it with your own experiences in life, your understanding will improve. Certain meditations can help you connect with the various aspects of your different bodies by enhancing the perception of your senses.

Now each of these 7 bodies have 7 different vibrational frequencies of light and sound at the 7 different chakra locations starting with the lowest frequency at the base of the spine region and increasing in frequency till the top of the head. The energy body for example, has its 7 different manifestations that I explained earlier using the 7 years stage wise development of the human being. So likewise, each of the other 6 bodies also have their own 7 manifestations. This forms a total 7 x 7 matrix of the 49 manifestations of the human body. Each manifestation, whether physical or energetic is distinct in nature and function and interacts directly or indirectly with every other manifestation. Together they bring about the complete functioning of the human body.

The 49 manifestations are the true functional magnificence of the human body. This is why the human body is the most brilliant and complex organism on this planet. Even the most brilliant inventions by man come nowhere near it. Do you wonder why this is so? Can a particular level of intellect create something more complex than itself? Especially when it does not even understand itself completely?

Before one delves into the deeper understanding and experience of the 49 manifestations, they would better serve themselves by first developing the skills of the 7 energy bodies. If all we do is become masters of our 7 energy bodies, we can become much higher evolved beings in tune with

ourselves, with each other and with Mother Nature too. Working with these bodies brings great emotional, expressive, intuitive, intellectual and spiritual advancement. Human beings adept at such skills are capable of creating heaven on earth. Many just talk about this endeavor philosophically. Now you know the path that can make it possible.

Humanity is now at a point in its history where it will take its next evolutionary leap to a human matrix of 12 x 12 that hold 144 manifestations. Some know about this number only in concept, but have no clear understanding of what it means and how it relates to human life. I hope my explanation of our current 49 manifestations guides them.

The 21-day principle used for forming new habits is facilitated through an energetic code within The Human Matrix. To explain in simple terms, it is the mind that takes 7 days per chakra to reset one parameter that has already been priorly coded. This works out to 21 days for the conscious and subconscious mind to reset a habit held in place by the 3 lowest chakras or energy bodies, namely the survival body, the sexual body and the character body. They are the bodies whose energetic constructs hold all physical and mental habits. There are however, a few special techniques that can be applied to cut short this 21-day period and one of them is the popular Emotional Freedom Technique. The 4 higher energy bodies namely, the emotional body, the expressive body, the intuitive body and the spiritual body do not hold habits, they hold qualities that do not need 7 days to reset. They can be reset by even a single experience within in a minute.

The 49 manifestations matrix and its workings do not conflict with the teachings of the spiritual schools that explain that the human body comprises of the following sheaths, because these are spiritual perceptions of the same body.

Annamaya Kosha - The physical body.

Pranamaya Kosha - The functional aspect of the soul that animates the body through biocurrent.

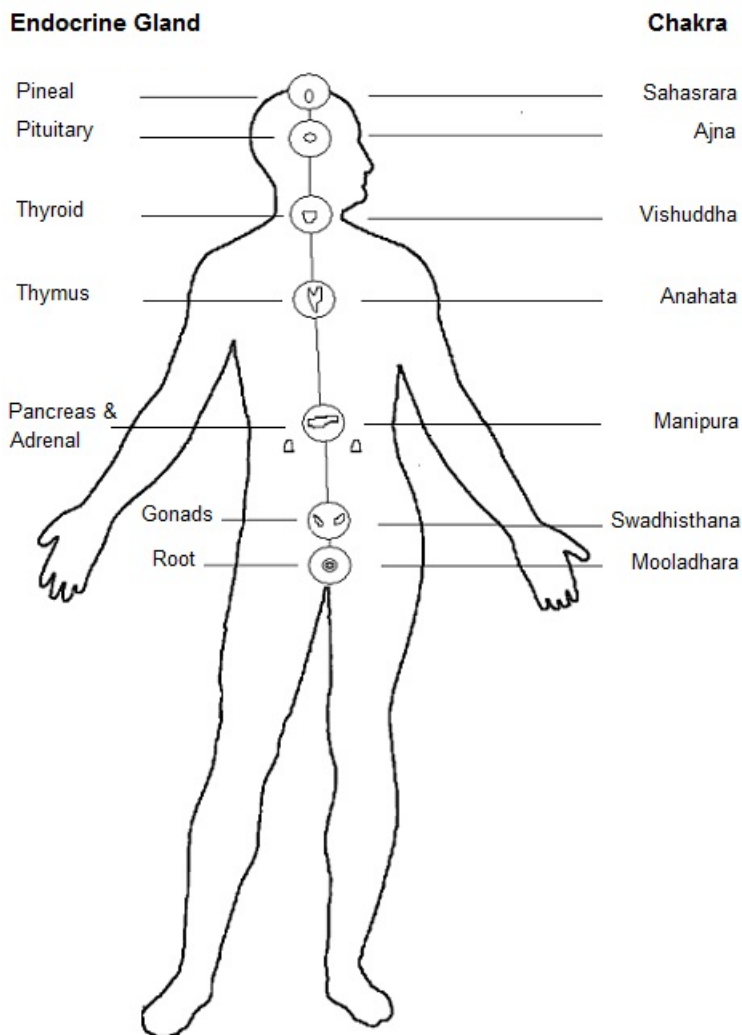
Manomaya Kosha - The functional aspect of the soul that controls the working of the mind.

Vijnanamaya Kosha - The intellect aspect of the soul.

Anandamaya Kosha - The witness aspect of the soul.

The Human Matrix

Chakra Name (Chakra Color) Element (Light Vibration)	Endocrine Gland (Consciousness) Sense	Related Plexus Location (Energy Body) Sound Vibn / Chord	Controls the working of the following	Physical imbalances due to malfunction	Emotional Imbalances due to malfunction	Restoring Balance
Sahasrara (Violet/Gold /Silver) Space (668–790 THz)	Pineal (Cosmic Consciousness) Empathy	Upper Brain Center of Brain (Spiritual Body) 963 Hz / Ni (Ti)	Controls entire nervous system and the flow of cerebrospinal fluid. Stimulates growth of nerves. Regulates water balance, and sex desire.	Sensitivity to pollutants, Chronic Exhaustion, Epilepsy, Alzheimer's, Parkinson's, Multiple Sclerosis, High B.P.	Depression, Obsessional thinking, Confusion.	Perceive your surrender to the Divine & seek Gods directions. Visualize the Violet Chakra and play note Ni.
Ajna (Indigo) Light (631–668 THz)	Pituitary (Soul of the world) ESP	Carotid Plexus Behind Eyes (Intuitive Body) 852 Hz / Dha (La)	Controls air and space. It can command all the glands. Controls growth of body and brainpower and memory.	Gigantism or Dwarfism, Headaches, Poor Vision, Neurological problems, Glaucoma.	Nightmares, Hallucinations, Learning difficulties.	Perceive your Consciousness is expanding and reaching a higher level of understanding. Visualize the Indigo Chakra & play note Dha.
Vishuddha (Blue) Sound (606–631 THz)	Thyroid / Parathyroid (Verbal expression) Hearing	Cervical plexus Base of Throat (Expressive Body) 741 Hz / Pa (So)	Controls Throat, Neck, Ears, Arms & Hands. Does temperature regulation and governs energy production through the control of calcium.	Weak verbal communication, Sore throats, Neck ache, Thyroid problems, Tinnitus.	Perfectionism, Inability to verbally express oneself, Blocked creativity.	Perceive a sense of Abundance with the confidence that your goals will be met. Visualize the Blue Chakra and play note Pa.
Anahata (Green/Pink) Air (526–606 THz)	Thymus (Love & Devotion) Touch	Cardiac plexus Center of Chest (Emotional Body) 639 Hz / Ma (Fa)	Controls the Heart & Circulatory system, Lungs & Chest area. Thymus controls the immune system.	Shallow breathing, Low oxygen levels in blood, Heart ailments, Asthma, Breast Cancer, Aids.	Fears about betrayal, co-dependant, Melancholic.	Perceive the love around you and release all feelings of feeling unloved. Visualize the Green Chakra and play note Ma.
Manipura (Yellow) Fire (508–526 THz)	Adrenal & Pancreas (Strength, Primitive Brain) Sight	Solar Plexus Stomach center (Character Body) 528 Hz / Ga (Mi)	Controls Muscular system, Skin, Intestine, Stomach, Liver & Eyes. Controls fire and production of digestive juices, sodium & water. Regulates blood & sugar levels. Controls stress-activeness & character building.	Digestive problems, Constipation, Stomach ulcers, Allergies, Diabetes, Chronic fatigue, Impaired vision.	Oversensitive to Criticism, Need for control, Low self- esteem. Excessive mental activity & inability to rest.	Meditate on being your true self without the need to control or exercise power. Visualize the Yellow Chakra and play note Ga.
Swadhisthana (Orange) Water (484–508 THz)	Ovaries / Testes (Pleasure of Sex & Food) Taste	Lumbar plexus Abdomen center (Sexual Body) 417 Hz / Re (Re)	Controls Reproductive system. Produces sex hormones and controls water and phosphorus content. Controls the Palate.	Impotence, Frigidity, Bladder issues, Ovaries or Testes/ Prostrate. Gluttony (substituting food in place of sex for pleasure). Lower back pain.	Unbalanced Sex drive, Emotional instability, Feelings of Isolation.	Meditate that all is well. Satisfy your need & not greed, but don't deny yourself either. Visualize the Orange chakra, play note Re.
Mooladhara (Red) Earth (400–484 THz)	Adrenal & Prostrate (Survival, Security, Trust) Smell	Sacral plexus Above Anus (Survival Body) 396 Hz / Sa (Do)	Controls Lymphatic system, Skeletal system, Controls the bladder, elimination system & legs. Controls Apan Vayu & the nose sense.	Insecurity, Allergies to dairy products & those from earth like wheat. Osteoarthritis, Systemic Arthritis, issues with bladder control, feet, ankle & legs.	Mental Lethargy, Spaced-out, Incapable of inner stillness. Insecurity, sense of separation from mother figure, feeling isolated emotionally.	Meditate, tell yourself your needs will be taken care of and all is well and safe. Resolve issue of fear & insecurity. Visualize the Red chakra, play note Sa.



If we do an energy scan of an unhealthy person, we will see that the chakra energy in certain places is not healthy. It may be weak in some places, healthy in others or even overactive due to the influence of the mind. Since the chakras do not match each other, in energy flow, the proper flow of bio-current to the corresponding endocrine glands is inhibited. This prevents their healthy functioning and that is why the organs that are managed by a particular endocrine gland become weak. The reverse cycle also occurs. The endocrine glands get fatigued in supporting organs that become sick and this causes an energetic drain on the corresponding chakras, which in turn diminish the vitality of their corresponding energy body. The effects of this depletion in energy do certainly reach the aural body and the ethereal body as well.

To elaborate the understanding of how energy affects matter, let us look at one area of weakness. A person who has had constant stress in love relationships, whether with their love partner or with family members or close friends, will have their emotional

energy body severely disturbed. This body then draws excess energy continuously from the Anahata Chakra, whose energy level also comes down. To sustain the depleted energy of the Anahata, the Thymus endocrine gland has to secrete a higher quantity of hormones that effect cellular changes that facilitate the Anahata getting the energy it requires. This overloads the thymus, which is not able to supply the adequately quality of hormones that support the health of the organs in its vicinity, namely the heart and the lungs. They start becoming weak and such a person may have heart pains in tune with periods of emotional stress, shallow breathing of the lungs and consequently lesser oxygen in the body, creating upper back and chest pains. When such conditions become chronic, they create the energetic environment for a heart attack, breast cancer or lung cancer.

Looking at the same area of weakness, having the opposite cycle of physical disease causing energy depletion. Repeated attacks of pneumonia or prolonged untreated pneumonia weaken the lungs and this may also cause Asthma. This condition will overload the thymus gland, which in turn will weaken the Anahata Chakra. As the Anahata weakens, its supply of energy to the emotional body also comes down. The expression of love in a person having such a chronic condition diminishes. They begin to care much less about others and they let relationships in their lives deteriorate. Their circle of love energy becomes withdrawn and the focus turns inwards, me, survival. It takes a lot of mental focus, will power and courage to prevent this negative spiral.

A misunderstood concept of immunity building

When in a healthy state, all the different parts of the human body like the chakras, the endocrine glands and the organs establish a working relationship between each other in terms of energy and matter flow which also vary according to the time of the day or states like sleeping or waking or exercising. These relationships are called operational set points. In operation, they are similar to homeostasis, always trying to maintain themselves within certain ranges. The chakras, endocrine glands and organs have an amazing capability of helping each other out when disturbance occurs.

When the energy in one part is low, it borrows energy from a healthier area and if an organ is severely ailing, then its work is sometimes managed by other organs. When this happens, there are new relationships of give and take that form within the body, and the body starts operating at new set points. These new set points no doubt reflect a compromised condition of existence. This is also why the human body has an amazing tolerance for bad things done to it and this is also why we do not fall sick very easily. The problem is that we often keep pushing our bodies to new levels of endurance and it only breaks down once the normal tolerance limits have been exceeded and the set points severely disturbed.

We often fool ourselves into thinking that by doing certain abusive acts that we are increasing our immunity in certain areas. This idea is completely wrong! Examples of abusive acts are eating foods that are too spicy just to see how much we can tolerate and pushing exercising limits all the time. They do increase our capacity, but it all happens within the tolerance limits. At the same time such abuse puts a constant drain on the body's resources and energy and finally, there always comes a point of breakdown.

The aim of every health treatment should be to get the body back to the original operational set points and so in turn, bring the body to its original healthy balance, which is also called 'prakriti'.

The Natural Health Therapy

Welcome to the most important part of this book. All that I have written up till now was just a preparation for you to understand some very necessary basics so that you could better understand and implement this part.

Bringing your body back to good health and keep it healthy

You may have already tried many health practices with the aim of improving your health or curing some chronic illness. But were those practices natural and good for you in the long run and have they cured you completely? Or are you still popping pills and telling yourself that you are healthy? And finally, are you able to maintain a good level of health without needing to work at it every day of your life? If not, there may be some pieces of the health puzzle that you still do not have in place. Remaining healthy is not about finding some secret magical formula that is going to work specially for you. Sadly, that is the hope that every new healthy food or diet system or exercise regime gives you. But as you would have learnt from past experience, some of them help you to a limited extent, while others become a popular fad for a while, after which they are all forgotten.

Maintaining good health is about making fundamentally sound principles of health and nutrition a part of your daily life. The following protocol is what got me from a steadily worsening condition of health over a period of 14 years that almost ended fatally, to a state of vibrant health within 6 months flat!

It is also what got me through the last 7 years without a single day of illness!

Finally, it is also what others, who I taught, used to reverse chronic illness completely.

Step 1 – Stop abusing your body.

Stop doing things that are bad for your body and stop eating foods that are bad for your health.

The easy part about this step is that it does not require great planning or time or even money. All you have to do is pick out the habits that you should not be doing from the list of Food Choices – Don'ts and the list of Food Habits – Don'ts and start implementing them at the earliest.

Some people may make a big deal of how hung up they are on their old habits, but the reason why I educate people about the consequences of their bad habits, is so that they see sound reason in giving them up.

Keep in mind that this is the most important step of this protocol, because if you do not do this, it will undermine your every effort of achieving health for a sustained period. Each and every bad habit and bad food works daily to keep your body in an unhealthy state. Only you can kick them out of your life. Take the help of the 21-day principle. Take responsibility for your own health.

Step 2 – Start helping your body.

Start doing things that are good for your body and start eating foods that are good for your health.

To do this, just pick out the things you are going to start doing from the list of Food Choices – Do's and the list of Food Habits – Do's and start implementing them at the earliest. You do not have to make this a difficult task by trying to do everything at one time. Start with choosing the points that you feel are the easiest and get into the flow of doing them. Keep adding the other points at regular intervals of a fortnight or so.

This step does require a bit of time and effort. People who have been ill for a long time certainly see strong reasons to put in the time and effort to make this step work, because they get fed up of medicines and doctor's visits that never end. People who have not fallen seriously ill think that they do not need to do any of this. My advice to such people is - Do not wait till chronic illness gets a hold of your body and ruins your life forever.

Step 3 – Cleanse the body of harmful accumulated substances.

Though the first two steps will clean your body internally to a good extent, there will still be some harmful substances like fat, toxins, solidified deposits, parasites, inorganic substances as well as a few organic substances in your body that have accumulated over many years, which will stubbornly refuse to leave your body. This is because they get bonded at sites within the body, which are favorable to them. You can flush them out of your body by doing various organic cleanses like the parasite cleanse, kidney cleanse, liver cleanse, intestine cleanse, colon cleanse or inorganic cleanses like the heavy metal cleanse. I have detailed these cleanses in the later chapter on Cleanse Therapy. This step becomes necessary for almost everyone, because it is quite difficult to find anyone who does not have accumulated substances in their body. Recall the example of the fish in the swimming pool that I gave you earlier on in this book.

Step 4 – Activate the body's healing mechanisms to cure illness.

Once you have completed the above 3 steps, your body will be in excellent shape internally, and ready for complete healing to take you to a new level of vibrant health. You can now choose from push systems like Acupressure, Breathing Techniques, Yoga, Energy Healing or pull systems like Exercise, although push systems are clearly safer. Before I explain what a push or pull system is, there is one important aspect that you must understand about the above process.

If you choose not to implement the first 3 steps explained above, and go straight to step 4, that is, you only exercise to cure your problems, then only when you do a quantity and quality of exercise enough to compensate for bad habits, bad food, improper diet as well as toxicity within the body; will you see improvement in complete health. Now that amount of exercise is what is going to fatigue your muscles and joints and make you age prematurely. You will also find yourself needing to exercise for the rest of your life, just to maintain your health. When you stop that high level of exercise, your body will start putting on fat and weight almost immediately and sickness will not be far away. Just exercise, is being touted as a cure for most ailments, only by people who do not understand a wholistic approach to health.

Similarly, if you choose to go only on diets to cure your illnesses, you are ignoring the first step. Only when your diet is extremely healthy as well as long drawn enough, to compensate for the damage that bad habits and bad foods cause to your body, will you see improvements in your health. This is also why you will need powerful healing superfoods. Even here, you will no doubt have to stick to dieting for the rest of your life, till you wisen up and implement step one.

For similar reasons, people who follow just cleanse therapies as a system of health, end up doing cleanses all through the year. Their health sees a high and low wave pattern. They seldom reach peak body performance for sustained periods any time in their lives.

I hope you now understand why any one, or a combination of even two of the above steps such as strenuous exercise and diet, by themselves, are not completely effective in curing chronic illness in the long run. They act more like body maintenance packages and do not root out disease from its root cause. Remaining illness-free requires that you practise all the above aspects in good measure, much like a way of life.

Why do the above 4 steps appear like a new protocol to be followed if we want to stay healthy?

It is because we have forgotten our true nature by cutting ourselves off from nature and focusing excessively only on outward progress.

If we all had the intelligence to not eat bad foods and not follow unhealthy habits, would there be any need for the instruction – Stop abusing your body.

If we all had the intelligence to eat healthy foods and follow healthy habits, would there be any need for the instruction – Start helping your body.

If we all had the intelligence to not dump an excess of food or harmful inorganic substances in a 100% organic system, would there be any need for the instruction – Cleanse the body of harmful accumulated substances.

If we all had the intelligence to follow all the above 3 steps naturally, would we ever fall sick? And would there be a need for the instruction – Activate the body's healing mechanisms to cure illness.

Do animals, birds, reptiles, fish or any other living and breathing creature on this planet besides the human, need any of the above 4 instructions?

No, they do not!

That is because they have not lost their senses like us. They know these natural laws and abide by them most of the time. Sometimes due to scarcity of food or other conditions they are forced to deviate. But we, deviate purely by our own will, fed by the whims and fancies of our misguided minds.

So do not look upon this 4-step protocol as some new work that needs to be done just for health. View it as returning to the truths of life that you strayed away from. Stop acting from ignorance thereby causing your own misery, which makes you spend the rest of your life solving problems caused by your own wrong choices. Life was not given for us to just be busy with trying to remain healthy to survive. Life was given to create all things good and all things new.

We were designed to be creators of wonderful things, but what are we doing? We are destroying our own bodies and this planet as well. Take a short break now from reading this book and think about this. Make a commitment to understand cause and effect more clearly. Be more responsible in the future. This is what intelligent evolution is all about.

Implementing all the recommendations of each of the 4 steps will definitely be a lot of work if you have not done some of it already. A practical way of going about it would be to first practise some of the recommendations in each step and then add the rest over a couple of months, still always remembering that the effectiveness of the whole approach lies in the sequence of the 4 steps.

You will certainly see an amazing improvement in your health even if you practise half of the Do's and Don'ts. This protocol may not give you results overnight, because remember, you are working with nature itself here. Nature does take her own good time, but she works surely and safely.

In later chapters, I will also introduce you to some natural practices that make the job much easier to do, and faster as well. Even if you are a healthy person, following the advice in this book will not only make you healthier, it will also give you better complexion, higher energy levels and it will bring about a reversal in your biological aging process.

Exercise for Good Health

Exercise and body workouts are pull systems. The level of activity that I am referring to here is not that of your daily routine work or regular body movements, but rather, focused repetitive exercises that go on continuously for anywhere over 15 minutes. These types of exercises force the organs, muscles and bones of the body to work hard first, thereby taking them into a cycle of stress. After they get fatigued, they first draw nourishment from the stored energy in the body. Later, these stored reserves are replenished by regular food supply. This cycle of stress and fatigue forces the organs, muscles and bones to draw more blood and nutrients to themselves in an effort to recoup. Such cycles when repeated often, make them grow stronger. The pulling of energy and nutrition into the body caused by forcing the expenditure of energy is what I refer to as a pull system.

In this system, the drawback is that if you exercise the organ, muscle or bone beyond its capable limit, there is a high probability that it may break down causing several problems. There are numerous instances of people getting heart attacks or brain strokes or aches and pains or spells of sickness after strenuous exercise. This why every person must be advised an exercise program in tune with their current body capability. It is also a well known fact that too much of exercise, well beyond healthy limits not only age the muscles but also wear out bone joints. Professional athletes are very good examples of body wear out since many of them are forced to retire by the age of 35 years as their bodies get worn out.

If you analyze the habits of people who have lived to be over 100 yrs of age, you will see that they have not followed strenuous exercise programs during their lives. They would have instead been involved in regular work that gave muscle suppleness and kept body fluids in good circulation.

Acupressure, Acupuncture, Breathing Techniques, Yoga, Sun Yoga and Energy Work are push systems. Their practice literally pushes bioenergy into the body, which not only rejuvenates it, but also clears energy blocks within the energetic pathways, while facilitating the elimination of toxins as well. That is why I call them push systems. Their actions neither create a cycle of stress nor a cycle of fatigue. Since no stress is generated, no possibility of any part of the body failing exists. So between the two, push systems are clearly safer.

I am certainly not against exercise. I think it is an amazing way to keep yourself fit, so long as you do not overdo it. If you are involved with work that has your body moving and stretching all day long, then that kind of workout is good enough to keep you healthy. But if your daily work is of a sedentary type, then a daily ½ hour all round light body exercise will certainly do you a lot of good. More than 1 hour of daily vigorous exercise will contribute to the slow degradation of your muscles and bones. Of course, different body types need different amounts of exercise. The Kapha body requires the most, followed by the Vata body and finally the Pitta body requires the least. Body builders can do what they like. There may be no limit to the amount of exercise they do, which is according to the results they seek.

What I am trying to impress very clearly here is that exercise is definitely not the first option that you should use to remedy conditions like weight gain. If investigation reveals that your weight gain is due to eating the wrong foods, then that is the aspect that you should be correcting first. Exercise can definitely be a secondary support to burning fat in such a scenario. Weight gain can happen for several reasons. The problem is that modern doctors do not really care about why a person gains weight, simply because they have not been trained to do such diagnosis. That is why they focus on all the tricks that force the body to shed the weight gained. Some of those remedies have side effects that cause other imbalances in the body, whereas other remedies need to be administered time and again. This fact also shows that they are not the right cures. I have addressed the issue of fat build-up and obesity later in this book and also explained the 8 different reasons for weight gain and how to handle them.

Daily exercise does give the following benefits:

- 1) It gives you more flexibility and mobility, which increases your stamina to perform physical tasks at better levels of performance over a longer time.
- 2) It strengthens all the muscles and internal organs like the heart and the lungs.

- 3) It pumps blood through all the arteries and veins at a faster pace, thereby facilitating the dislodging of accumulated debris.
- 4) It releases stress-releasing hormones into the body, which benefit the body.
- 5) It causes daily fatigue that induces deeper sleep, which facilitates a cycle of regeneration.
- 6) It brings about the balance of the automatic nervous system.
- 7) Sweating during exercise helps the body eliminate waste matter from the skin.

If you eat a healthy diet and stop your consumption of all processed forms of sugar as well as reduce your grain consumption, your body will lose its dietary fat within a period of 6 months. Your body will become lean and muscular just from routine everyday light exercise that comes from being physically active. Have you taken a good look at tribals? Their bodies get lean and mean just from going about their daily work. They never exercise. Exercise is just a modern fad that has become a necessity for those who do not know the right ways of maintaining their weight.

Modest light forms of exercise like walking to short destinations, taking the stairs instead of the elevator, walking your dog or playing outdoors with your children and giving some of your machines a bit of rest by doing some work manually all contribute towards fitness. Even sweeping and mopping your own house daily is an excellent exercise. I highly recommend it since it works almost all muscle groups and bone joints. What's more is that it gives the ego the right kind of workout as well. Suryanamaskar is a very good exercise that builds body flexibility and strength. It is also very effective in preventing and reversing Sarcopenia, which is aging related muscle loss.

Go to <http://www.becomehealthyorextinct.com/suryanamaskar> to learn Suryanamaskar.

Your Body is Unique

For over a century we have been following a model of testing the effects of various inorganic medicines and foods on a range of subjects to see the resultant effect, so that we can assume that those results will replicate themselves in the general human population. But does that really happen most of the time? Many times it does not and quite often the general population suffers from side effects that they were not supposed to have. If the same medicines have different effects on different people, it proves that most people cannot be treated successfully with exactly the same substances. This happens because every human being has a body that is quite unique.

Every human being has a unique body because each person has an internal makeup, which is the summation of the following:

- 1) Their body type – Their balance of the 5 elements.
- 2) Their various internal weaknesses, which are inherited from their parents as well as the various illnesses and diseases they have had during their lives.
- 3) The various inorganic substances that have accumulated inside their bodies, from food, the environment and substance abuse.
- 4) The unhealthy foods and unhealthy habits that are part of their lives.
- 5) The condition of their digestive tracts and the composition of their gut bacteria.
- 6) Their state of their energy bodies.

This is why the only test results you should really be making any sense of are your own. I am not saying that you need to try out each inorganic medicine on yourself to see whether it works or not. I am saying that you should try out the entire range of really nutritious raw foods or cooked foods and see what works the best for you. If you are sick, you can try out the organic and natural healing herbs and powders to cure your sickness, before you try out inorganic medicines that often have side effects. Organic medicines are known things; they are familiar spices, powders and herbs that are often found right in your own kitchen cabinets or at your neighbourhood grocery store. When you try them out, your body gives you its unique feedback very quickly and tells you whether they are helping you or not. The best part is that they do not have any side effects.

Why then, should you be reading into research reports that have been done on people who have different physical constitutions, living in different environments, from different races, following different habits, and even eating different foods? Do any of those bodies match yours perfectly for their reactions to exactly match yours? Your body has a very unique internal environment and there is nothing that can quite match it.

Most organic medicines have been tried over several centuries by different cultures all over the world. In comparison, for how many generations or centuries have chemical based inorganic medicines been tested for? Many of them show adverse side effects within a single generation, if not within a few years itself.

Many people feel that the pharmaceutical industry is in the business of keeping people sick by giving them medicines that either do not cure their illnesses or that have a lot of side effects. This therefore ensures that people always remain sick, and pharmaceuticals always remain in demand.

It is my opinion that they are not. I think that they make the medicines they do, because they are just not able to do any better. This happens because they are guided by medical researchers and doctors who are on the wrong track themselves. Most pharmaceutical companies are profit-based organizations that are legally bound to advertise and sell more and more of their products to create shareholder value. They are just trying to do more business. It is my sincere hope that they take a good look at the organic choices that people around the world are making nowadays, and orient themselves to produce those kinds of products instead. People are clearly choosing organic over inorganic medicines because inorganic medicines have clearly proved themselves, over so many years, to be truly harmful and damaging in the long run.

Going Vegetarian

If you have considerable non-vegetarian food in your diet presently, and want to shift to a vegetarian diet, it is better not to make the complete switch all of a sudden. The gut microflora and your digestive organs need a couple of months to make a smooth transition. Taking about 3 months for this shift is quite safe. In the first week itself, you can drop up to 70% of your non-veg intake. Then taper off the remaining 30% over the next 2 months. In case you do not get a good range of protein rich vegetarian food where you live, you could perhaps use some of the superfood supplements or vegetarian eggs.

During your shift to vegetarianism many of your body parameters and set points will also shift. Be sure that you are working with the correct measurements that indicate beneficial change, like a feeling of lightness, higher energy levels, reduced sleepiness during the day, regular detoxification, healthy weight loss, clearer complexion, a clearer mind, better concentration, lesser sensitivities and allergies, lesser flatulence, reduction in body odor, reduction in teeth plaque and bad breath.

During your shift, always adhere to the laws of nature and the laws of the human body that are explained all throughout this book. Without their support, you may chronicle just one more story of a person failing to make the switch.

Switching to vegetarianism also sets in a natural detoxification process in the body because of the cleansing effect of fruits and vegetables. If you make a quick switch, your body could detoxify very fast, even to an extent that you may feel that you are coming down with severe illness. One more reason of spreading the switch over a period of 3 months is to keep the detox effects mild. During detoxification, a lot of stored up toxins in the body re-enter into the blood stream to be processed and expelled out of the body and this manifests as many symptoms. The most common symptoms are headaches, aches and pains, feeling irritable, congestion, in severe cases vomiting, sweating, fevers, and dizziness. Often you may find yourself re-experiencing symptoms of diseases or sickness you have had in the past. Detox can last a day or two, and sometimes even a week. Drink lots of water during the detox phase and be patient with yourself. Take a nap whenever necessary during the day and do not cut short your night sleep. You might even want to take a day off from work and go for a walk in nature while your body cleanses itself. When the detox period is over, you will experience a new level of energy, rejuvenation and mental clarity.

As you transit into vegetarianism and especially if you are having more of raw vegetable salads and raw vegetable juices, you may feel them lacking in taste at the start and for a little while later too. This happens because the strong tasting tenderizers, sauces, condiments, and flavor enhancers that are normally used in meats have numbed the natural sensitivity of your taste buds. All you have to do to regain this sensitivity is stop using strong flavorings and watch your taste buds liven up again to appreciate even the subtlest flavors of vegetables, grains, roots and fruits.

Towards the end of your switch, take help of the 21-day principle and just shift entirely onto the subtle tastes of all things vegetarian and let your body set itself into the new norm. Do not feel insecure about being called a vegetarian. Going vegetarian for healthy or compassionate reasons is quite in vogue nowadays with thousands of people making the switch everyday.

If you are planning to go completely raw, now that is a total different experience in itself. As you taste the natural flavors of raw vegetables and fruits or even lightly flavored cooked vegetables and smell their delicate fragrances, even feel their textures with your tongue, your senses take you on a trip into nature through your imagination of the fields, gardens or orchards where these foods could have grown. You also wonder about the seasons they are grown in, their organic origins, farming methods and you also feel an inner gratitude for the people who have toiled to supply you with these foods.

There are many non-vegetarians who portray that a pure vegetarian diet is not complete because it does not supply the body a select few vitamins and enough protein. In fact, there are even some vegetarians who say that vegetarianism seems lacking in complete nutrition. All these people have not yet understood how the human body absorbs nutrition. There are several intrinsic factors within the human body that are responsible for the nutrient absorption capacity of the body and if

you are lacking in those factors, then even though you supply yourself with nutrition, it will not be absorbed properly.

The common modern view is that, it is only what is put inside the mouth that constitutes nutrition. But that is the incompleteness of modern understanding. All physical beings on this planet, including humans, exist in a soup of internal energy that is balanced by external energy. The internally energy is created from physical nutrition and radiates outward from the body. This is balanced by fields of external energy that surround the earth and radiate into the human body, supplying it with subtle etheral energy that is also a form of nutrition that the human body needs. I will explain what these forms of energy are and how they work, in the next chapter.

The Healing Therapies

Uptil this section, I have given you information and understanding, which form the basis of the first two steps of The Natural Health Therapy protocol. Those two steps dealt with two basic fundamentals, namely, stopping all the wrong foods and wrong habits and starting all the right foods and right habits to help you reverse disease. From this section onwards I will focus on three very powerful natural therapies that form part of the next two steps in the protocol. These three therapies are The 5 Elements Therapy, Cleanse Therapy and Acupressure Therapy. They will help accelerate your recovery from imbalance, illness or disease to a state of vibrant health. I have chosen to teach these 3 therapies in this book because of the following reasons:

- 1) They are easy to understand.
- 2) The results you derive are proportional to your effort.
- 3) They can be practised with virtually no additional cost to you.
- 4) They do not require any special capabilities or tools to implement.
- 5) They were the natural therapies that helped me the most and gave me the quickest results.

The 5 Elements Therapy

Modern science has just a basic understanding of how the elements of nature around us support our bodies. We commonly know some basics like the earth provides us with soil to grow food and ores for our minerals, water is a universal form of nutrition which also enables many of our other activities like power generation, sunlight provides us with light to see, solar energy and vitamin D for the body, the air and wind gives us oxygen to breathe, they provide the changes in weather and seasons and finally the space around us, well, it is taken for granted, so we put it to good use.

What has not been understood completely and therefore not taught commonly are the unseen influences that the elements of earth, water, fire, air and space have on the human body. Sure we all know conceptually that these elements make matter, philosophically that these are the expressions of nature and spiritually that these are the energies in motion of the various forms of creation. But how well do we all relate to such knowledge? Do we have an understanding that allows us to work with these elements in a practical way that benefits health? This level of understanding is certainly not there in modern science. It is only available in the texts of some ancient civilizations, like in the Indian Vedas.

Sunrays contain all the 5 elements. The atmosphere also contains the same 5 elements and finally the earth too contains all these 5 elements. And because we are nurtured and sustained by our father sky and mother earth, our bodies also contain these very 5 elements. At first this may seem like far-fetched theory to many, but it is certainly not far-fetched theory for many like me, who work with the elements daily, perceiving them with the tools of our inner senses and balancing them by increasing and decreasing their proportions within the human body to achieve states of physical, energetic, mental and spiritual balance all with the view of enabling natural healing processes.

No modern scientific appliance has such sensing capabilities, nor can they verify such activity. However, this understanding and experience is certainly available to anyone who diligently learns and practises the natural sciences.

To better understand how the elements work, let us look at a scenario where say; the sun stops shining from tomorrow. Can you figure out the events that will occur in sequence as time goes by? Depending on your depth of knowledge, you may go into listing numerous events. I will keep it very simple and short by writing a sequence with respect to our nutritional cycles. The first thing would be, that the photosynthesis mechanism of leaves would stop and this would cut off the biophoton energy generation in the plant as well as disable half of the nutrient and growth mechanisms of the plant. The plant would then only be getting its nutrition from its roots in the soil.

What would happen if the mud of the earth as well, did not absorb the water that was given to it? Would the earth bacteria, water, minerals and other nutrients be able to function so as to enter the plants and give them nutrition? If they would not, then how would we get all the vitamins, fiber, bacteria, proteins and all other nutrients from the plant?

It is the flow of the elements from the sky above and earth below and their natural collaboration that give life and substance to plants. If plants stopped growing would any of us humans or even animals for that matter survive? Is it not the life energy and matter of the plants or animals that supply us with the elements that make up our vital matter?

To summarize, if the elements do not flow from the sky or the earth to the plants and animals and then to the human body, the levels of these very elements will deplete over time, till the human body dries up and forms a small pile of carbon dust. Isn't this exactly what happens after death?

Every cell in the human body has all the 5 elements in it. The bones for that matter have the highest earth content, but they do have water, fire, air and space too, but to a lesser extent. The blood for example has the highest water content, but it has earth, fire, air and space too. The lungs when expanded may have the highest air content, but they have earth, water, fire and space too. Space exists in varying proportions in different areas of our body without which no displacement or movement of matter within the body would be possible. In many organs the proportion of earth, water, fire, air and space keeps changing continuously depending on the different cycles like digestion or elimination or exercise that they are involved in.

It is not only food and water that supplies us with the 5 elements, but also the external forms of the elements of earth (the ground under our feet), water (the moisture in the air), fire (the sun and heat), air (the air that moves on our skin and the air we breathe) and space (the separation between our body and all other things) that supply us with their forms of nutrition.

Starving the human body of any of the 5 elements whether internally or externally will only deplete it and destroy it. Uptil this chapter I have explained enough about the internal supply of these elements through the medium of food and water. In this chapter I will focus only on the external supply of these elements to the human body. Do you know that there are many human beings on this earth that live off just the external supply of the 5 elements? They are called breathenarians. They do not consume any food or water internally. So yes, the human body lives of the 5 elements and that is because it is the 5 elements themselves!

What has been happening to the human body in the background over the last couple of centuries is very sad and unfortunate. Modern living in many ways has been slowly and steadily cutting off the external supply of the 5 elements to the human body, thereby creating within it an environment that facilitates its degeneration. Many serious illnesses have their roots in this aspect and ALL sicknesses are negatively impacted by it as well. Though this degeneration is being experienced and measured by modern science, too often the explanations given for their causes are wrong.

Earth

At the megacosmic level, the entire earth has a lower potential charge than the atmosphere surrounding it. This leads to the commonly accepted convention that it is negatively charged and the atmosphere is positively charged. So by this norm, earth is considered a grounding body or earthing body for higher potentials of energy that are in the atmosphere, or in the human body or in the electricities that are man made.

Our internal body mechanisms of the movement of water and minerals into and out of our cells in conjunction with pH balance, the biocurrents that are sent within our bodies when commands are given by the brain to different parts of the body for their movement, as well as the muscle activity itself, all cause static electricity as well as free radical build-up at various locations in the body. All this static electrical charge needs to be neutralized when the tasks are complete, leaving no residual currents or free electrons or electron deficient molecules within the body. This is supposed to be achieved by some part of the human body grounding itself to the earth.

When some part of the human body touches the earth or a conductor that is connected to the earth, the static charges are dissipated into the earth and free electrons from the earth also travel into the body attaching themselves to the free radicals thus stabilizing them and preventing their oxidation activity. This natural mechanism is unfortunately disabled by the modern habit of wearing footwear, which insulates the body from the earth and prevents the required electron exchange.

Besides insulating our bodies from earth, footwear and especially sports shoes and women's fashion shoes create immense problems for the foot joints as well as the body's posture in general. The latest studies even show that bare feet runners and walkers show much more endurance than those with footwear because of the swivelling nature of the ankles and the heels as well as the coordinated support and gripping action of the toes during every step. With footwear, all these movements get restricted. This not only brings down the efficiency of our moving joints but also makes us lose more energy due to movement resistance given by the footwear.

No being on the planet except the human, wears footwear. Humans have walked barefoot and slept on the ground just like animals for most of their evolution and that is why the evolution of the human body took into account the daily presence of the earth as a natural environment with which it had a functional relationship. When we do not ground ourselves regularly, the static charge and free radical build-up interferes with all body signals, body biocurrent flow and electrical processes in the body. This causes chronic inflammation, pain in the muscles and joints, malfunction of the immune system, fatigue, stress, insomnia and hastens the aging process as well, due to oxidation of the cells. By reconnecting the body with the earth, most of the above ailments find rapid relief. Earthing also accelerates the recovery from surgery, injury, and athletic overexertion.

Research shows that inflammation in the body gets reduced by walking or standing bare feet. Although inflammation can have many different root causes, earthing the body will subside an amount of inflammation that is caused by excessive ionic charge and free radical build-up. If the inflammation is being solely caused by only excessive ionic charge and free radical build-up, one may even see a total disappearance of inflammation with a couple of 1hour sessions of earthing a day. It takes about 1 ½ hour for the free electrons from the earth to reach almost every part of the human body to neutralize the effects of excess ionic charge and free radical build-up. Earthing is easier for people who live in a home on the ground, but much harder for those living in high-rise apartments in the city.

Walking barefoot can also help ameliorate the constant irritation caused by EMFs (electromagnetic fields) and other types of radiation in our bodies that comes from exposure to cell phones, computers, Wi-Fi and several other radiation devices that are around us.

The best earth medium for earthing is sand. Wet mud is the next, followed by dry mud and then gravel. Swimming in the ocean is also a very good earthing activity because salt water is a very good conductor of electricity that connects you to the earth beneath it. There are many devices like earthing slippers, earthing mats and sleeping rugs that also help the body to get earthed, but none are as good as getting your bare feet or body touching the ground for about a couple of hours per day. A wooden floor in the house just kills the whole effort.

The energy that one gets from walking on grass is different. There, the abundant life force energy of the grass gets transmitted up through the feet. It has a soothing effect because it harmonizes discordant energies that circulate within the human body. It does supply the body with free electrons that neutralize free radicals, but it does not absorb the excess static like bare earth does. So try your best and get your daily dose of a couple of hours of earthing to avoid imbalance and illness in your body. Getting ½ hour once in the morning and ½ hour once in the evening is a good idea. In cold weather watch out for the body losing too much heat through the feet. During this period earthing slippers, earthing mats and sleeping rugs will serve better. This is one safe and convenient method of getting the earth element. Earth is the densest element in the human body.

Taking earth in the form of bentonite clays, internally or externally as with mud packs or mud baths also proves to be very therapeutic and cleansing for the body because it bonds all the unstable and toxic material within the body and throws it out during elimination. This is another way of getting the earth element. Most animals, reptiles and birds do eat certain kinds of mud when they feel a deficiency of the earth element or when they need to cleanse their internal organs. This is a natural instinct in all living beings that we should learn from.

Water

Water is the second densest element in the human body, but it comprises of almost 70% of total body weight for a healthy person. People who have an imbalance of the Vata Dosha or Pitta Dosha besides working on balancing them, should also give special attention to taking enough of water internally as well as externally. The toxicity that gets into our bodies from various sources requires more water intake for its dilution as well as its elimination by our organs. Our ongoing evolutionary changes in the direction of decreasing cellular density also calls for a higher content of water in the human body.

Healthy practices that give you an abundance of the water element are:

- 1) Every morning after brushing your teeth and thoroughly rinsing your mouth, drink 2-3 glasses of water, warm preferably. This helps in bowel movement, in diluting the toxicity in the body and facilitating all electrolytic processes in the body. A full glass of water just before going to bed also serves the same purpose.
- 2) Do not drink more than ½ glass water just after a meal since it dilutes the digestive juices in the stomach and impairs digestion. You can drink adequate water ½ an hour or more before a meal or 2 hours after a meal. Drink plenty of water during the day. The popular measure of water intake per day for the body is 30ml per kg of body weight. Even this measure varies with a person's body type and the change in seasons. The summer months require the body to have more than this amount. The best measure is to drink as much water in any season that gives you a full bladder 4 to 5 times a day, which you should pass out as urine. This provides for that much water processed by the kidneys, which keeps them healthy and free from infection. This much of water also keeps the toxins that are separated by the kidneys in a diluted form to be flushed out of the body. This prevents kidney stone formation as well. It is not sufficient if you drink even 10 glasses of water per day, if you do not pass out more than 3 bladderfulls of urine, because a lot of water that you drink may just be evaporating in the form of sweat and not going to the kidneys for its cleansing. If we did not eat toxic food, we would not need to drink this much amount of water.
- 3) Have a bath at least once a day. Soaking in a bathtub is also a great option. Making the use of a sauna once or twice a week is also a good idea.

Since it is important to ensure that you have good quality water for purposes like drinking, juicing and cooking, investing in a good quality water filter is a must. It is even a good idea to have a water filter on the line that supplies you with bathing water since piped water is normally treated with chlorine to make it safe to drink by killing or inactivating harmful microorganisms that cause diseases such as typhoid, cholera, dysentery, and giardiasis. If this chlorine is not filtered out, it gets into the pores of the body when bathing everyday. Chlorine by itself may be relatively benign as it breaks down to organic chloride in the body but it reacts with organic material already dissolved in the water that form DBPs that are very toxic for the human body. For this reason, swimming pool water, which has much higher permitted concentrations of chlorine, is quite harmful in the long run. Chlorine also creates free radicals in drinking water. When such water is boiled for drinking, it releases the chlorine into the air. Tap water may also contain contaminants like fluoride, arsenic, aluminum, iron rust, lead, disinfection by-products and prescription drug traces.

Fluoride is another potent neurotoxin that is being added to the tap water supply in some western countries like the USA by being fraudulently promoted as a cure for dental cavities. This is nothing but a smart way of disposing hazardous waste products of the aluminum and fertilizer industry, as it is illegal to dump them into rivers and lakes or release their parent gases into the atmosphere. This type of fluoride is neither pharmaceutical grade nor the natural fluoride present in our teeth and that is why it does not help the teeth at all. Tooth decay is typically caused by acids in the mouth, which are created from sugar being metabolized by bacteria (*Streptococcus Mutans*). The acids produced, then attack the enamel. Eventually the bacteria can get into the dentine, at which point tooth decay sets in. To stop this kind of decay, we should reduce excessive processed sugar and sweetmeat consumption.

Even if you are using well water or tube well water, you have got to get it chemically tested every 6 months at least as a routine, because you never know when toxicity may seep in the water table from polluting sources like effluent disposal, sewage systems, pesticides or chemical residues.

The best solution is to install a whole house water filtration system, which will not only protect your body, but also your appliances as well. Stage one should remove sediment, stage two should remove chlorine and heavy metals, stage three should be a heavy-duty granular carbon filter that removes hormones, drug residues, chemicals, pesticides, and herbicides and finally stage four could be a UV stage that kills biocontaminants like viruses, bacteria and other microscopic pathogens. You could even split up your filtration stages and keep a big outdoor filtration unit that handles all the heavy contamination and on its output line in your kitchen have a smaller filtration machine that gives you good quality drinking water. The best thing to do is, take your tap water for analysis and see what contaminations it has and accordingly go for filtration stages that handle those contaminants.

Most of the water people drink these days like tap water, bottled water and pop sodas is completely devoid of life and depleted of energy. Due to their contaminants, these liquids actually promote free radical activity that is oxidizing in effect, which also makes your body age faster. There are just a few parameters of water like pH balance, mineral content, electric charge, taste and molecular structure that determine its state. The trouble is that most of these parameters get severely twisted by the time we drink it because of all the good or bad treatment we give water.

The ideal drinking water comes from tumbling mountain springs, streams, wells and waterfalls. Tumbling and bubbling generates an electrical charge similar to electrolysis, creating negative ions, which in turn makes the water slightly alkaline with a pH ranging from 7.2 to 7.5. This kind of water also has a good amount of minerals and people drinking mountain water are known to have less disease and greater longevity. Alkaline water destroys free radicals and breaks down acid salts in the body caused by the consumption of acid forming foods. Its smaller water molecules are also better absorbed and are therefore a more effective cure for dehydration. Perhaps the only treatments you have subject such water to, is sediment filtration and UV radiation for bio-contaminant destruction.

Using the premise that alkaline water is good for health, many companies are selling alkaline water manufacturing machines with a recommendation that drinking water of a pH close to 9 gives amazing health benefits. Now common sense will tell you that such water is unnatural because it is simply not available on the planet and so it is not drunk by any living being as a norm.

Alkaline water will definitely benefit people who have excess acidity within the body because it helps increase the low pH of all body fluids. But the timing of having alkaline water has to be monitored properly. It cannot be had just before a meal, during a meal or even just after a meal because it dilutes the hydrochloric acid in the stomach that enables the breakdown and digestion of foods. To make a glass (250ml) of highly alkaline water, dissolve ½ teaspoon of sodium bicarbonate in ordinary drinking water. Another organic option is to squeeze the juice of one sour lime in a glass (250ml) of ordinary drinking water. Do not add sugar to this mixture, as sugar is acidic. You can use a bit of rock salt (Potassium Chloride) to taste if you need.

Alkaline water is definitely good for people who have a high amount of acidity due to their diet or due to malfunctioning organs or due to sicknesses like cancer or due to pathogens within their body whose excretions create an acidic environment. People who eat a balanced diets that have good amounts of alkalizing foods, like the diets recommended in this book, certainly do not need to have alkaline water regularly, simply because the quality of alkaline fluids in vegetables is much better than machines.

Another type of drinking water that has gained popularity is water made by the Reverse Osmosis process. Although reverse osmosis does quite a good job of removing all sorts of chemical and biological contaminants, the resultant water is quite depleted of minerals and a bit acidic because it passes through too much filtration. There are however some manufacturers who advertise that their machines re-introduce minerals at the final stage which make the quality of the water much better. A known fact is that such machines also require regular maintenance and calibration of

their ppm levels. If you choose to use an RO water purifier for your drinking needs, then it would be wise to have a lot of raw fruits and vegetables to help you get mineralized.

The one type of water that is certainly not good for health is distilled water. Distillation makes water severely deficient in its structure because the evaporation process drives out much of the water's dissolved impurities, gases as well as the much required dissolved natural minerals. This deficiency causes the water to absorb carbon dioxide from the air making itself acidic. Initially a person may feel better when they start drinking distilled water because it draws out toxins and unbonded molecules from the body to feed its deficient structure. But in the long run, this water absorbs the electrolytes as well as the trace minerals present in the body, making the body severely deficient in the long run. Fasting on distilled water can be very dangerous to health for the same reason, with the added problem of no incoming nutrition that replaces the drainage. Most soft drinks are made from distilled water and studies show that heavy consumers of soft drinks have high amounts of calcium, magnesium and other essential trace minerals from the body passed out in their urine.

Whatever the source of water or process used to make it, one final thing done to it can make it harmful to drink and that activity is bottling it in plastic. Plastic is not an inert substance like glass. It contains chemicals like dioxin, bisphenol A (BPA) and phthalates, which are estrogen mimicking and endocrine disrupting carcinogenic chemicals that are responsible for immune, reproductive, and developmental illnesses. These chemicals can leach out and contaminate the water under the best of conditions, but it tends to get released into the water more when the plastic bottle has been exposed to heat, like the heat in a car or the heat of direct sunlight. Even tiny concentrations of these chemicals can cause health problems such as structural damage to the brain, increased fat formation and risk of obesity, altered immune function, hyperactivity, increased aggressiveness, impaired learning, early puberty, stimulation of mammary gland development, disrupted reproductive cycles, ovarian dysfunction, changes in gender-specific behavior, abnormal sexual behavior, increased prostate size, stimulation of prostate cancer cells and decreased sperm count.

Drinking sun charged water daily and healing the water that you drink can be two very beneficial activities you can do for drinking water. More about this too, in a later chapter.

Fire

The most abundant source of the fire element in nature is sunrays. Even though we associate fire with something burning and at first wonder how sunrays could contain fire, we often miss the point that the sun is a big ball of fire. Sunlight is actually a very complex form of energy and matter and we only understand it to a limited extent. That is why we are able to harness just 20% of its content even with the latest technology.

Sunlight is used by the human body in many ways. The component of the sun's energy that is absorbed by the skin causes the formation of Cholecalciferol (Vitamin D3), which is one of the most important vitamins in the human body. It also causes the pigmentation of the skin, besides enabling several other processes in the human body. The component of the sun's energy that is absorbed by the eyes causes the formation of important hormones like melatonin and serotonin in the pineal gland, which regulates sleep. This component also maintains heat flow in the triple warmer mechanism running along the spinal chord, which regulates the exchange of heat between the body and the ambient temperature. The optical nerves of the eyes also conduct a form of sunlight that nourishes the light energy component of the chakras. For all these reasons and more, sunlight becomes one of the most vital elements for the human body.

The absence of sunlight on the human body can cause an endless list of illnesses. Research shows that low levels of Vitamin D3 due to inadequate sunlight exposure can cause or aggravate lower immunity, flu, colds, pneumonia, mould allergies, eczema, psoriasis, anemia, osteopenia, arthritis, asthma, obesity, aging, insomnia, macular degeneration, seizures, autism, tuberculosis, dementia, heart disease, high blood pressure, brain damage, kidney disease, infertility, diabetes, atherosclerosis, polycystic ovary disease, cancer, myeloma, rickets, depression, chronic fatigue, macular degeneration, epilepsy, autoimmune disease and still many others.

Vitamin D aids bone formation, the absorption of calcium, the regulation of muscle health (including both skeletal and heart muscle), the regulation of immune response, the regulation of insulin and blood sugar and the regulation of calcium and phosphorus metabolism. Receptors that respond to Vitamin D have been found in almost every type of human cell, right from the brain to the bones. It is also involved in multiple repair and maintenance functions and touches thousands of different genes. It also enables the synthesis of many other vitamins present in the human body.

The deficiency of this vitamin is becoming more common in cities all over the world because most people spend most of their time living and working indoors, thereby avoiding the sun. Many who spend time in the sun use sunscreen fearing skin cancer. Smog and pollution in cities also block the sun's rays. Many cultures avoid the sunlight just because they want to appear fair skinned to avoid the negative effects of racism. Studies show that 50% of people living in metropolitan cities are Vitamin D deficient.

The best way to get Vitamin D and all the other nutrition that the sun supplies is to spend about ½ hour to 1 hour in direct sunlight every day. Try to avoid the peak sunlight hours if the intensity during that period is very high. Do not wear sunscreen during this time, as this will prevent the skin from absorbing the vitamin. While taking Vitamin D supplements can cause hypervitaminosis D, which can be dangerous; you can never get too much Vitamin D from the sun. Try to avoid sunburn by limiting your exposure or breaking up this time into two sessions. If you eat plenty of raw fruits and vegetables, the anti-oxidants in them will help prevent sunburn and also reduce the risk of skin and other cancers.

Air

We all understand the importance of the quantity of the air that we breathe once we miss a few breaths. What we do not sense so well is the quality of the air we breathe everyday. We notice it only when it becomes severely degraded due to different types of environmental pollution and when we can literally smell its bad odor or see the dust and fumes in it. Sadly, this is what it takes for the general population to become concerned about the problem of environmental pollution. The fact is that damage to the human body from unhealthy air occurs much before this kind of gross awareness. The list of illnesses that get worse from unhealthy air is simply too long to put down, depressing even. This is why we should be very mindful when making our choices in life, whether it is deciding on the location of a new home, workplace, a place of recreation and rest or a place where we go to heal a sick mind or body.

Many of us have unhealthy breathing rhythms that may be due to congenital defects (increasing nowadays), or due to unhealthy body structure or postures or even due to unhealthy emotional or mental states. In the normal course, to remain healthy we should have slow deep rhythmic breaths that use our full lung capacity, but we may not be capable of this because of the above reasons. So the next best thing is to consciously breathe into healthy rhythms by making it an activity. This activity that is gaining popularity all over the world is called Pranayam, in the ancient yoga tradition.

I teach the following simple type of Pranayam, because it strengthens the lungs physically, it also enhances its oxygen absorbing capacity, it builds entire body immunity by charging the Thymus with high energy and it also supplies the brain and the entire body with ample biocurrent to be used wherever needed and finally because it also has an energizing and healing effect.

Sit in an upright position, with your eyes closed, palms on your thighs for upper body support and take a deep forced breath. Pause momentarily and let it out with an equal force. Again, pausing momentarily, take in the next breath and let it out, and so on, till 20 breaths are complete. Then keeping the eyes still closed, take 5 normal breaths that calm you down. Then do another 20 forced breaths in the same manner as before, followed by 5 normal calming breaths. Again for the third time, take 20 forced breaths, followed by normal calm breathing, still keeping your eyes closed for about 5 minutes in the same position, feel the energy flow through your body.

In the beginning, the force you will use is a mild level that you are comfortable with. After about a week you can increase the level of force, again, only to a level that is not causing you any discomfort. 20-5-20-5-20 is a beginner's level, which can be increased to 30-5-30-5-30 after a

week and so on till you reach a maximum of 60-5-60-5-60. This is one way of charging the body with the air element. You will also notice, that at the end of a session of this breathing, you will automatically feel an energetic calm. This is a good time to get into any meditation that you like.

The eyes are to be kept closed so that the energy generated in this breathing does not radiate out into the atmosphere. It gets conserved instead and recirculated within the body wherever required. In a normal state about 80% of energy that radiates from the body, goes out through the eyes. This is also why most meditations are done with the eyes closed. In this breathing technique no other body movement is to be done, because the energy generated is to be conserved and not wasted on movement. This energy can also be used for Acupressure, as I will describe later.

You may feel some of the following effects during or after this breathing:

- 1) Lightheaded or a bit giddy – This happens with people who are normally not using the full capacity of their lungs. This sudden gush of oxygen and energy to the brain gives this feeling.
- 2) A slight vibration in the Thymus region – This is caused by the breath activation of the sound component of the Anahata chakra. This happens when you exceed your previous level of energy flow through the Anahata. It will disappear after a couple of weeks indicating that you have developed a high capacity of energy flow in that region.
- 3) A flickering of light in your closed eyelids – This is caused by the abundant energy that has just been generated which flows through the nerves of your eyelids. It is normal and a good sign that your breathing is generating high enough energy that is flowing throughout your body.
- 4) Start of a headache or pain in the sinuses – This happens for people who have sinus problems, especially Vata body types. They should decrease the number of breaths or their force of breathing to a level that does not bring on pain.
- 5) Just after the breathing is over, when you are breathing calmly for 5 minutes with your eyes closed, you may not even feel like breathing much. This indicates a high amount of oxygen within the body. This is good, as a well-oxygenated body facilitates many healing processes.

Asthma patients should always keep their inhalers besides them in case they need it. If they cannot manage to do this breathing safely, they should avoid doing it.

For an excellent dose of the air element, do one session of 60-5-60-5-60 breathing twice a day, generally with a gap of 6-9 hours in between. You can also do it when you feel low on energy. It is also better to do it during the daytime, when sunlight is present, as the oxygen levels are higher.

Longer durations of different types of breathing have specific purposes like cleansing the energy body of energetic blocks, balancing energy flow in the brain, promoting bowel health and also taking the mind and energy body to altered states of consciousness. This technique is not to be compared with others, since each technique has its own purpose.

Space

The space element is also the space around you that allows for the healthy expansion of your energy field, that is, the outward radiation of the energy that is generated by your chakras. The auric field extends for about an inch or two for normal people and also to about a foot for those people who have highly charged chakras. Similarly, the etheric field that lies beyond the auric field extends to about a foot from the auric field for the average person, and to several feet around the body for people who have highly charged chakras. The etheric field is what interacts with other forms of energy around a person. It is this field that senses the presence of a person in the room even if one does not look visually. It also senses the presence of stress areas in a room, like under a load bearing beam or even the harmful radiation from electronic devices. It exchanges energy with the subtle density component of external energy fields since it is an energy exchange medium. Of course, strong radiations if present close to the body come right through the etheric field as well as through the auric field, till they touch the skin and even irritate the physical body.

When modern electronic radiation, which is inorganic, interferes with the human body energy fields, which are organic, they cause constant disruptions in our energy flow. I had stated earlier that human biocurrent is very pure and refined and its efficiency is way beyond crude modern electricity. This is why our energy fields get easily disrupted by the heavy and crude forms of radiation that modern devices give off. Even though our energy fields get disrupted, they are constantly being replenished by our chakras, and that is why our energy persists. Even so, such disruptions are what cause us to feel drained and tired at times. It is only when the external energy sources radiate stronger discordant energy than what is being generated by our chakras, that serious energetic and physical disturbances occur within the human body. People who do not have good levels of biocurrent flowing through their bodies, invariably get affected by external inorganic energy fields very easily.

In comparison to man-made electrical fields, subtle organic currents and fields of plants, trees, grass, domestic animals and the earth's magnetic field are always nourishing and life giving because their quality and frequencies match the human body's energy fields. They even replenish our energy fields, which get disrupted due to illness or chronic harmful attitudes. Energy fields of human beings who have good vibrations soothe us, whilst energy fields of others who have bad vibrations disturb us or get us down. The health vibrational frequency of each energy center is its harmonic frequency that is detailed in The Human Matrix chart.

The best thing you can do to get an abundance of the space element, is be with nature and away from modern home appliances and electronic gadgets that generate EMFs, so that your auric and etheric fields get rebuilt to a healthy level. We have all, sometime or the other experienced a great expansion of energy and mental freedom when experiencing nature and the outdoors.

EMFs (Electro Magnetic Fields)

Electromagnetic fields are magnetic fields generated by devices that have electricity running through them. These magnetic fields vary in intensity as per their design and it is not necessary that only high electricity devices generate powerful fields. Even devices with low levels of current can generate a high field if the voltage is high. If these devices are in contact with the human body or are in its close proximity, their magnetic fields disrupt the human energy fields. The higher the duration of disruption, the more the human body gets negatively impacted.

The different devices in our homes that generate magnetic fields are basically all things that carry electric current like electrical wiring, light sources, electric outlets, power meters, underground and overhead power lines, laptops, charging devices, power supplies and home appliances, the microwave being one of the most dangerous. But the ones that create the most disturbing magnetic fields are the devices that have electric coils in them like chokes of tube lights, hair dryers and windings of fan motors.

The other electrical disturbances to our energy fields are all the types of wave transmitters and receivers like TV antennas, satellite dish antennas, wireless signaling systems that we use to operate devices or wireless data transmitting radiations, wireless network systems for computers, cordless phones, blue tooth communication devices and finally the most dangerous of them all, the cell phone and its cell phone towers near our residences.

The degree to which these radiations and magnetic fields affect the human body depends on three things, firstly, the strength of the field, secondly, the distance between the human body and the field and thirdly, the amount of time the body spends in the vicinity of the field. So it makes sense to keep yourself at a distance from these fields and to also reduce your time of exposure. In the daytime we are usually on the move and not stationary at any place for long, except maybe on the couch watching TV or at an office desk. So try and reduce the EMF's around these areas. Most of all, remove all traces of EMF's from your bedside because that is one place that you spend about 8 hours every night without moving much. Another option is to move your bed away from electrical points or concealed wiring or tables that have devices like your cell phone or cordless phone. If you use a spring mattress in your bed, be cautioned that it has the potential of forming an electromagnetic field maze within itself by just being as close as 2 feet from an EMF source.

As electrical and magnetic fields project radiations that interfere with the body's etheral and auric fields, they disrupt the energy flow in the chakras by altering their natural frequencies of vibration. In turn, this effects the functioning of the endocrine glands, which control our organs, thus bringing the disturbance to the physical body as well. If the field is in close proximity, it directly affects the biocurrent flow in the nervous system as well as all cellular activity. These fields even affect the bacteria in our bodies, which perceive an aggressive environment and release mycotoxins to fight the attack, which finally get into our bloodstream causing inflammation. These fields also impose a static charge on the human body and are an additional cause of free radical generation. All these disruptions are the cause of various mental, neurological and behavioural illnesses; cell mutations and energy drain from the human body. Much of this research is not being seriously done because these forces are invisible and since the common man is quite oblivious of its effects on him, he is not taking it seriously. Besides, it does not really serve the purpose of companies who make such devices to publicize the harmful effects of their own 'modern' devices.

To detect the presence and strength of magnetic fields you can use a device called a Gauss meter and compare observed readings with safe limit standards. If you cannot move an EMF device away from you, you could perhaps put a non-conducting barrier like wood in between. Sometimes reflective barriers such as metal foil and certain types of metallic paint can be used. If you still are a target of EMF's and radiation at your worktable or couch or bed, consider getting yourself a earthing mat that is connected to earth, which will at least dissipate the electrostatic build-up component.

Cellphone Radiation

Of all the modern devices, the cellphone is perhaps one of the most harmful EMF devices, simply because it is worn on the body most of the time. Many studies have shown that cell phone radiation penetrates the human skull and it is very harmful for the brain as well as all the organs near the ear. This is because the radiation levels are the highest when it is placed on the ear during a conversation.

The most sensitive recipients of this harmful radiation are our children because the skull of a growing child is 1/3rd the thickness of an adult skull and so, the penetration of the radiation is 3 times deeper into the brain. The change of the energy and heat levels inside the brain during a phone call have also been measured by a thermograph, so there is ample evidence of its effects. Even when a cell phone is not being used for communication, it still pulses signals to remain connected with its network, though these levels of radiation are not as strong.

Radiation from cell phones has been linked to DNA damage, memory loss, Alzheimer's disease, break down of the brain's defences, brain tumor, tumors of other nearby glands, ear problems, blood cell damage, nerve cell damage, sleep disruption, fatigue and headaches. In fact, studies have shown increased risk of many forms of cancer from long-term cell phone use, including gliomas (brain cancer), acoustic neuromas (tumor on the acoustic nerve), meningiomas (tumor of the meninges), salivary gland cancers (parotid gland in the cheek), eye cancers, testicular cancers and leukemia.

If a man regularly keeps a cellphone in his trouser pocket, it will naturally cause dysfunctions in the energy flows in the groin area leading to lower mobility of sperm, lower sperm count and semen quality, because sperm production is a very temperature sensitive process.

People in general do not seem to think that cellphones are harmful because they do not feel any great discomfort even if they talk on one for over ½ an hour at a time. But what they do not realize is that it affects the body internally only step by step, till the time internal defences and mechanisms are broken down completely. Short term needs seem to override long-term concerns in the materialistic modern world. People look for more dramatic and immediate effects to make correlations. Most people who suffer from cellphone damage are quite clueless that it is the high usage of their cellphone that is the culprit. Most healthy people do not feel the harmful effects of cellphone radiation because their internal energy fields, generated by the chakras are quite strong. But these people should also realize that it does not take long for those energy fields to get damaged permanently. Once they get broken down to a critical level not much repair is possible.

Some ways to reduce your exposure to cell phone radiation:

- 1) Keep the instrument at least 4 feet away from you when you are not using it.
- 2) Use a hands-free wired ear and mic set when talking, still keeping the instrument about 2 feet away from your body.
- 3) Using a blue tooth device is only better than having the instrument against your ear and not better than using a wired handsfree kit, because blue tooth devices give off their own radiation.
- 4) Keep the device at a distance and use the speakerphone instead while talking.
- 5) Limit you cell phone use to short conversations and use a landline instead for longer calls.

Summary of this Chapter

Since modern living has cut of the abundance of earth, water, fire, air and space from our lives, I view living in a high tech, high-rise apartment with all the comforts at the press of a button as the most alienating and degrading environments for the human body. It is like a slow kill zone. The stress of living in a city does not just come from a fast paced life; it comes from the environment we surround ourselves daily with. In fact, ancient man had a lot more daily stress, since many a time he did not know where his next meal would come from or whether he would be attacked in the night by a wild animal or whether he would find one of his children missing in the morning. Man was built to handle stress like this on a daily level.

In the long forgotten past, man was a much higher energy being who lived more on energy from the elements and that is why he did not need as much physical nutrition as he does today. Ancient nomadic man did get about 6 hours of sun, 10 hours of earth (bare feet or body contact with earth) and plenty of water, pure air and space every day of his life. These elements were the sub-microscopic blocks that the physical human body was built on. What we get today is not even 1/4th of this amount and that is the main reason why we need more physical nutrition in the form of food. We need more food only to make up for the low levels of subtle energy nourishment we get nowadays. This is what gives our digestive system its prominence. This is what makes potbellies.

If you want to live more on subtle energies, because they are refined and much purer, it is very important that you first move away gradually from gross foods like meats and shift to vegetarian foods, which are lighter. It makes even more sense nowadays to live of the elements because we have already severely polluted most of our natural sources of food and water.

The best way of getting an abundance of all the elements at one time is being on the seashore (space) just after sunrise, standing bare feet or sitting cross-legged on the sand (earth), giving yourself a sunbath (fire) and practising pranayam (air). Sitting closer to the waves surrounds you with high humidity (water) too. Doing the same in the countryside near a water body is as good.

Spend at least ½ an hour every day doing something that disconnects you from routine or boring or stressful activities, so that you can have some moments of peace and happiness. Watching a comedy show or nature video, playing a musical instrument, painting, playing with your children, yoga, meditation and spending time with old friends just having fun are all good activities.

Mind over Matter

I have taken up this topic, of the role of the mind in maintaining good health as the last topic, because only when your mind is well informed first, can your actions then be in accordance with the bigger and more integrated picture. What can a mind that has no new knowledge do, except repeat the same old mistakes of the past?

There are many who teach about the power of the subconscious mind nowadays. They also teach that 95% of all our activity is controlled by the subconscious mind. That seems to leave very little space for our conscious mind and its wilful acts, does it not?

Even though the subconscious mind is always acting in the background, how did it get its ideas and thought patterns? Who put them there? Well, it was the conscious mind itself that processed that information at some point in time and put it there. It will be the conscious mind again that changes all the old patterns of that subconscious mind. I hope that this book is giving your conscious mind a really good workout and that many of your previous health harming subconscious behaviours are getting changed for the better. Since everything that goes into the human psyche and everything that comes out of it is governed by the mind, that is why the mind is the most powerful medium of change. Your mind is responsible for who you are today and also for all the choices that you have made till now, which have brought your present juncture in life.

You can use your mind every day to paint a healthier picture of yourself and with every passing day think it so, breathe it and feel it. The mind is so powerful, that it can create virtually any reality for you. All you have to do is focus at a very specific outcome and hold that forming reality in your consciousness every day and give it your own life energy force by giving it the energy of your emotions and feelings and it will manifest exactly what you envision. This is called 'The Law of Attraction' where an outcome is attracted by its matching energy field created by the human mind and the human energy bodies. So also, if you put your clear focus on a healthy body and a healthy mind, it will come to be in due course of time. The more energy you give the process and the better you are at doing it, the faster it manifests into reality.

When you are focusing on creating a healthy body, use only positive words and affirmations and emotions. Never use negatives or any words that signify illness like "I will not be sick anymore". The subconscious mind does not perceive tenses like "will not" which signifies the future tense. It only knows the present time of now. The subconscious mind does not also perceive negatives like "not be"; it only registers the word "sick" and its associated state in the body. So you need to change such an affirmation to "I am getting healthier with each passing day / hour" or "I keep doing new good things that make me healthier by the day". Secondly, you have got to make all of this real by getting off your butt and doing things that are in line with your intentions. The subconscious mind knows a lie even before it is spoken.

As you help your body become healthier, your stress levels will come down and you will move into lighter mind states. To assist this forward evolution, of body and mind, it is very necessary to leave your excess baggage behind. This is the emotional baggage that you carry on your back, which weighs you down energetically and makes your forward journey slow and also tougher than it should be. The emotional baggage I am referring to, are the grudges or the anger you have against people, who have either wronged or hurt you in the past, who you have not forgiven or those whose behavior you despise. It is very important to settle all such old issues and not keep them with you anymore, because those thoughts and feelings shift the harmonic vibrations of your energy centers and that is an environment in which illness resides.

As explained, the Solar Plexus is our primitive brain that connects all our neural networks to the energy streams in nature. It is a medium of energy exchange that accepts energy inward as well as transmits energy outwards as per our intent. You can draw positive healing energy from the universe into your body for healing and well-being. Doing the following visualization once every day will bring a rapid improvement in your physical, mental as well as spiritual health. It takes just 5 minutes, so you can do it as often as you need.

- 1) Go to a quiet place where you are alone. If you are at work and cannot leave your seat, that will also do, but see that you have a clear space of at least 3 feet around you in all directions. This is because you do not want the energy fields of others interfering at this time.
- 2) Close your eyes. While taking a deep and slow inbreath, imagine that a brilliant white and golden light is coming from God above straight into the top of your head from where it descends downward into your central breathing column till it reaches your solar plexus where it begins to grow into a powerful golden ball of light. Hold this breath in your body momentarily, with the following feeling in your Solar Plexus "I am a shining sun of God".
- 3) When breathing out this breath, use either of the following two options.
 - a) If you have any weakness or illness in your body, as you breathe out, imagine this golden shining ball radiating its light throughout your body, and mostly through the area you have weakness, nourishing it with this vibrant healing energy and curing its weakness.
 - b) If you are in perfect health and have no physical ailments, breathe out this brilliant shining light all throughout your body just like a shining sun and hold the following feeling in your entire body "Healthy thoughts, healthy words, healthy deeds". This means that you embody these three things in your mind and body from this point onward, till you change the word 'healthy'. Depending on the essence that you need the most at any point in time, change the word 'healthy' to any other positive attribute, like "Loving thoughts, loving words, loving deeds". You can use just any positive human attribute like honest, great, beautiful, caring, inspiring, peaceful, good, pacifying and lively.
- 4) Do this breath at least 3 times in one session with the deepest visualization and feeling. You can do as many breaths as you like in each session, and you can do as many sessions as you please in a day. But try and do at least two such sessions in a day. The two best times would be once in the morning before you go to work and the second, after you come back from a hard days work. For the session before work, keep the intention that you will hold your intended state of being at work all through the day. For the session when you come home, hold the intention that you will radiate its essence to your family all through the evening and till the next morning. Keep back the stress of your workplace at work itself.
- 5) You can also do step 3) b) after step 3) a).

If you do this every day, you will see a steady improvement in your health as well as your mental outlook and spiritual energy. This divine healing energy is guided by your astral body to the zones where your energy is weak or unhealthy. It overcomes the lower vibrational energy of dead cells and pathogens in your body and facilitates their removal. This energy will also dissolve the old negative energies created by fear, worry, hate and negative self-belief, which may be residing in your energy centers. Do this visualization especially after you have had an aggravated state of mind, or body, that may have been caused due to a person or thing or situation.

Healing of Water and Meals

In the section on water, I had mentioned one negative effect of filtering and treating the water that we drink. It was that, most of the natural parameters of water like pH balance, mineral content, electric charge, taste, molecular structure and temperature get severely distorted by the time we drink it because of all the treatments we give it. Water can be considered healthy, life giving and vitalizing only when all these infused stresses are diffused.

Lucky for us, recent studies show that molecules of water can be reconfigured by energy!

So which kind of energy is pure enough to safely re-program water? As you may suspect by now, the energy must come from a source that is pure and organic, and what better source of such energy than the human body itself! If you hold a glass of drinking water in your hands and generate healthy vibrations and energy within your body and direct them towards the glass of water, the water will receive them and change its state.

This whole process starts in the mind and it uses the human life force energy. When you have the glass of water either in your hands or next to you and you generate feelings of peace, calm, love, vitality, health and liveliness in your energy centers and direct them towards the water, the feelings first get converted into energetic vibrations by the energy centers of your body which then radiate them out as emotional feelings holding their harmonic vibrational energy. It is this energy that

enters the water and re-programs its state from a stressed liquid to healing and energetic waters. The more you know about the distorted state of your water, the better will be your understanding of what energy it needs to become healthy again.

Recent experiments have shown that even writing words like love, peace or harmony on a glass of water changes its molecular state by holding the energy of these words. When words like anger, hate and war were written on a glass of water, its molecules showed very distorted arrangements, meaning that the water got damaged and became unhealthy. So even the act of writing the words on the glass of water transferred the energy from the person who wrote the words, to the glass, which then got absorbed by the water.

So you can heal your water every time before you drink it or even write positive life giving and soothing words on your water containers or water mugs to create healthy drinking water. You may even like to invoke the blessings of God on such waters before drinking it.

Does this not also bring in a very important realization about the water in our own bodies? Yes, every time we engage in beautiful thoughts, words, deeds and vibrations, the water content in our body, which is close to 70% of our body weight, gets healthy energy. Conversely, every time we generate bad feelings within ourselves, 70% of our body gets bad energy.

In a similar manner, you can also energetically charge the food you eat with good energy, so that it de-stresses the food from the actions of cutting and cooking which distort its healthy original form. If the food was made by someone under stress, it will carry their stressful vibrations as well. A good way of giving healing energy to food is much like saying a short prayer before your meal. First thank the plant and animal kingdom for their offering to you. Then thank the cooks for their labour. Then express gratitude to God for making all these things possible. Lastly, give loving energy to the food itself so that its nourishment may give you vibrant health.

Sleep

Sleep deprivation is such a common condition in today's fast paced life that you might not even realize you suffer from it. Lack of sleep can cause many problems like impairment of memory, decrease in problem solving skills, low performance in mental and physical tasks, weakening of the immune system, acceleration of tumor growth, heart disease, stomach ulcers, constipation, depression and accelerated aging. Lack of sleep can also result in weight gain as the body does not get enough time of inactivity, which is needed to neutralise stress hormones and also run other internal regenerative processes. When circadian rhythms get disrupted, the body produces lesser melatonin, which is a hormone and an antioxidant that suppresses free radicals that cause cancerous activity in the body. This is also why tumors grow faster when you do not sleep well.

Age and activity levels primarily influence the amount of sleep we need. Children and teens, for instance, need more sleep than adults, because they are in the growth phase of their lives and the body needs to spend more time in a state of rest to build new tissues and cells. Healthy adults on the other hand serve as a benchmark for the average amount of sleep. Their need for sleep varies according to amount of energy expenditure they have during the day on account of the work they do. Higher levels of exhaustion will obviously require more hours of sleep for the body to rejuvenate itself. Older people on the other hand who have much lesser activity during the day will tend to sleep lesser since their bodies do not need to rejuvenate that much. Sick people will require higher amounts of sleep than their peer groups because the body needs more sleep to combat chronic fatigue and to help the immune system fight illness.

Getting the right amount of sleep is very important for the overall long-term health of your body. The deeper the sleep, the better. Although the brain does not shut down when we sleep, it does go into a deeper state of consciousness that is very revitalizing for the mind as well as the body.

We normally tend to sleep less if we are tensed about some upsetting matters. Beyond a certain point of thinking, when we seem to be going in circles, it is best to take a break from thinking and go to sleep, since progress is not being made on the upsetting matters anyway. A good activity to do at this time is briefly writing down your worries along with their probable solutions, deadlines

and to do actions. This makes the chaos seem more manageable. Sleep gives the conscious mind that much needed rest it requires. Besides that, in the deep sleep state, the mind connects to higher levels of consciousness that often bring greater counsel.

If you follow the signs your body gives you, like sleeping when you feel sleepy at night and getting up without an alarm clock, then you are acting in tune with the natural needs of your body. If you are using an alarm clock to wake up every morning, be aware that it is actually disturbing your natural rhythm and also causing you subconscious stress during the waking moments. Try going to bed in time instead.

Do not sleep within 2 hours of dinner even though you may feel sleepy, because that sleepiness could be a result of overeating. It will also slow down your digestion as explained earlier in this book. If waiting for 2 hours after dinner gets you late, then try and have dinner earlier.

If you have a problem of not getting sleep at night, here is some useful advice:

- 1) Sleep in complete darkness, or as close to it as possible. Even the tiniest bit of light in the room can disrupt your internal clock and your pineal gland's production of melatonin and serotonin, which will have other negative effects as well.
- 2) Do not have EMF's near your head. They can disrupt the normal energy flow in your Sahasrara and Ajna chakras and keep them agitated. This also disturbs the pineal gland.
- 3) Reserve your bed for sleeping, so that when you get on it, you are automatically induced into that relaxing state of sleep. Never read too much in bed or make it a place where you work.
- 4) Go to the bathroom right before bed, so that you are not woken up just to answer nature's call.
- 5) Do not have any stimulating drinks like tea and coffee before bedtime.
- 6) Use soft and comfortable clothes for sleeping at night.
- 7) Make sure you have a good quality mattress, not too hard and not too soft.
- 8) If you have noise disturbing you quite often, use earplugs, provided you are not alone.
- 9) Wind down your day's activities so that you are in a relaxed mood by bedtime. If your mind is in an agitated state or doing a lot of thinking, then the hormones that are circulating through your body to sustain those activities, will not allow you to get sleep until their circulation is lowered or until overall fatigue is higher.
- 10) Studies show that many people who share a bed with a partner, family member or pet, suffer significantly from impaired sleep, especially if the other person is a restless sleeper or snores. The solutions for such problems are separate beds, separate bedrooms or earplugs.
- 11) If you still can't fall asleep even after being in bed for 20 minutes, get up and do some light routine work that you may even consider boring, like tidying up a room or putting things by in the kitchen. Any excitement or excess energy will get used up and bring you to a lull within 15 minutes probably.

If you suffer from insomnia for no apparent reason, high salt (sodium chloride) content in your body could be the culprit. As sodium chloride is anhydrous, it absorbs the water content in the body thereby increasing the proportion of air in your system. Higher air content in the body also makes you think too much giving you insomnia.

Having a regular consumption of bananas, cherries, almonds, honey or yoghurt have shown to improve cases of insomnia, because these foods either contain magnesium, which acts as a relaxant or they stabilize sugar levels, which in turn calms down adrenal hyperactivity or they facilitate the production of melatonin, the sleep hormone.

Is it possible to get too much sleep? No, you will naturally wake up when your body is rejuvenated. But it is possible to lie in bed for too long. This could happen when you choose to think about something that is bothering you. You may even not want to get out of bed because you do not have any immediate reason to do so. People who do not have anything exciting to do also tend to laze in bed for a longer time. They should get more involved in life and interesting activity.

Cleanse Therapy

There may be hundreds of harmful substances that come into our bodies from the food we eat, the environment we live in, from substance abuse or from the various things we put on our bodies. Some of these substances are organic in nature and the body has no problem disposing them off through its elimination systems, because the human body has been designed for this job. Most of the substances that get stuck within our bodies are the inorganic substances that the body has not been designed to eliminate, so they remain at various locations in the body that are favorable to them. 'Favorable' is decided by the harmonic frequency of the substance and the closest match of vibration it can find in the human body, whether that vibration is a natural one generated by the body itself or an unharmonic one caused by imbalance within the body. Since these substances are alien intruders for the human body, one type of reaction the immune system gives them is wrapping them up in fat cells. That is one reason why we have a lot of unhealthy fat cells all over the body. Once the toxicity generated by the presence of these foreign substances in the body goes high, it begins to cause major dysfunctions like imbalance in cellular pH, dysfunction of the immune system, increase in free radical activity, disruption in energy flow, damage to the endocrine system, hormone imbalances, inflammation and aches and pains.

The human body is always detoxifying itself through the action of its lungs, liver, kidneys, lymph, skin and the colon. The waste that is separated out gets eliminated through breathing, the feces, urine and perspiration. This is a normal continuous process that works well when the body is in good health. This process starts deteriorating when organs get sick or when they get overloaded due to wrong foods and wrong habits or even as part of the normal aging process. We get sick when the detoxification process slows down to a rate where the elimination of toxins is slower than the rate of their build-up. This is the time when we need to help the detoxification and elimination processes by doing organic cleanses. As we help the body in this way, sick organs regain their health and are able to do their jobs well once again.

You have to get toxins and unwanted substances out of your cells so that nutrients can get in.

Nutrients cannot enter cells that are already full of toxic junk!

When you decide to cleanse your body of all its toxic accumulation of many years it is best to start with cleaning your kidneys first. Firstly, if you cleanse any other organ, some of the released toxins that go into the blood will reach the kidneys for elimination in the urine. If your kidneys are already clogged or weak, this will further stress them. If you do the kidney cleanse first, then they will be much cleaner and stronger to handle toxins released by other organs when they get cleansed. Secondly, when the kidneys are cleaned first, their toxins go straight into the urinary bladder, which is only a reservoir and then out of the body in the urine. This does not put a toxic load on any other organ. Thirdly, the kidneys and their functioning are linked to many processes in the human body as well as the functioning of many other organs. For example, cleaning the kidneys will greatly reduce the problem of high blood pressure. So when the kidneys are cleaned first, the body derives multiple benefits in a very short time. The cleanses that follow are written in the sequence they should normally be done for the best benefit to the human body. People who suffer from unique conditions will need to understand what sequence best serves their needs.

Kidney Cleanse

You can be sure that your kidneys are weak or sick when you suffer from some of the following problems:

- Lower Back Ache
- Blood passed out with urine
- Decreased or irregular urine output
- Fluid retention, swelling in lower legs, ankles or feet
- Puffy, dark grey color around the eyes, face and ankles
- High Blood Pressure / Low Blood Pressure
- Pain in the kidney area, or burning when passing urine
- Fatigue, particularly in the evening

There are different organic and natural methods of cleaning the kidneys. I have described two methods that I found the most effective. You can use either of them depending on your comfort with the organic substance used or the convenience of the method. Doing either of these treatments 2 to 3 times a year will ensure that your kidneys and urinary bladder remain healthy.

Black Tea Treatment

Boil 1 glass of water with 1 Tsp black tea till it reduces to ½ cup, by constant slow boiling. Then add ½ glass of drinking water to this and stir it. Strain out this black tea and sip it over 5 minutes. Do this as the 1st thing every morning for 15 days in a row. Do not eat or drink anything for 45 minutes after having this tea. This treatment not only rejuvenates the kidneys, but also removes sediment and stones from the kidneys and the urinary bladder as well. It is advisable to do this treatment once at the start of every winter if you have a problem of recurring kidney stones.

Corn Silk or Parsley or Watermelon Seeds Treatment

Use any one of these natural substances for the Kidney Cleanse. Out of these three options, parsley is the most convenient to use. All that you need to keep in mind is that it should be fresh and strongly fragrant. Unpeeled watermelon seeds are not easily available in stores, so it takes quite a while to collect the quantity required all on your own. Corn Silk (fresh or dried) though available, is sometimes ridden with fungus or mould, though it gets boiled off and separated out as sediment in the process, thereby negating any harmful effect.

Preparation of the ingredients:

- 1) Rinse the parsley well in water. Chop it up well, throwing out the base stalks. You need about 250gms of chopped up parsley.
- 2) Rinse unpeeled watermelon seeds in water and then dry them up. Grind 100gms into a powder
- 3) Use 100gms of dried corn silk or 250gms of fresh corn silk

Use any one of these ingredients for a preparation. Do not mix them. If your kidneys are quite clogged, you can consider trying each of these after a gap of 15 days and see which treatment works best for you.

Procedure:

Fill a vessel with just enough water to cover the ingredient. Boil the ingredient in water for about 3 minutes. Allow the mixture to cool and then strain it. Boil the residue again with fresh water and then strain it. Repeat this procedure one or two more times till the boiled mixture begins to lose color. This indicates that the ingredient has no more medicine left in it. Mix all the strained medicinal water and discard the leftover residue. Let the strained mixture stand for a few minutes, so that any sediment present will sink to the bottom of the vessel. Without subjecting the mixture to any sudden movements, pour out the upper layer of the mixture into another vessel, leaving behind the sediment at the bottom, which is to be thrown out.

Drink a glass of this mixture 3 to 4 times each day over 2 days. Store the mixture in a refrigerator, since it will spoil if kept outside. If refrigerated, it may coagulate slightly but its medicinal properties are not affected. If you cannot drink the cold liquid, then you may warm it up a bit before drinking it.

Observe the results for yourself and then decide the most suitable quantity for using the next time. Increasing the quantity to the level you can tolerate gives better and faster results. If any nausea or undesirable symptoms like stomach pain occur, then reduce the dosage. You can try up to 200gms of dried corn silk or 500 grams of parsley or 200 grams of watermelon seeds per treatment. The resultant water quantity will be about 2 litres.

After a kidney cleanse, you should feel the reduction in the overall toxicity in your body because the kidneys will be working better to remove accumulated toxins in the blood. Also expect higher energy levels, a glowing fairer complexion in a few days and the reduction of all the symptoms listed above.

Parasite Cleanse

During the course of our lives, we sometimes fall sick due to infections caused by microorganisms or parasites that get into our body via our food, water or the air that we breathe. We also get infectious diseases from other people and sometimes, harmful organisms enter our bodies through our skin, although this is generally due to unhygienic conditions.

Symptoms of internal parasites include:

Chronic fatigue
Anemia or iron deficiency
Grinding teeth while asleep
Burning sensation in the stomach, abdominal pain
Food sensitivities and sound, light and smell intolerances
Difficulty in gaining weight, eating a lot but still feeling hungry
Digestive problems like gas, bloating, alternating constipation and diarrhea
Skin allergies, rashes, eczema, itchy dermatitis, sores, swelling and lesions

Perhaps the quickest way of killing harmful pathogens within the body is to subject them to modern inorganic medicines like antibiotics, because these medicines are anti life and do a good job of killing them. But as always, the known or unknown side effects of these inorganic medicines are what we have to put up with. Many times infectious pathogens can act very quickly and prove fatal to us if not stopped dead in their tracks and this is the one time I condone the use of antibiotics or other inorganic chemical medicines.

If your parasite infection is not serious and you want to stay clear of side effects of inorganic medicines, then you have the option of using natural substances like garlic, ginger, turmeric, coconut oil, radish, onion, hot peppers, neem, bitter melon, cloves, clove oil, pau d'arco, wormwood, olive leaf extract, grapefruit seed extract, zell oxygen, goldenseal, sage, thyme, mediterranean oregano, calendula officinalis (marigold), black walnut extract, chamomile and similar other substances that kill bacteria, virus, fungus, mould, worms and other parasites in the body. The only drawback is that these substances sometimes take a longer time to act, though having some of them as a regular part of your diet will surely keep most internal parasites at bay.

Garlic is a potent antifungal, antibacterial, antiviral, detoxifying agent that stimulates the immune system and also helps clean out the respiratory tract. Ginger is an antifungal, antibacterial and anti-inflammatory agent that helps dislodge congestion in the respiratory tract. It is also a great digestive aid and makes a tasty addition to fresh juice. Having turmeric (curcumin) water twice a day helps soothe gastrointestinal infections. It is an antioxidant, anti-carcinogenic and anti-inflammatory agent that soothes the inflammation in the small intestine and colon caused by the activity of bacteria, mould, fungus and other microorganisms. It also improves the functioning of the immune system, purifies the blood and is very helpful for the liver. For the medicinal benefits of other leaves, roots, nuts and fruits, go to www.becomehealthyorextinct.com/naturalmedicine

Homeopathic medicines and Biochemic medicines also do a good job of killing many internal parasites and they are also sometimes a better option than allopathic medicines.

Homeopathic Worm pills

12 days x 8 Worms pills, thereafter 18 days x 4 Worms pills, all just before going to bed.

Biochemic Worm pills

Take 8 pills / 4pills (minors) before bedtime for 12 days. On the 13th day in the morning take a 1 Tablespoon dose of the laxative Castor Oil in a bit of warm water or green tea or black tea. Thereafter, 4 pills / 2 pills (minors) before bedtime for 20 days.

A device called the electronic zapper has also been found to kill harmful pathogens that lie on the surface, or just beneath the surface of the skin. It is a small device that uses two contacts to send tiny electric currents of particular frequencies, which are harmless, through the surface of the body to first disrupt the positive charge of the parasites and then destroy them with current based

vibrational resonance. If the contacts are placed a little apart for longer periods on the body, they are capable of effecting the destruction of harmful pathogens that are moving at the surface level in the blood, cerebrospinal fluid and lymphatic system as well.

For more knowledge on this topic, read up on the work of Dr. Hulda Clark who was very successful with methods of detecting and killing parasites within the human body using this device. The devices are available in most markets and not difficult to come by.

Colloidal Silver or Mono Atomic Silver solution is an antibiotic of the 1940's, which has been found effective in killing over 650 different microscopic pathogens. Silver has antimicrobial and antibacterial properties, and it has been used through the ages to cure infections and help heal wounds. After antibiotics came into vogue, silver went out of favor with conventional doctors except for a few uses such as a salve for burns and wounds, in nitrate eye solutions to prevent blindness in newborn babies and as an antibacterial coating in the lining of catheters. Holistic physicians, however, never stopped prescribing colloidal silver to prevent many types of viral, bacterial and fungal infections, with generally excellent results. Now, with various bacteria strains becoming increasingly resistant to the effects of antibiotics, the medical community is once again interested in the use of colloidal silver because new studies have shown that it can even kill the very dangerous E.Coli and Staphylococcus bacteria. As silver attacks microbes in several different ways, it is more difficult for microbes to develop resistance mechanisms.

For domestic purposes, a Colloidal Silver solution can be made by a small electronic device that sends a tiny current through two small silver electrodes that are immersed in a glass of water. One electrode gives off microscopic particles of silver in the water and the water turns slightly milky white in a couple of minutes. To cure internal infections this silver water can be drunk in limited doses once or twice a day as per the recommendation of the manufacturer of the device. Silver water can also be sprayed or applied externally on the body on cuts and wounds and skin rashes, and even in the eyes for most eye infections. Silver disables the enzymatic reactions that pathogenic bacteria, viruses, single celled organisms and fungi require for the metabolism of oxygen in order to breathe. Consequently, they die and are eliminated from the body by the immune, lymphatic and elimination systems. I have personally used colloidal silver very regularly since the last 3 years and find it to be quite effective in killing microscopic pathogens without having any side effects whatsoever.

Just a couple of cases of silver retention in the skin of the body were reported over the last few decades, which made the skin have a light greyish look, but this was due to the faulty electrical design of some home made devices that made the particle size of silver too big for the body to dispose of. Nowadays the colloidal silver making machines are quite refined and no such recent cases have been reported. Colloidal Silver has not yet been recommended for women who are pregnant or breast-feeding, because it has not been tested on them.

Intestine Cleanse

Signs of a bad stomach and intestines are a white coating on the tongue, bad breath and stomach and abdominal pains. A very clear sign of a bad stomach is also pain when pressed on the corresponding point for the stomach on the palm in Acupressure. This is also a confirmatory method for all other organs as well and it is detailed in the section on Acupressure.

To clean the stomach and small intestines naturally, use Harde powder, which is the powdered leaf of Terminalia Chebula. To prepare it, add 1 teaspoon Harde powder to ½ teaspoon Khadi Shakar (crystal sugar) and dissolve them well in 250ml of warm drinking water. Drink this mixture as the first thing in the morning for 7 to 10 days. Do not eat or drink anything after having this mixture for 1 hour. This treatment cleans the intestines of accumulated food matter and toxic debris that is lodged in it. It also removes excess heat from the body. You may have a couple of loose motions till about noontime due to this treatment and that is normal.

There are many other herbal cleanses for the stomach as well and you should choose one that turns out to be the safest and most effective for you. Cleaning out your stomach at least twice a year using organic cleanses is a very good practice.

Fasting once a week is also a very good practice that cleans the intestine for two reasons. One is that it gives your digestion system a much needed rest from working daily for 6 days a week and secondly, you can also make the fasting day a day of cleansing by drinking just water or cleansing vegetable or fruit juices or even liquid probiotics.

Fasting for more than a day has special therapeutic effects because when the body is starved for food, it seeks all the nooks and corners for accumulated food and breaks it down to be digested so that it can get energy. When this happens, the usable part of the food is absorbed by the body and the balance waste is rejected for elimination. During such fasts it is important to keep the body well hydrated with water or light organic vegetable and fruit juices. One should ease into the fast, that is, have light foods the previous day, as well as end the fast with light foods to start with.

Colon Cleanse

The colon is the last section of the digestive tract and has the job of solidifying the waste liquid food residue by absorbing its fluids and electrolytes and putting them back into the blood. If the colon is not functioning well, during this absorption process, a lot of residual toxicity can also get reabsorbed into the blood. This depends on the toxic content of the liquid food residue. This toxicity comes from the unhealthy food, improperly balanced food groups, food additives and inorganic substances that we consume, and additionally, from toxins secreted by pathogens in the body.

When feces remain in the colon for too long, the residual proteins in it get putrefied, the carbohydrates begin to ferment and the fats become rancid. This further adds to the problem and that is why bowel movement up to twice a day, once in the morning and once in the evening, is the best to keep toxicity in the body at its lowest.

If the colon is not functioning well, then along with the bile salts that it re-absorbs from digested food, to send back to the liver, it also picks up toxins that are returned to the liver increasing the toxic burden on the liver. In this way the toxins just keep recirculating in the digestive system and in the blood since they are not being thrown out in the feces. Such toxicity often manifests as skin problems.

An unhealthy colon also quickens the aging process because it is not capable of absorbing the required amounts of vitamins, minerals and electrolytes properly, which the body needs to remain youthful. When the walls of the colon harbor too much toxicity, it becomes necessary to cleanse it thoroughly. Colon cleanses clean out all the dirt as well as some good bacteria that are loose inside the colon, but still, much of the good bacteria that live inside the mucosal lining remain unharmed.

The simplest kind of colon cleanse is a lukewarm drinking water enema, that lasts for just 5 minutes, which is administered in a standing or squatting position. A more effective version of it is a retained enema, which requires a person to lie down on their back for some time, while facilitating the movement of water up the descending colon, then across the transverse colon and up till the beginning of ascending colon allowing the water to remain in each section for 3 minutes at least. Adding organic tinctures or herbal teas to the water can also be very therapeutic. If it is suspected that the colon harbors harmful bacteria or yeast or other parasites, then organic tinctures that kill these organisms can also be added to the water.

A retained coffee enema (water + coffee) is a very useful colon as well as liver cleanse due to the following relationship between the colon and the liver.

There is a special set of veins called the enterohepatic circulation that connect the colon directly with the liver, so that the toxins absorbed are taken directly to the liver for detoxification rather than being allowed to circulate to the other vital organs in the body. The caffeine, theophylline and theobromine present in the coffee, combine to stimulate muscle relaxation and dilatation of blood vessels so that the toxic blood is quickly taken to the liver. These substances also dilate the bile ducts so that bile flushes out the toxins into the gastrointestinal tract. Simultaneously, peristaltic

activity is encouraged because of the flooding of the lower colon by the enema. When the colon is evacuated in this way, toxins and bile are thrown out of the body.

The best time to do an enema is in the morning after you have just passed stools. If you feel that your colon is quite empty, then you can go for a coffee enema right away or else, you can first do a warm drinking water enema for 5 minutes just to clean out the colon. For the best effect, always do an enema, whether plain water or a coffee enema, for 2 to 3 days in a row.

People having Diverticulitis should not do a retained enema.

Procedure for a retained coffee enema:

- 1) Dissolve 1 full teaspoon of powdered coffee in about 600ml to 800ml of warm drinking water and put it in the enema can. Children will need a lesser quantity.
- 2) Lie on your back in the bathroom and administer the solution into the rectum with the help of the enema nozzle. After it is emptied out into the colon, remove the enema nozzle.
- 3) Lying on your back, first draw your knees upwards and prop up your bottom to allow the solution to travel up the left side of your colon and be in this position for about 5 minutes. In this position, most of the solution pressure will act on the transverse colon. You may need to keep a support under your bottom if your back cannot take the stress.
- 4) Next, lower your knees and rest your back on the bathroom floor once again. Then roll onto your right side and lie there for about 5 minutes. In this position, most of the solution pressure will act on the ascending colon.
- 5) Next, roll onto your left side and lie there for 5 minutes. In this position, most of the solution pressure will act on the descending colon and sigmoid colon.
- 6) You can then get up and evacuate your bowels as soon as you feel like. During the procedure, you will feel a few spasms in the colon, which will try to force out the solution and this is a normal function of the colon, but you will need to exercise control not to do so, as you need to retain the solution for the coffee to act properly.

Psyllium Husk is also a good and natural intestine as well as colon cleanser that can be used when the digestive system is constipated. It is taken orally by mixing about 2 tablespoons of Psyllium Husk in about 250ml drinking water and drinking it immediately. Drink an adequate amount of water later as well, to facilitate a good cleanse.

Colon irrigation, also known as colon hydrotherapy, is also a very effective colon cleansing treatment that is only done at health clinics or medical centers because it uses special equipment.

Liver Cleanse

The liver is one of the most worked organs of the human body because of the hundreds of jobs it does on a regular basis. It is literally a chemical factory within the body that has the job of processing every substance, organic or inorganic that is in the blood. When doing this job, its biliary ducts often get clogged with all sorts of substances that do not leave the liver along with bile. Some substances over time move into the gall bladder as well, and coat its walls or form gallstones. The clogging effect is certainly more pronounced when we eat foods that were not naturally meant to be processed by a human liver. Clogging of the liver causes food allergies, skin allergies, asthma, toxins in the blood, residual acidity in the blood, constipation due to low levels of bile in the digesting food, acid reflux, diabetes, fatigue and dark circles under the eyes.

An organic liver cleanse like the one below, helps the liver and gall bladder tremendously by flushing out their long held unwanted toxic substances, thus reviving the health and vitality of both the organs.

Before cleansing the liver, it is important to cleanse the colon because if the colon is not cleansed and it has a lot of old toxic fecal matter stuck to its walls, a lot of that toxicity can flow back to the liver through the enterohepatic circulation.

The ingredients for a liver cleanse:

Extra virgin olive oil (250 ml) for a person of about 75 kg

Fresh orange, sweet lime or pineapple juice – the same quantity as oil

Epsom salt / magnesium sulphate ($MgSO_4 \cdot 7H_2O$) – 80 gms for a person of about 75 kg

Drinking Water (800 ml)

Choose a day like Saturday to start the cleanse, so that you can rest the next day.

Have a light dinner the previous evening. Eat a light breakfast on the morning of the cleanse.

Procedure:

1pm

Eat a lunch that is easy to digest.

2pm

Do not eat or drink anything after this time.

Mix 80gms epsom salt in 800ml drinking water and refrigerate it. This makes 4 cup servings.

6pm

Drink 1 cup of the epsom salt water. You can gargle your mouth after this or drink a bit of water.

8pm

Drink 1 cup of the epsom salt water. You can gargle your mouth after this or drink a bit of water.

9:45pm

Whip for about 10 seconds (175ml extra virgin olive oil + 175ml fresh orange juice without seeds)

10pm

Go to your bedside. Drink the mixture. Lie down quickly on your right side for about 30 minutes, with your head up high on the pillow. Do not move, remain still. You may feel a train of stones traveling along the bile ducts like marbles. Go to sleep after 30minutes in any position except lying on your stomach.

6am

Drink 1 cup of the epsom salt water. You can gargle your mouth after this or drink a bit of water. Go back to sleep.

8am

Whip for about 10 seconds (75ml extra virgin olive oil + 75ml fresh orange juice without seeds)
Go to your bedside. Drink the mixture. Lie down quickly on your right side for about 30 minutes, with your head up high on the pillow. Do not move, remain still. Go to sleep after 30minutes in any position except lying on your stomach.

10am

Drink 1 cup of the epsom salt water. You can gargle your mouth after this or drink a bit of water.

11am

You may eat light food or have fruit juice. Have a light lunch. Follow normal meals from here on.

You will have bouts of loose motions on the 1st day at night and from the next morning till noon.

If you want to see evidence of the liver / gall bladder stones that come out, put a big strainer or wire mesh in your toilet seat and pass all your stools into it. Spray water on the stools to wash away the feces and the stones will be left behind. You may find hundreds of soft green or yellow stones, which are actually only coagulated bile, or coagulated orange juice and olive oil. It is only the black, dark brown and grey stones that are hard to the touch, which are the real stones.

Do a Kidney Cleanse after every Liver Cleanse since this removes any deposits in the Kidneys that may have got released during the Liver Cleanse.

Acidity Cleanse

An acidity cleanse aims at reducing the acid levels all throughout the body, whether it is in the blood or other bodily fluids or in the bones or at the cellular level. I do not recommend many of the popular acidity cleanses for the following reasons:

- 1) Most of them take a long time to do, even up to 60-90 days, because it is a slow process and that makes it tedious for most people to do.
- 2) Many people do not report any benefit at all. This is because people do not put a stop to the further incoming acidity from acidic foods. This way, acidity just builds up at probably the same rate it is being taken out by the cleanse.
- 3) The most popular acidity cleanse uses apple cider vinegar, which sometimes gives a bad throat and chest cold as well.

As I have explained earlier, an acidic state of the body comes from years of subjecting the body to too much of acidic foods. It is a slow process where acidity is first picked up from acidic foods by the blood and then delivered to the other fluid and cells of the body. The bones suffer the maximum because their storehouse of alkalinity gets severely depleted due to the slow leaching of calcium over many years.

The safest and most natural way of decreasing the acidity in your body is to increase your quantity of alkaline foods and reduce your quantity of acidic foods on a daily level. This will slowly and steadily reduce the acidity in your body over time. In fact, this process cannot even be called cleansing acidity from the body, because it is not. People who promote the idea of acidity cleansing, have the core fundamental of this problem very wrong.

You do not clean out acidity from the human body, you instead re-alkalize it back to healthy levels.

Having good quality alkaline water at the correct times as explained in the section on water will certainly help to reintroduce alkalinity into the body. Once healthy pH levels in your body are achieved, you do not need to continue with alkaline water for the rest of your life. Just having a balance of 70-80% alkaline and 20-30% acidic food will be enough for good health.

The best neutralizer of high acidity from the stomach is of course a healthy liver and gall bladder that are able to supply the correct quality and quantity of bile so that food is properly neutralized in

the duodenum for further digestion. Most of the people who suffer from long-term acidity have a dysfunctional liver and gall bladder.

Cleansing baths

A warm water bath opens up the pores of the skin allowing waste that was deposited there by sweat to come out easily. The warming of the skin also stimulates the body to further sweat as a means of cooling down the skin and this further facilitates the secretion of sweat and flushing out of more toxins. Using a herbal or organic soap during a bath is much better than using an inorganic chemical based soap, whose chemicals can get back into the pores. Make sure you drink water before a warm bath, since it causes the body to sweat and become a bit dehydrated.

As sea salt (sodium chloride) is a good organic cleanser, soaking in a bathtub of warm salt water once a month helps with the deep cleansing of pores and the removal of toxicity and negative energy from the body. Scrubbing the body well with a loofah sponge is also very helpful. About 200gms of salt is enough for one bathtub. A seawater bath also helps achieve the same, besides having the added benefit of a multitude of other minerals that the body absorbs as per its need. Have a normal water bath after a salt water / seawater bath to remove salty deposits from the skin.

Soaking in a bathtub of warm Epsom salts (Magnesium Sulphate) water for about 15 minutes thrice a year is also very good for health. Epsom salt has the added advantage of being able to dilate the pores of the body to a greater extent and this is what facilitates an even deeper cleansing than a salt-water bath. About 400gms of Epsom salts should be enough for one bathtub. Scrubbing the body well with a loofah sponge really helps. This bath should be had at night, so that after stepping out of the bathtub one can fully wrap themselves in a bathrobe or towels and go to bed. This makes the body sweat some more, by which, it further eliminates toxins all night long. A blanket cover can also be used to help this process. After an Epsom salt bath, avoid exposing the body to cold air or draughts since this could lead to tension in the nerves and muscles, causing temporary pain. A normal water bath should be had the next morning. Since there would be a lot of sweating, drinking water at proper intervals at night is recommended.

An Epsom salt bath also gives you an abundant supply of magnesium, which is lacking in most of our bodies due to the depleted levels of magnesium in our soils (due to inorganic farming), so consequently in our foods. Magnesium also gets leached out from our bodies due to our regular intake of acidic food and also because of free radical activity and other degenerative processes.

Magnesium is the second most abundant element in human cells and the fourth most positively charged ion in the body. It helps the body regulate over 325 enzymes and plays an important role in organizing many bodily functions, like muscle control, electrical impulses, energy production and the elimination of harmful toxins. Magnesium deficiency contributes towards high rates of heart disease, stroke, osteoporosis, arthritis and joint pain, digestive maladies, stress-related illnesses, chronic fatigue and a number of other ailments.

Tests show that oral magnesium supplements are not so well absorbed by the body due to the weak intrinsic factor of our weak modern stomachs and intestines. However, the skin does a very good job of absorbing magnesium as well as sulphate, and this is why the Epsom salt bath is beneficial in many ways. Sulphates play an important role in the formation of brain tissue, joint proteins and the proteins that line the walls of the digestive tract. They stimulate the pancreas to generate digestive enzymes and are thought to help detoxify the body of medicines and environmental contaminants. Magnesium Chloride baths as well as Sodium Bicarbonate baths have also proved to effect similar deep cleansing of toxicity from the body.

Heavy Metal Cleanse

I do not recommend inorganic heavy metal cleanses as a 1st option since most of the cleanses use inorganic elements, sensitive processes and expensive machines, which prevent you from doing them on your own at home. Besides, the technology used is under constant validation as well as revision and that is why one needs to handle the subject with caution and detail.

Recommended instead are organic superfoods like wheatgrass, spirulina, chlorella and blue green algae since they have demonstrated the capability of removing some heavy metals. They are quite gentle in their detoxification action and so have to be taken for longer periods of time. They sometimes do have side effects like nausea, vomiting, muscle aches and pains or even fatigue when taken for continuous periods and that is probably due to the minute toxins they carry (a protection for their survival, as explained earlier in this book). They can also cause a slight buildup of certain minerals like sodium or potassium or iron. For these two reasons, I recommend a break of 1 week after every 1 month of their consumption. One can take these cleansing agents till the time they experience a complete die off of the symptoms of heavy metal presence.

Fruit pectin is a wonderful detox agent as well. It appears like small transparent drops of gel that come from the fibrous portion of the fruit. It is mostly found in the pith of papayas, limes, lemons, oranges and other citrus fruits as well. Other sources of pectin are bananas, apples, carrots and cabbage. Simply eating fruits high in pectin also gradually cleanse the system of heavy metals. One can also get a pectin product and add it to a glass of water or fresh fruit or vegetable juices.

Cilantro is also a delicious detox herb. Some places you can buy it in a drinkable juice form. Even adding the herb to your juices or in your salad will give the desired effect over a period of time.

Psyllium Husk (Sat-Isabgul), Bentonite Shakes and Zeolite Clays are also effective in removing traces of heavy metal from the body, so you can try them as well if the above options do not work for you.

Summary of this Chapter

There are other natural cleanses that are also advocated for the organs like the heart, lungs, pancreas, spleen and the brain. I do not recommend them much since I have not experienced much benefit from them, neither have I seen others getting distinct benefits from them. I have however found that having a healthy diet and doing all the cleanses I have suggested above, effects a safe cleansing of all the other organs as well, in a gradual manner. I choose to focus mainly on cleansing the digestive system because that is where most of the impurities get into our bodies. Once we put the right cleansing foods into the digestive system, it automatically delivers the cleansing agents wherever required in the body. I have also found that panchakarma cleansing treatments of the Ayurvedic system are useful in treating many conditions.

It is important not to do any vigorous exercises during the time you are doing a cleanse for two reasons. Firstly, some cleanses do temporarily tax certain organs in the body where most of the detox is taking place and what these organs really need at that time is rest. One may also feel tired after the intestinal, liver or colon cleanse, so it is better to rest for a day, hydrate yourself well and take probiotics for a week after these cleanses, so that good bacteria repopulates the digestive tract. Secondly, as each internal organ gets cleansed, it works at a new level of purity and efficiency and it does require a couple of days for the rest of the organs and the body as a whole to re-configure with the new operational parameters of the cleansed organ.

As the blood also becomes cleaner due to the cleanses, the body gets more hydrated and filled with life and naturally kicks its detox mechanism into full gear. When this happens, a lot of stored toxins from the body re-enter into the blood stream to be processed and expelled out of your body.

This manifests as many symptoms. The most common are headaches, aches and pains, feeling irritable, congestion, in severe cases vomiting, sweating, fevers, and dizziness. Often you may find yourself re-experiencing symptoms of diseases or sickness you've had in the past. If you find yourself in a detox phase, please be patient, take it easy and drink lots of water. Detoxing can be a serious bodily process and very intense, especially if you have a lot of built-up toxicity. The heaviest bursts of detox are right in the very beginning. If you have been living a very unhealthy life-style and have not been eating greens or raw foods for a long time, be prepared for higher levels of detox. Detox can last a day or two, and sometimes even a week. Take a nap whenever necessary during the day and do not cut short your night sleep. You might even want to take a day off from work and go for a walk in nature while your body cleanses itself. When the detox period is over, you will experience a new level of energy, rejuvenation and mental clarity.

Acupressure

Acupressure is an ancient healing technique that is safe, because it has no side effects and does not conflict with any other system of treatment or medication a person may be using. It involves pressing certain points on the hands or the feet or the ears or on the body in any combination for healing different parts of the human body. The system of acupressure I am teaching in this book is designed to treat the entire body as a whole because that is what is required to cure chronic illness. It is a vital tool that will help you implement the 4th step of the Natural Health Therapy - Activate the body's healing mechanisms to cure illness. Though it is part of the fourth step, you can start using it even during the 1st step of the Natural Health Therapy. That is because it is a push system of healing and does not have any pre-requisites. Pull systems on the other hand can be harmful if done vigorously when the body is already inundated, with other efforts like changes in diet and changes in habits. This acupressure system is simple to learn and one does not need to have great knowledge of either diseases or the human body, since acupressure points deal on a one to one basis with each organ of the body. Acupressure can detect which organ is ill and once it is treated with acupressure, it becomes healthy again and illness disappears over time as a natural consequence.

From this point onward in this book, when I use the word 'Acupressure', it will mean the entire technique of Acupressure that I am teaching in this book. It will not mean any other form of Acupressure taught by anyone else.

Acupressure points are to be pressed either on an empty stomach or 2 hrs after a meal since this is when the body derives its maximum benefit. Pressing of the acupressure points can be done once, twice or even thrice a day, till ailments disappear completely. When dealing with chronic ailments, it better to continue pressing the acupressure points on the palms or feet for an additional month, even after all symptoms of illness disappear completely, since this helps rid the illness from its roots. Pressing of the points elsewhere on the body can be stopped after a few days of complete healing.

The use of acupressure nowadays is slowly and steadily increasing as an alternative treatment, since many conventional treatments are unable to cure chronic ailments properly and some conventional treatments have side effects as well. Some treatments involve taking medications for a lifetime and many people who are on medication say they are cured, but that is such a big misnomer. In comparison, acupressure is easy to administer, it is free if you do it for yourself, it can show results very quickly in most cases and it has no side effects. This is the reason for its growing popularity and use. All that one needs is a good understanding of how to use it and that is precisely what I aim to give you in this book.

How does Acupressure work?

In the human body, bioelectric current, also known as 'Chi' or 'Prana' is generated by the brain. It is constantly supplied in minute doses to each and every part of the human body through the nervous system. Chi is the life energy that is needed by all the cells of the human body for their functioning. If Chi flow to an organ were reduced, then the organ would perform sub-optimally and show signs of sickness. If its flow to an organ were totally cut off, then the organ would seem lifeless, just like the paralyzed arm of a person. Chi is the electricity that drives all movement in the human body.

This Chi can be measured in the laboratory with the help of sensitive instruments. It can also be strongly felt when nerves are severed and left open ended in the flesh after reconstructive surgery as I narrated earlier. Even though it is the nerves that carry this biocurrent, common acupressure terminology says that meridians carry the current. Nerves and meridians are not the same thing. Meridians are energetic network lines of the astral body. Nerves are situated in the physical body. When biocurrent is measured in the body, two fine electrodes are pierced into the skin till they make contact with the nerve at different points and then a reading of the current flowing through it is taken. Instruments to measure the energy flow in the astral body meridians have not yet been developed. It is necessary for me to make this distinction because I have explained that the astral body is different from the physical body. I will nevertheless continue with convention and use the

word meridian (meaning nerve). There is not going to be any discrepancy between points on meridian lines or nerves, because the nerve networks follow the meridian lines very closely.

So biocurrent flows through the meridians, which run through the entire length and breadth of the human body connecting each and every organ and body part. The meridians are continuous for the most part, but have their end points located on the hands, feet and ears. All the organs on the right side of the body have their corresponding acupressure points on the right palm. It is similar for the left palm and similar for the eyes and ears as well. By pressing these acupressure end points on the hands, feet or ears, more biocurrent gets directed to the respective body part and this removes blockages in biocurrent flow. This energy flow helps in activating the blood flow, lymphatic flow, cerebrospinal fluid flow and all other mechanisms that feed off biocurrent. This is why it is a very powerful system of treatment. Another direct consequence of pressing corresponding points of organs is that toxins trapped in those organs also get freed up, which are then picked up by the blood for elimination. When this pressing is done regularly, it rejuvenates the organs, which regain their lost health in a short span of time.

Which diseases can be cured with Acupressure?

Most chronic illnesses like headaches, eye problems, throat problems, thyroid problems, heart problems, lung problems, stomach problems, digestive tract problems, kidney problems, joint and bone problems, slip disc, high or low blood pressure, cholesterol, hormonal imbalances, obesity, diabetes, asthma, sinus and skin problems can be cured with the help of acupressure. Even hereditary diseases can be cured if acupressure is correctly done between the ages of 5 to 18.

Acupressure is not a remedy for viral, bacterial or fungal infections and it cannot heal communicable or contagious diseases. It cannot kill internal parasites or pathogens that are in the body and that is why I have given you different organic methods to achieve that purpose. It can however help the body in recovering from such attacks since it rejuvenates all the systems of the human body. Regular acupressure will certainly increase immunity against all such diseases. Acupressure can to a great extent reduce the recovery time for illnesses like Tuberculosis, Pneumonia, Cholera, Typhoid, Jaundice and many other infectious diseases.

Does Acupressure have any side effects?

No, Acupressure does not have any side effects since it uses the body's own internally generated energy to effect healing. There is no foreign or inorganic agent acting here, so there is no chance of contamination or adverse reaction or side effects. Over-pressing an acupressure point can only lead to an organ getting an extra amount of biocurrent and that only makes the organ healthier.

In conventional medicine, there could often be a wrong diagnosis. Sometimes a wrong prescription of medication could also be given. In acupressure, there is no such scope for error. The corresponding points of body parts that pain when pressed have biocurrent blockages due to their weakness. Press the points to activate the biocurrent flow once again and effect the healing of that part. This is the direct relationship between sickness in the body and Acupressure points. No other system of treatment is as simple and straightforward. Some conventional systems of treatment treat just the symptoms of disease, but Acupressure treats the root cause of the disease.

Will Acupressure work for me?

Acupressure is purely a physical system. It relies just on the human body and an individual's effort. There is no need to have faith for it to work. If you follow the advised program, it will work on you. Marked improvements in health have happened even for totally bed ridden / paralyzed patients who could not do anything themselves, after acupressure was given by their family members.

How long will it take to cure my ailments?

Normally, people who are sick may have at least one serious chronic ailment along with other minor ailments. Treatments for long-standing chronic ailments may last between 4 to 6 months,

depending on how serious the ailment is. Minor ailments may disappear within a couple of weeks to a month.

You need to do an acupressure session on yourself and it may take about 30 minutes per session. The recommendation is to do 2 such sessions in a day. Needless to say that if your chronic ailments could go away within 4 months if you do acupressure twice a day, then it would take almost 8 months if you did it only once a day. The speed of the recovery depends on a practitioner's efforts. A practitioner can do it up to 3 times a day also and get cured even faster.

1 hour a day just for Acupressure?

You may be aware of your chronic ailment, since say the last 3 years, but what you do not realize is that its seeds have been sowed in your body probably 3 years prior to that. So to say that 6 years of illness in the body can be repaired by just 1 hour of treatment daily for 3 months is nothing short of a miracle! Have the right perspective. Most other natural treatments take more than double this time to cure illness.

Take a look around you and see how everyone in some form or the other is spending on an average of 1 to 2 hrs a day on health doing activities like a long morning walk or jog, pranayam, yoga, workout or aerobics at the gym, swimming, an activity sport, a rigorous diet and regular visits to the doctor or the health clinic. If you are not already spending any time doing such activities, then you should, because stress, pollution, unhealthy food and bad habits in our daily lives are worsening our health and that has to be counter-balanced by some fitness activity.

If you do acupressure that covers all your organs, it is like giving the whole body a workout. You will not need any other form of exercise to remain fit, except moving all your body parts for flexibility and agility. Simple stretches and joint rotations or regular work that gives your body an overall workout will stimulate the blood, lymphatic, cerebrospinal, muscle, tendon and joint systems to keep you fit enough. Acupressure can be embedded into some of your other regular activities like reading the morning paper / watching TV / chatting / reading a book etc. You do not really need to make a separate time in your day to do it. Most other fitness activities do require an exclusive time. This is one great convenience of acupressure.

Are there any diet restrictions in this acupressure system?

For the best and fastest results, one should be on a 100% vegetarian diet. Non-vegetarian habits only slow down the effectivity and speed of the treatment. This is only natural, because man is by design, a fruit eater and a vegetarian. The body heals itself fastest in this environment.

When and where should one avoid Acupressure?

When one has a fever. Treatment will release more toxins and tax the immune system further.

When one is pregnant and has pregnancy complications or a history of miscarriages.

If one has deep vein thrombosis. Pressing directly on the clot could rupture it.

If one is suffering from Epilepsy, take care of the head and brain reflex acupressure points.

Avoid giving acupressure to someone with a contagious disease. Let them do it for themselves.

Do not do acupressure over injuries or sores, varicose veins, corns, inflamed or puffy areas.

Do not do acupressure over re-productive organs during menstrual flow.

Why is Acupressure along with The Natural Health Therapy one of the best systems of health?

Acupressure is not only a curing system; it is a diagnosis system as well as a disease prevention system. With acupressure you can check the health of all your organs anytime and detect illnesses even before they fully manifest themselves physically. Curing diseases at the initial stage is much easier and quicker as well. If acupressure is routinely done even when the body is completely healthy, it raises the immunity of the body to such a high level that chronic diseases just do not get a foothold in the body. The body does not even succumb to external attacks like those from viral / bacterial / fungal / weather change / pollution / spoilt food / toxic food sources easily. This is the main reason why I have not fallen sick for even a single day in the last 7 years!

Acupressure uses the body's own internally generated energy to effect healing. As there is no foreign or inorganic agent acting here, there is no chance of contamination or adverse reaction or side effects. There is a direct relationship between the pain in a correspondence point and its ailing organ. Pressing the paining correspondence point effects healing in the associated organ. No mis-diagnosis is possible. Acupressure directly treats and cures the organs that are diseased.

Acupressure along with The Natural Health Therapy treats not just specific organs, but also other organs whose support is required for the complete healing of the ailing organs. If you are suffering from chronic illness and practise this complete system for a whole year, you can expect to biologically reverse your age by about 10 years. You can verify this by taking one set of all your medical reports before you start practising this combined system and then taking one set after a year and comparing the second set with your medical reports of 10 years before.

Since acupressure is a diagnostic system as well, you can check up your own health whenever you like and be in an illness prevention mode rather than having the need to make routine visits to a diagnostics center. Once your health radically improves, you will not need to see your doctor as often. Calculate the benefit on all the following aspects!

Time and money saved.

Being healthy all the time.

Being able to rely on your body for performance.

Living with peace of mind and without fear of any undiagnosed illness showing up.

As explained earlier, systems like acupressure are push systems that do not stress the body and that is why they are much safer. In comparison, rigorous exercise regimes are pull systems that have the potential to make the body break down and so they are not as safe.

Increasing Biocurrent in the body

Since biocurrent is the energy used in acupressure to revitalize ailing organs or body parts, having a good flow of biocurrent in the body really helps the speed at which acupressure works. Even if one does not have a healthy amount of biocurrent being generated in the body, the acupressure treatment still works, but at a slower pace. The 3 methods that help generate optimum levels of biocurrent are:

1) Life Energy water

To make this water, boil 4 glasses water in a stainless steel vessel, with 15gms gold, 30gms silver, 60gms copper plate and a 60gms iron bowl, till the water reduces to 2 glasses. There should be no dust and no rust on any of the metals, they should all be shining. For this, clean them with an abrasive powder like Pitambari powder every time before boiling them. Keep this water warm in a thermos flask and drink one glass preferably first thing every morning and the second glass after about 4pm. This water can safely be taken for about 3 months in a row every day. Taking a break for a couple of days every fortnight is also fine.

2) Combination 12

These are Homeopathic pills. They provide the minerals and nutrition to the brain and aid it in producing adequate biocurrent. Take 3 pills 3 times a day for about 3 months and see the improvement and then decide if it is to be continued for a longer period.

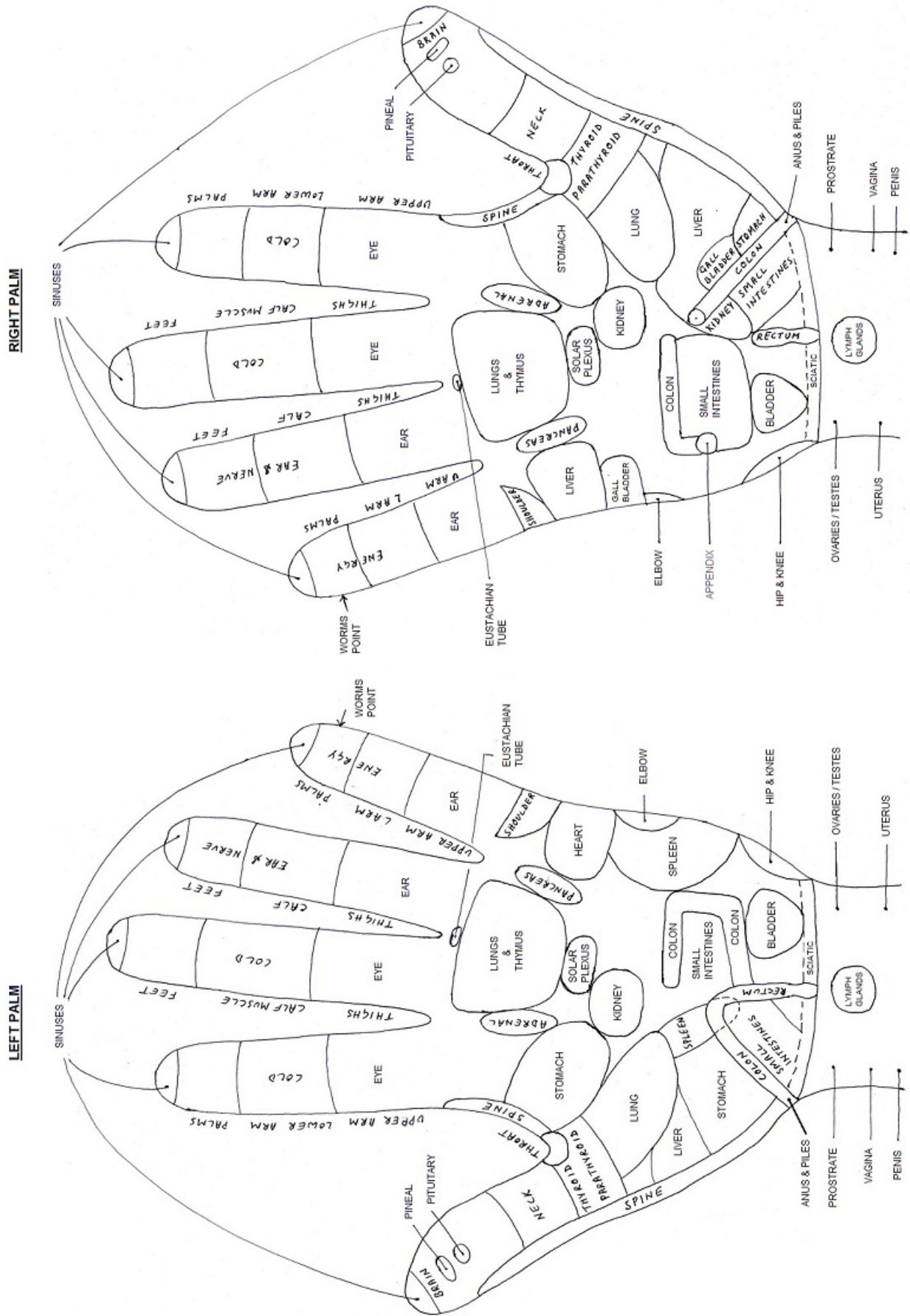
3) Pranayam

There are many types of Pranayama (breathing techniques), but the one to be used for the generation of good levels of biocurrent is the one I have explained on page 118. Do it to the level you are comfortable with, starting with the 20 breaths cycle and then increasing the number of breaths gradually over a month or two. This pranayam is to be done just before every acupressure session so that you have optimum levels of bioenergy available.

Out of the above three methods of generating biocurrent, I recommend pranayam the most since it provides the body with multiple benefits.

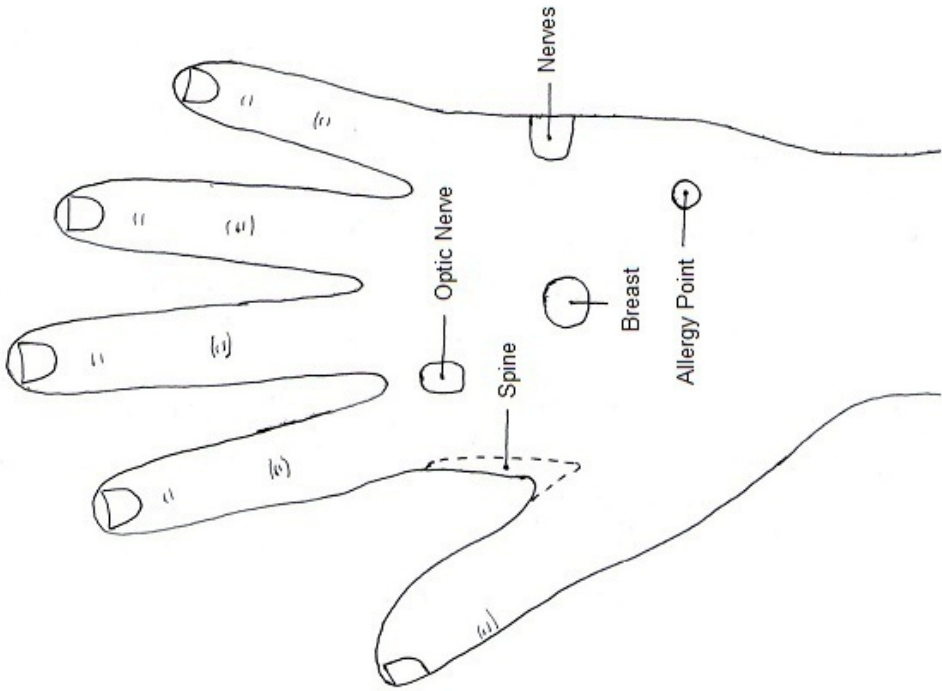
Acupressure Hand Charts

Acupressure points on the front of the palms

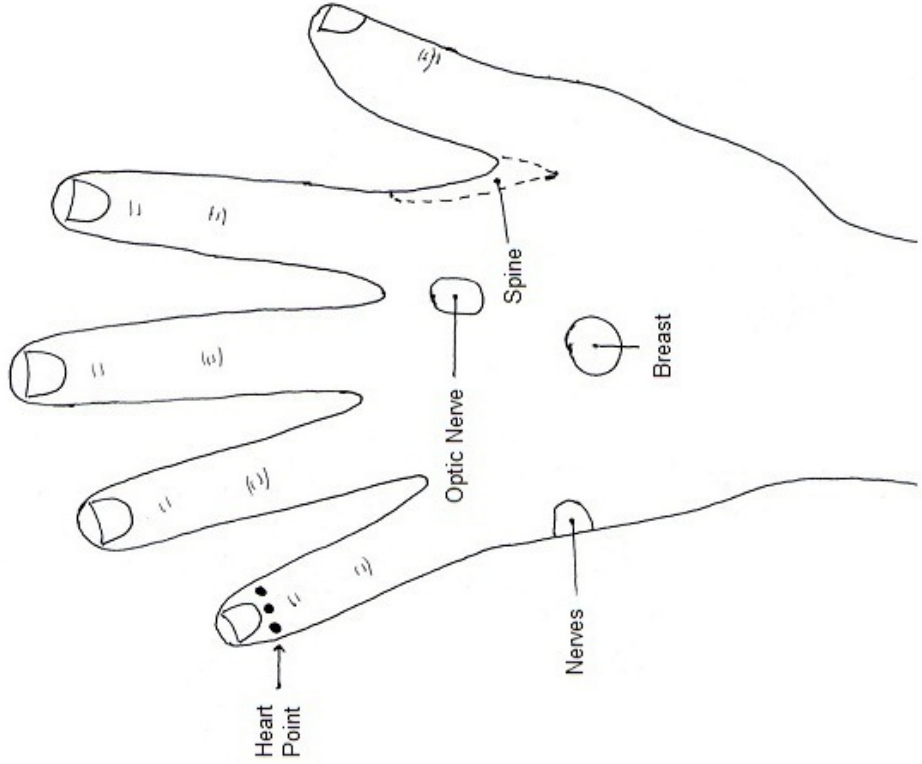


Acupressure points on the back of the palms

Back of Right Hand



Back of Left Hand



The Diagnosis Chart

- | | |
|---|--|
| 1. Name - | Age - yrs, Weight - kgs, Date - |
| 2. Eyes redness (heat) - | Dark circles / puffy skin under eyes - |
| 3. Tongue diagnosis - | |
| 4. Feet middle toe pain - | Tennis elbow muscle pain - |
| 5. Swollen feet - | Black skin patches on legs / feet - |
| 6. Frequency of passing stools - | |
| 7. Blood Pressure Systolic - | Diastolic - Pulse - |
| 8. Solar Plexus balance in palms / hip & legs balance in feet - | |

	Organ pain points	LH	RH
1	Pineal gland		
2	Pituitary gland		
3	Thyroid & Parathyroid		
4	Thymus gland		
5	Solar plexus gland		
6	Adrenal glands		
7	Pancreas gland		
8	Ovaries / Testes		
9	Prostrate		
10	Vagina		
11	Brain		
12	Head nerves		
13	Mental nerves		
14	Eyes		
15	Optic nerve		
16	Ears		
17	Ear & Nerve		
18	Cold		
19	Sinus points		
20	Neck		
21	Throat		
22	Shoulders		
23	Arms		
24	Energy out point		
25	Spine		
26	Lymph glands		
27	Lungs		
28	Heart		
29	Breast points		
30	Energy		
31	Stomach		
32	Liver		
33	Allergy point		
34	Gall bladder		
35	Spleen		
36	Intestines		
37	Worms point		
38	Appendix		
39	Colon		
40	Piles		
41	Kidneys		
42	Uterus		
43	Urinary bladder		
44	Hip & Knee		
45	Legs & Feet		

Current Complaints

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Medical History since Birth

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Current Medications

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Current Health Practices

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Using the diagnosis chart

When you start to diagnose your condition, use The Diagnosis Chart to note down all the parameters of your present state of health. Then after some time of doing acupressure regularly, you can check the same parameters and note your improvement.

Eye redness indicates the degree of toxicity in the blood as well as the heat in the body.

Dark circles under the eyes indicate that the liver has weakness.

Puffy skin under the eyes indicates the unhealthy condition of the kidneys.

Tongue diagnosis is a detailed subject that I will not be teaching in this book.

Pain in the middle toe of the feet when pressed, indicates stored mental tension.

Pain in the tennis elbow muscle when pressed indicates stored emotional stress.

Swollen feet or black skin patches on the legs or feet could indicate severely ill kidneys.

The relevance of frequency of passing stools has been explained on page 20.

By placing both your open palms together, facing you, align the topmost prominent horizontal lines on the palm. Once they are aligned, check if the horizontal lines on the little fingers match. If they do not, and the lines of one little finger are lower than the other, it indicates that the Solar Plexus is out of balance. The little finger, whose lines are lower, will even appear a bit shorter. To rebalance the solar plexus, stretch out the hand whose little finger is shorter, horizontally in front of you. Now firmly grasp the crease at the elbow with your other hand, thumb on the lower side of the elbow and 4 fingers on the upper side. The crease of the elbow should be just below the little finger. Now make a thumbs up fist of the outstretched hand and swiftly jerk the hand upward, till the tip of the thumb hits the top of the shoulder of the outstretched hand. Now let the arm go back to the outstretched position again. Repeat this 3 times. Then place the palms together like before and see if the little finger lines match. If the solar plexus is not balanced in this way, a lot of digestive problems like loose motions can occur.

To check if the hip and leg balance is ok, lie down on the floor, flat on your back, legs straight and match the height of the main toes. If one is higher than the other it indicates an imbalance. To rectify this, sit up, with one leg still outstretched, and drawn in the foot of the other leg (whose toe is shorter) by bending the knee upwards in the air. Then holding that knee firmly, press it down swiftly across the thigh of the other leg with some pressure. Do this 4 times. This will lengthen the tendons of the leg whose toe is shorter and the toe heights will begin to match again.

These two checkups and rebalances are to be done on an empty stomach first thing in the morning or 4 hours after a meal. Check every day to see if the balance has come back. If not, then rebalance them till the day they get balanced.

Diagnose organs by pressing their acupressure points

Outstretch the thumbs of one hand. Now bend just the top digit of the thumb forward to a 90deg angle. Press the nail tip side of this thumb, perpendicular to any acupressure point (shown in the acupressure hand charts) on the palm of the other hand, with a deep press. Place the balance 4 fingers below the palm for supporting the pressing action. Press deeply and release a couple of times at a chosen organ location. The pointed index finger can also be used to press a point of the other palm. If there is pain deep within the flesh of the palm, it means that the corresponding organ has sickness or weakness. The degree of pain shows the severity of sickness. For the pressing technique, take a look at the video at www.becomehealthyorextinct.com/acupressure/techniques

Check up the acupressure points of all organs and body parts as per the sequence given in The Diagnosis Chart and if they pain, put a "Y" symbol (Yes) mark in the LH column (pain on the left

hand palm point) or RH column (pain on the right hand palm point). Check all the 45 points given in the chart and mark Y where you feel pain.

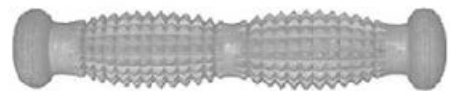
In some cases, where the palms are used a lot for manual work, the sensitivity of the acupressure points is a bit diminished. So some points may not show pain for the first 1 or 2 days even though the organ is unwell. In such cases a hard acupressure ball should be rolled between the palms with a firm pressure, for about 5 minutes twice a day for 3 days. The points will then get activated and show their pain when you check them again after 3 days by pressing with the thumb or index finger. This completes the diagnosis of all points in the hands and so also the diagnosis of their correspondingly organs within the body.



Metal Spring Ring



Plastic Probes Ball



Wooden Foot Roller

How to treat the acupressure points

The points that pain are the sick organs or body parts, and to cure them, you just have to press them in a certain way and that is all they require for healing. Now since this system of acupressure that I am explaining, is designed to heal chronic illness, pressing certain points that manage overall health is necessary, even if they do not indicate any pain and I will explain why shortly. If you are not following this system, then you can press any point in any sequence, it really does not matter, you will still get some benefit.

Doing an Acupressure session

- 1) Do the Pranayam so that it generates a good level of bioenergy.
- 2) Make a 90deg angle of your thumb or your index finger and press it deep on the acupressure point (shown in the acupressure hand charts) of the other palm with an up and down pulsating kind of press for about 2 minutes on each point or area of the hand, in the following sequence. Pineal & Pituitary (one area), Thyroid & Parathyroid (second area), Thymus & Lungs (third area), Solar Plexus, Adrenal, Pancreas and finally, the Sex Glands on both sides of the wrists. This same sequence is given in The Diagnosis Chart. After you press one point on say the left hand, next press the same point on the right hand. Then go to the next point in the sequence.

The above points are the endocrine glands, the master controllers of the human body. Pressing them first is very necessary because only if they work well, will they secrete the right quality of hormones required by the body. The pressing of these very points also activates the associated plexus in the same area that conduct the flow of biocurrent to every associated chakra, as well as through the nervous network of the body.

If you noticed the sequence of points, they start from the topmost area in the brain, which is the producer of biocurrent and then progressively go lower. As you press each endocrine gland, you strengthen its physical vitality as well the energetic vitality of the chakra it manages. The performance of this junction in the body improves, and so in turn, it enables a healthier flow of energy to the next downstream endocrine junction. This is how the entire Endocrine Body is first energized.

- 3) The next sequence of points to be pressed are the points where you have felt pain and marked 'Y' in the diagnosis chart. Go as per the sequence given in The Diagnosis Chart. Do not press these points as deep as the earlier endocrine glands. Just press enough to feel their pain. Here, each point needs to be pressed for 1 minute only. If you do not end up pressing the

kidney point in your sequence of points, compulsorily press it as the last point on both hands. Pressing the kidney points in every acupressure session is a must because it helps keep the kidneys performing optimally. Kidneys should be in a healthy condition so that they can eliminate via the urine, all the toxins that are released into the blood from the ailing parts.

- 4) Roll an acupressure ball in your palms firmly for 3 to 4 minutes. You can also roll a foot roller under your feet firmly for the same amount of time.
- 5) Drink 1 to 2 glasses of water to help flush out the toxins released during the session.

It should be remembered that pressing on the paining point is what cures, so do not avoid paining points, instead search for them. You are actually searching for the weak points of the body so that you can press the weakness away!

Give special attention to the Thyroid & Parathyroid area and press it where it pains for 2 complete minutes. These are the most important endocrine glands as far as energy flow is concerned because they are situated in the neck, which is a narrow channel through which all the bio-current from the brain flows. All communication from other parts of the body picked up by the nervous system also flows back to the brain through this neck passage.

Acupressure point pain analysis

Acupressure point pains in the hands have a way of expressing themselves and they do have a very clear meaning, which is termed as the classic acupressure pain cycle, which is as follows:

For the first couple of days you may not feel pain at some points. This is due to the insensitivity of the nerves on the hand. Consider them as waking up from a slumber.

After a few days the paining in the points increases and it becomes very clear that certain organs are sick. The amount of pain is directly proportional to the level of sickness of the organ.

As you continue pressing these points daily, the pain in some of the points will go down. These are the points where the weakness was not deep rooted and the organ has just recovered from sickness. Other point pains may reduce considerably and this is part of the healing cycle.

The points that keep on paining for over 15 days or a month are the organs that have chronic illness that is deep seated, so keep on pressing their pain till it disappears completely.

If you have a doubt about whether the pain is actually acupressure pain or just weakness in that part of the hand, ask yourself these questions:

- 1) Did I have an injury on this part of my body?
- 2) Am I pressing so hard that my tissues are getting damaged or my bones are hurting?

The final guideline is that, over a period of 10 days, if the pain is increasing more and more every day, then the pain is probably not acupressure pain and you may be causing yourself some tissue damage by pressing too hard.

If you are still not able to get a good understanding of acupressure pain, then please see an acupressurist or a person who successfully practises acupressure.

Pressing an acupressure point deeply and continuously (not pulsating) for over 3 mins will make pain in the body at its corresponding area disappear. That is just temporary numbness and not an effect of permanent cure. It is often used to numb pains like dental pains or neck or joint pains.

There is one peculiar organ in the human body that may not show as much pain as it should, when it is ill, and that is the Liver. The Liver point shows pain only when there is severe illness. This is because the cellular structure of the liver is quite different from other organs of the body and the network of nerves in it is quite less. Since there are a lesser number of nerves in the liver, the

amount of pain in its corresponding point in the right hand is also lesser than normal. This is why the liver is called the silent organ. This does not mean that one does not press the liver point if it is not paining. It should certainly be pressed if there are other indications that it is weak. When this point clearly pains on the hand it shows that the liver has already been damaged to quite an extent. Even so, acupressure diagnosis of the liver detects weakness much earlier than other conventional diagnosis.

Compulsory cleanse before starting acupressure treatment

If you have never done a Kidney Cleanse before, you should certainly do one before starting acupressure, so that the kidneys are clean and healthy to dispose off the toxins that are released due to the action of acupressure.

If a person's kidneys are severely weak to begin with, as in the case of renal failure patients, they should first start with the black tea kidney cleanse for 15 days, while doing daily acupressure twice a day just for the kidney points only. Regular acupressure for the rest of the body can be started after this period.

Optional treatments that help the healing process

The body will cleanse itself of toxins and also heal much faster if it is helped by some natural treatments that facilitate its cleansing. The following natural treatments are recommended when using this system of acupressure.

- 1) Black Pepper treatment for the removal of excess heat from the body.

Soak the powder of 15 black pepper seeds + 2 Tsp Khadi Shakar (crystal sugar) in 250ml water at night. Stir it well and drink it first thing in the morning for 10 days. After this, add 5 chopped almonds to the mixture and have it for the next 10 days.

- 2) Nux Vomica 30X

Take 3 pills 3 times a day for 45 days. This treats disorders of the stomach, digestion problems, problems of bile and ulceration in intestines.

- 3) Health Drink powder

Mix 300gms dried amla (indian gooseberry) powder and 100gms dried ginger powder. Take 1 Tsp in warm water every morning and every evening for 15 days. Amla has 16 times more vitamin C than lemon. This protects the body from cold and increases digestive power.

- 4) Q Mixture

Mix Neem (Azadirachta Indica) powder, Tulsi (Basil) powder and Bael powder (Aegle Marmelos) in equal proportions. Take 1 Tsp in warm water 1 hr before lunch and 1 hr before dinner for 15 days. This treatment purifies the blood and also increases energy levels.

- 5) Aloe Vera juice

Mix 30ml of Aloe Vera juice and 30ml water. Have it on an empty stomach, first thing in the morning. No food or water for ½ hr after it. Repeat the same just before going to sleep at night. It is a health tonic and benefits the Liver tremendously.

One blood circulation cycle in the human body takes approximately 20 minutes. So if you are taking medications for different ailments separate them by 20 minutes at least, as this allows one complete cycle for the medication to be absorbed the blood and also delivered to the place where it is required in the body.

The Meridian system

The network of the human nervous system, mainly stemming from the brain and the spinal chord is like a massive river with all its tributaries. It has junctions and branches on the main pathways, called the meridians, which run through the entire length and breadth of the human body. The end points of these nerves are located on the hands, feet and ears.

In healthy individuals, biocurrent flow maintains a constant balance within the body. When a harmful event occurs within the body, it clogs the flow of biocurrent and disease ensues. The meridian junctions are the spots where biocurrent has the greatest tendency to get stuck and when this happens, it causes an imbalance as upstream sites are flooded with too much biocurrent and downstream sites receive too little. Acupressure points are also located on the pathways and junctions of these meridians. Pressing the acupressure points on the meridian pathways on the body dislodges blockages and this restores normal circulation of biocurrent. Once normal biocurrent circulation is restored, the cells eventually return to their normal, healthy state. The pressing action also facilitates the smooth flow of cerebrospinal fluid in the nerve ménages.

There are 14 meridians that run through the body. Twelve of the meridians are connected to 12 different organs of the human body, whereas two of the meridians are connected to mechanisms of the human body. The meridians are as follows:

- 1) The Heart meridian
- 2) The Small Intestine meridian
- 3) The Gall Bladder meridian
- 4) The Liver meridian
- 5) The Urinary Bladder meridian
- 6) The Kidney meridian
- 7) The Lung meridian
- 8) The Large Intestine meridian
- 9) The Stomach meridian
- 10) The Spleen meridian
- 11) The Pericardium (heart sac) meridian
- 12) The Triple Warmer (spinal chord) meridian
- 13) The Governing Vessel meridian
- 14) The Conception Vessel meridian

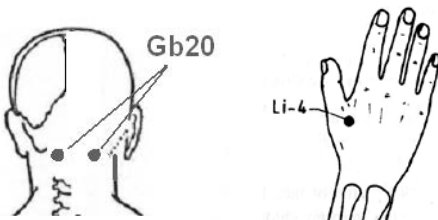
To reduce the number of diagrams that you need to reference in the following pages, I have only shown meridian points that are required to treat specific illnesses. If you want to see all the points on each meridian line, go to www.becomehealthyorextinct.com/acupressure/meridians

Acupressure Treatments

Following are acupressure treatment points for various ailments, where a combination of hand acupressure points as well as meridian points on the body have been given. Some places additional information pertaining to the healing of the ailment is also given. When a hand point is referred to, press it with a deep pulsating action for about 2 minutes if it is an endocrine gland. If it is not an endocrine gland, press it with a pulsating action for about 1 minute. Each meridian point on the body should be pressed with a pulsating action firmly only 8 times in one acupressure session and 2 acupressure sessions should be done every day with preferably a gap of 6 hrs in between to give the nerve points some time to recover. The pressing of points for the following ailments should be incorporated within your acupressure session.

Headaches

Pain on the forehead
Press GB20 + Li4



Pain on the sides of the head – Due to Cold.
Press below the thumbnail, both sides.



Pain on the top and back of the head – Due to Acidity.
Press below the Index finger nail outer side + Chronic acidity pt St 45



Pain on one side of the head – Migraine.
Below the Thumb nail both sides + Gb20 + Chronic acidity pt St 45 + Liv3 + Pancreas + Liver
Migraine patients should not eat refined flour, chocolate, cheese, paneer, citrus fruit, alcohol
Try Magnesium supplement tablets or Magnesium Oxide powder for relief.

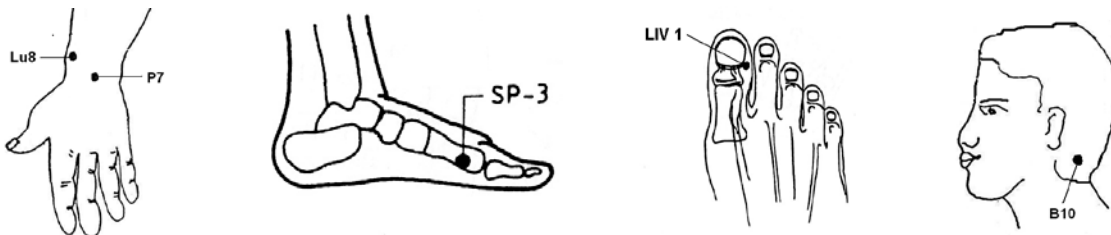


Brain Tumor

On the hands press the Pituitary + Pineal + Brain + Cervical + Spine points
Roll the metal spring ring on all the fingers of both hands. Stop using the cellphone.

Brain Stroke / Paralysis

To check if it is brain stroke, do STR – Ask the person to SPEAK a full sentence you just spoke, to stick the TONGUE out and see if it is drooping on one side, can the person RAISE both arms high.
On the hands press the Pituitary + Pineal + Head nerves + Lu8 + P7 + Sp3 + Liv1 + B10
Roll the metal spring ring on all fingers and thumbs of both hands. Stop using the cellphone.
Combination of working on Pericardium and Triple Warmer with the Spinal Chord is helpful.

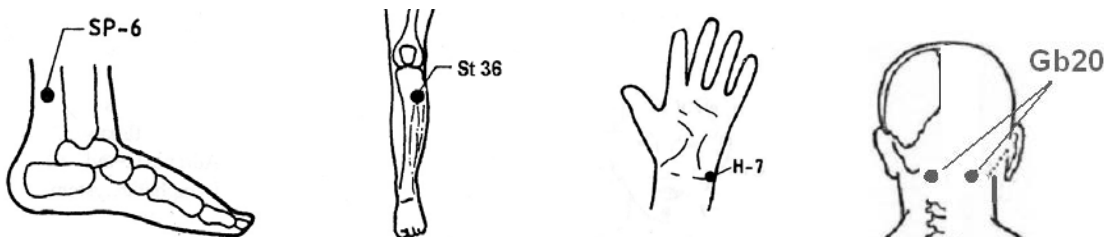


Memory problems

On the hands press the Pituitary + Pineal + Brain + Gall Bladder + below center of the nose Gv26

Insomnia

On the hands, press Lymph glands.
Press Sp6 + St36 + H7 + Gb20
Do the Medulla Massage twice a day and before bedtime.
While trying to sleep, press down the webs of fingers of both hands to facilitate relaxation.
Reduce Vayu in the body, reduce sea salt in food and avoid salty snacks.
Try Magnesium tablets or Magnesium Oxide powder at night for good sleep.
Follow all the advice given in the topic 'Sleep' on page 126.



Hair fall

Caused due to loss of elasticity in the scalp skin, which is due to lack of oxygen to the head.
Roll the metal spring ring on both thumbs + brush nails of both hands for 5 mins thrice a day.
Reduce excess heat in the body – Do the black pepper treatment given on page 150.

Parkinson's

On the hands, press Pituitary + Pineal + Brain + Cervical + Gall Bladder + Lymph glands.
Roll the metal spring ring on all the fingers and thumbs of both hands.

Symptomatic Parkinson's

On the hands, press the Cervical + Gall Bladder + Lymph glands
Roll the metal spring ring on all the fingers and thumbs of both hands.

Dyslexia

On the hands, press the Pituitary + Pineal + Brain

Mentally & Physically challenged

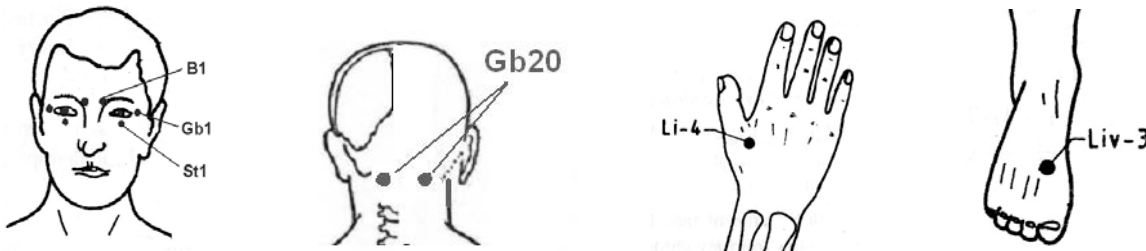
On the hands press Gall Bladder + Spleen + Lymph glands + Memory point (below center of nose)

Eye problems

On the hands, press the Pituitary +Pineal +Optic nerve +Eye points on fingers +Gall Bladder

Press B1 + Gb1 + St1 + Gb20 + Li4 + Liv3

With the tip of the index finger, gently press points on the rims of both eye sockets, all around, each eye for just about a minute. Roll the metal spring ring on all the fingers and thumbs of both hands. Eat plenty of carrots or drink carrot juice.



Vertigo – Imbalance of the water in the ears

Press the inside of elbow H3 + point under thumbnail + tips of the 2 middle fingers.

Roll the metal spring ring on all the fingers and thumbs of both hands – more on ear points

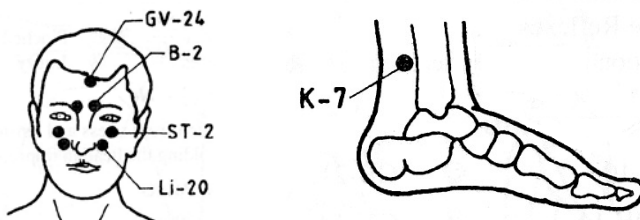


Sinus

On the hands, press Adrenal + Tips of all fingers and thumbs

Press Gv24 + B2 + St2 + Li20 + K7

Do the black pepper treatment for excess heat given on page 150.



Facial Paralysis

On the hands, press the Pituitary + Pineal + Cervical

Roll the metal spring ring on thumbs of both hands.

Cover the ears in windy and cold places.

Fainting / Fits

On hands, press Pituitary + Pineal + Heart + below center of nose + below little finger nail inside. Roll the metal spring ring on thumbs of both hands. Do the Pranayam.

Stammering

On the hands, press the Pituitary + Pineal + Thyroid + Solar Plexus + Lymph glands

Teeth pain

Press the outer side of top of each finger for the top jaw and the inner side of top of each finger for the lower jaw. Pegs can be put on the fingers for over 3 minutes.

Press Li4

Neck pain / Cervical Spondylitis / Tension

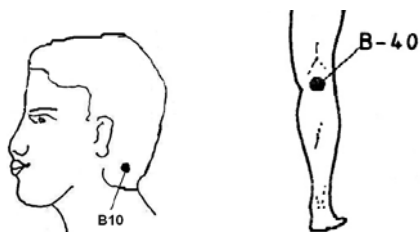
Press B10 + B40

Do the Medulla Massage.

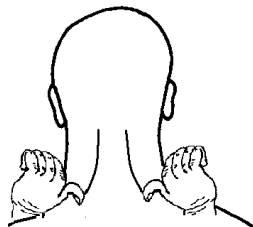
Roll the metal spring ring on thumbs of both hands.

Rotate thumbs clockwise and anti-clockwise 20 times – 3 times a day.

Press down the webs of fingers of both hands to facilitate relaxation.



The Medulla Massage



Meddula Massage

This massage is very important for relieving a lot of ailments in the neck region as well as for relieving stress and tension since it builds up mainly in the neck muscles.

Keep a small bowl of water at hand. Stand behind the person with the problem and first wet the neck area shown in the figure. Then wet both thumbs and place your closed fists on either side of the neck, resting on the shoulder. Starting from the base firmly rub and slide the thumbs up to the base of the skull. Do this 8 times, taking care that your thumbs are a bit wet all the time. The thumbs should slide and there should not be friction. After this, gently stroke the neck from top to down 8 times with the fingers of your open palm as a relaxation. Do this massage 3 times a day.

Thyroid problems

Symptoms of Thyroid problems – Sudden weight gain or loss, swollen look in the body, eyes popping out, mood swings, energy loss, and hair loss.

On the hands, press the Thyroid & Parathyroid + Gall Bladder + Spleen

Throat infections / Tonsillitis

Roll the metal spring ring on the thumbs of both hands.

On the hands, press the Thyroid + Throat area + Middle finger below the nail 8 times.

Gargle with warm salt water twice a day. No food or water for ½ hr after this.

Twice a day, mix a bit of turmeric in warm water and drink it in slow sips. No food or water for ½ hr.

Make a paste of ghee and turmeric and apply to the throat.

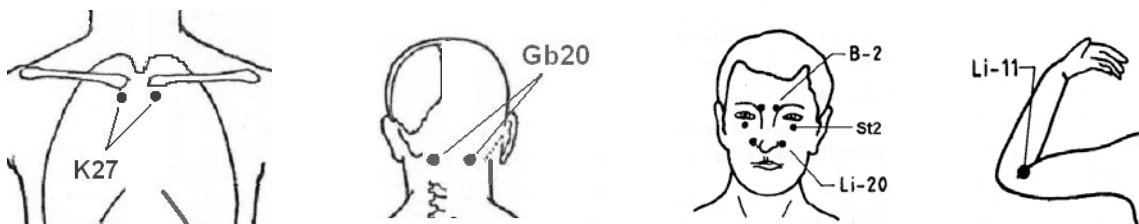
Cough & Cold

On the hands, press Head + Thyroid + Throat + Lungs + Tips of all 4 fingers with the thumb.

Press K27 + Gb20 + B2 + St2 + Li20 + Li11

Roll the metal spring ring on all the fingers and thumbs of both hands.

Stop eating all foods that have mould on them. Have natural foods that contain high levels of Vitamin C daily. Do cardiovascular exercises that give the lungs a good workout daily.



Heart Attack

To check for attack press left little finger below the nail and all around the finger at that level. Keep pressing that area for relief. On the hand press the Heart point.

Weak Heart

On the hands, press Pineal + Pituitary + Thyroid + Thymus + Heart. Roll the acupressure ball in the palms for 5 minutes. Eat one pomegranate a day. Meditate and contemplate on the source of stress in your life. Resolve it.

Breast health after breast removal surgery

Symptoms are hand pain and swelling.

On the hands, press the Thyroid + Thymus + Lymph glands + Breast

Do the Pranayam.

High BP

Causes of High BP are excess of common salt (NaCl) in the Cerebrospinal Fluid, bad food habits, tension and less sleep, which also lead to improper liver function.

On the hands, press the Pineal + Adrenal + Heart + Kidney

Press H5 H7 P6 P7 pts on the wrist + GV20 + St2 + Li4 + K3 + St2 + Liv3



During a High BP attack, press the small finger in each ear and shake vigorously for 2 minutes. To bring down pressure immediately, press center of top of the head GV 20.

BP must be checked only after 20 mins of rest and also on an empty bladder.

Take a piece of Supari (Nutmeg) after meals. Chew for 10 mins and spit out. Supari is nature's Aspirin. Never stop High BP medicine abruptly since it is a blood thinner. Clots may form. Reduce gradually if required. Reduce common salt in the food and avoid all salty snacks. Reduce spices in the food too. Stop having tea, coffee and soft drinks. Do a Kidney Cleanse.

Low BP

One of the causes of low BP is the malfunctioning of the Pancreas, which reduces the glucose level in the blood and the cerebrospinal fluid.

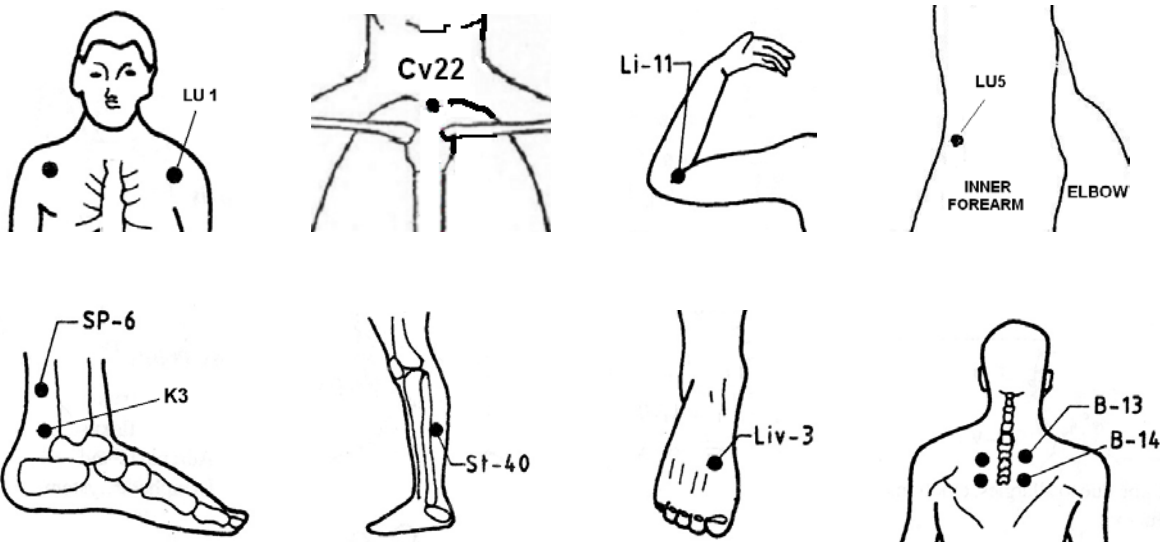
On the hands, press the Pineal + Pituitary + Adrenal + Pancreas + Lymph glands

Asthma / Bronchitis

Asthma is caused due to Lungs weakness. Less Oxygen in the body leads to Eczema & Psoriasis.

Asthma Inhaler medication can cause weakness in Liver over a period of time.

On the hands press the Thyroid + Lungs + Solar Plexus + Top flange of middle 2 fingers
Press Chest Lu1 + Cv22 at base of neck + Li 11+ Forearm Lu5 + K3 + SP6 + ST40 + Liv3



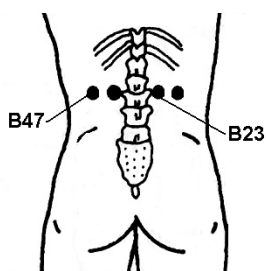
Press back 2 pts 4 fingers below base of neck B13, then another 2 pts below 4 fingers B14
Blow the balloon daily. Do the Pranayam. Do a Liver cleanse.

Eczema / Psoriasis

On the hands, press Thyroid + Lungs + points where the infection is + Kidney + Do the Pranayam.

Press B23 + B47

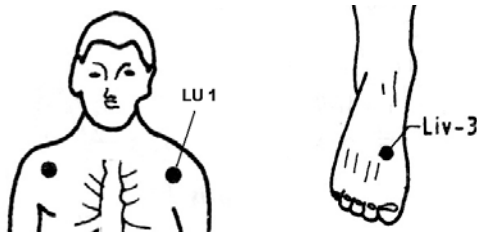
Stop using sugar since the bacteria formation increases. Natural sugar from fruits is ok.



Pigmentation problems

Caused due to Lung and Liver weakness.

On the hands, press Lungs + Liver +Lu1 + Liv3. Do a Liver cleanse.



Acidity

On the hands, press Thyroid + Stomach + Liver + Gall Bladder + St 45
 Take a pinch of raw rice with water 1st thing in the morning and also at night.
 Do the black pepper treatment for excess heat given on page 150.
 Do a Liver cleanse. Switch to a highly alkaline diet. Drink alkaline water.

Constipation / Indigestion

On hands, press Thyroid +Adrenal+ Stomach+Liver+Gallbladder +Intestines+Colon +Kidney
 Press Li4 + Si4 + St45 + Liv3 +Cv25 +Cv6 (lie down and press with 3 fingers below navel).
 Malfunction of Gall Bladder and Liver can also cause constipation. Check the Gall Bladder point and press Gall Bladder + Liver + Spleen points on the palms ½ hr before meals.
 Switch to an alkaline diet. Drink alkaline water. Do a Liver cleanse.



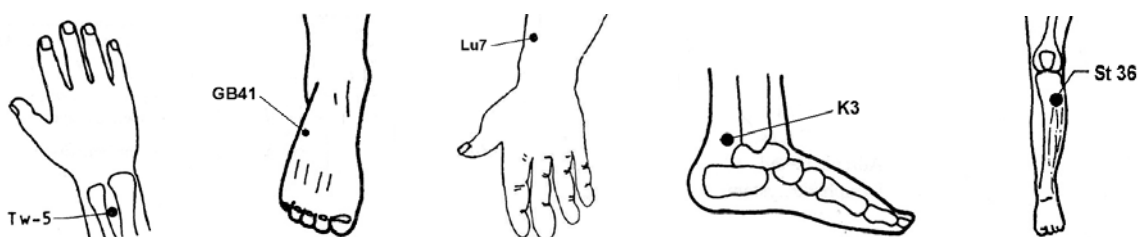
Gastric / Stomach / Intestines problems

On the hands, press the stomach point.
 Press center of left arm to check to for pain. Press 8 times thrice a day to release the pain.
 Take a course of Nux Vomica. Have Red Pumpkin juice in the morning.

Excess Heat / Pimples / Acne / Mouth Ulcers

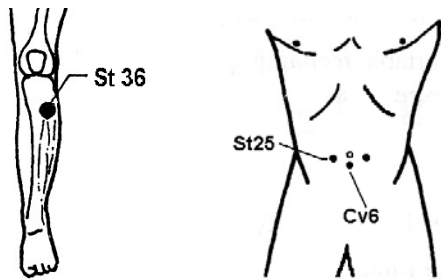
Excess heat in the body is caused when the acidity in the body remains at a higher level. This can happen due to consumption of too much acidic food, malfunction of the Stomach, Liver, Gall Bladder and also due to the presence of impurities and toxins in the blood, which interfere with maintenance of proper pH at the cellular level.

On the hands, press Thyroid + Stomach + Liver + Gall Bladder + Intestines
 Press Tw5 + GB41 + Lu7 + K3 + St36
 Do the black pepper treatment for excess heat given on page 150.
 Do the Harde Powder cleanse detailed in the Intestine Cleanse topic.



Amoebiasis / Colitis

On the hands, press Thyroid + Adrenal + Solar Plexus + Stomach + Intestines + Colon
 Press St36 (4 fingers down side of knee) + St25 + Cv6



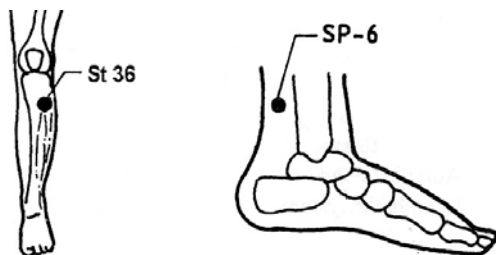
Stop eating spicy food. Avoid green chillies in food totally.

When eating uncooked greens soak them in salt water or potassium permanganate water or baking soda water for 10 minutes. Rinse properly in the water itself and then use. This kills a lot of germs and dislodges all traces of mud from the vegetables.

Be very careful of what water you drink outside your home. Have only boiled or bottled water. Never put ice cubes provided in restaurants and public places in your drinks. The ice cubes are mostly made from ordinary tap water. At home, make ice cubes of safe drinking water only.

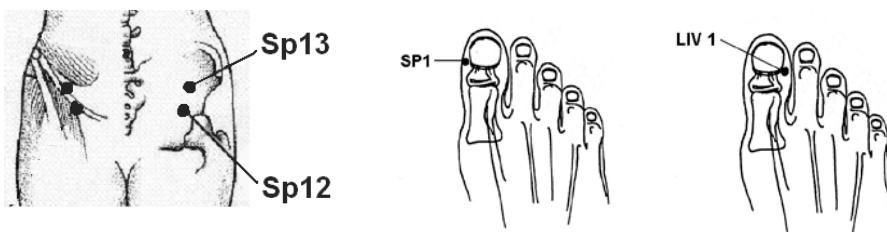
Fibroids / Bulky Uterus

On the hands, press Thyroid + all 3 Sex glands + Spleen + ST36 (growth shrinkage) + SP6 (irregular periods / hormonal imbalances)



Menstrual problems

On hands, press Pituitary + Thyroid + Adrenal+Pancreas + Sex glands. Press Sp12 + Sp13
 Press SP1 to stop Menses over 4 days. Press Liv1 to start Menses if it is not starting.



Hormonal Imbalances / Menopause problems

On hands, press Pituitary + Thyroid + Adrenal + Sex glands + Lymph glands + SP1 + SP6

Incontinence (loss of urinary bladder control)

On the hands, press Lungs + Adrenal + Solar Plexus + Spine + Bladder + Kidney

Urinary Tract infection

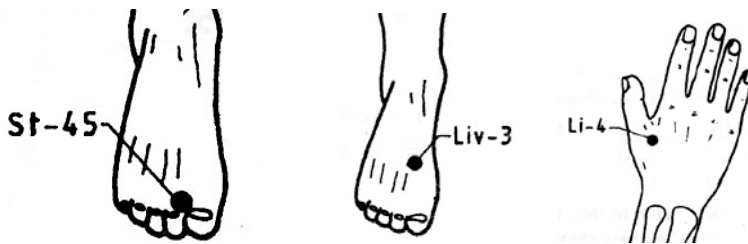
On the hands, press Adrenal + Sex Glands + Bladder + Kidney

Gout

It is caused due to high uric acid in the body. Switch to an alkaline diet. Drink alkaline water.

On the hands, press Kidney + Joints where the problem is.

Press St 45 + Liv3 on the feet + Li 4 on the hands.



Diabetes

Type I - Insulin producing Beta cells of the Pancreas stop functioning.

Type II - Organs develop Insulin resistance - Beta cells fail from overworking.

Symptoms are urination at night, weakness before / after meals, lungs weakness, less sex desire, burning sensation in feet, emotional stress to self and family due to diet change.

Diabetes medications in the long term can damage the Kidneys.

Insulin patients doing acupressure should check for quickly falling sugar levels every alternate day.

Different types of Diabetes and their treatments

On hands, press Thyroid+Stomach+Adrenal+Pancreas +Liver +Gallbladder +Spleen+Lymph
Slit 2 Bhendi (Okra) in the middle and soak in water overnight. Drink 1st thing in the morning for 21 days, take a break of 8 days, and then repeat for 21 days.

Stop having Alcohol in all forms since it facilitates parasites that infect the Pancreas.

From Spleen weakness – Symptoms – Excessive thirst.

Also press Sp1 + Liv1 + Sp6

From Liver weakness – Symptoms – Body weakness and Muscle pain.

Also press Liv1 + Liv3 + Sp1

Small Intestine weakness – Symptoms – Feeling cold / Numbness / Burning in the hands and feet.

Also press St40 + Tw1 (ring finger 2nd digit left side 45 deg between side and top).

From Kidney weakness – Symptoms – Sexual weakness.

Also press Kidney pt on palms + Spleen + K10 behind the knee.

Do a Kidney Cleanse.

From Bladder weakness – Symptoms – Frequent urination, tiredness, losing weight.

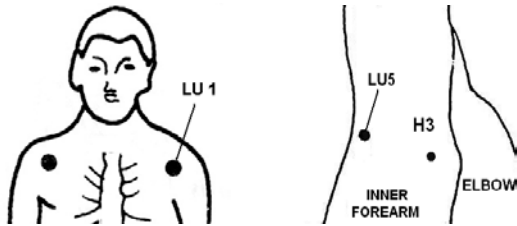
Also press Urinary Bladder on palm + Liv1

From Lungs weakness – Symptoms – Skin infections, itching.

Also press Lungs on the palm + Lu1 + Lu5

Shoulder pain / Frozen Shoulder

On the hands, press the shoulder area + Lymph glands + Lu1 or Lu5 + H3 elbow inside.
Roll the metal spring ring on thumbs of both hands.



Arm pain

Touch 1 by 1 each fingertip to the base of thumb 20 times – 3 times a day
Roll the metal spring ring on fingers of both hands.

Back pain / Slipped Disc

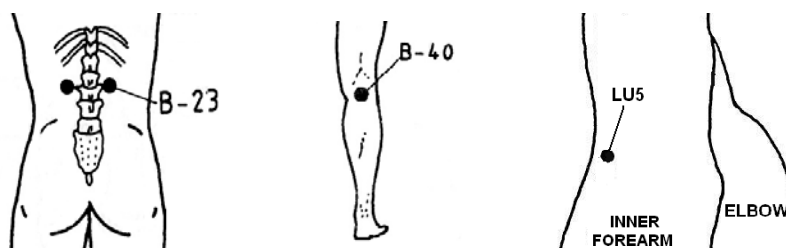
Factors that cause backbone problems are:

- A heavy potbelly.
- Inadequate sleep.
- Deficiency of vitamins in the diet.
- Stress on the spine due to bad posture.
- In rare cases, bulky uterus or enlarged prostate.
- Lifting heavy objects without balancing body posture.
- Lifting objects from a low level without bending the knees and aligning the spine.
- Lack of regular movement of body limbs (sedentary lifestyle), lack of regular exercise.
- Disc and vertebrae degeneration due to an acidic diet leaching calcium from the bones.

For the prevention of back problems, do the following:

- Shift to an alkaline diet.
- Do light exercises daily.
- Take breaks from any kind of physical work.
- Do not neglect back stress that appears on a frequent basis.
- Do not drive a vehicle for more than 2 hrs at a stretch.
- Avoid bumpy road rides and bad vehicle suspension.
- Do not use pillows that are too high.
- Instead of a soft mattress, use an orthopaedic mattress.
- Maintain proper posture when sitting.
- Take breaks from sitting in one position for too long.
- See that your workplace seating arrangement is ergonomically suited for you.

On the hands, press the Thyroid + Solar Plexus + Adrenal + Internal Spine + External Spine.
Press B23 + B40 + Lu5
Do the Back Massage given below, only for back pain and not for slipped disc problems.



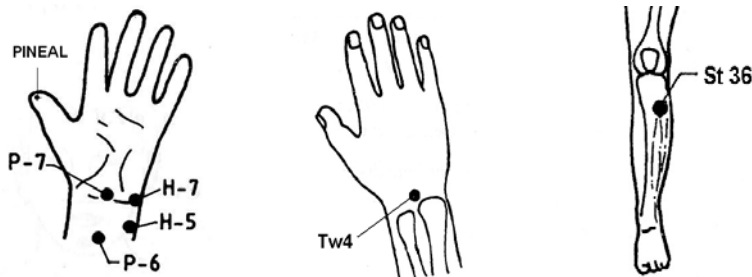
Even though the internal spine and external spine acupressure points are shown in the hand chart, it is difficult to access them in the proper way, because proper technique is required to do so. You will learn this technique only in my acupressure workshops or from the people I have taught. You will not find these points in any other acupressure chart, ancient or modern. Curing the spine in a proper way is an art in itself. There are clear-cut stages of recovery, which if not followed, cause life long back pain.

The Back Massage

Ask the person to lie down on his belly with both arms to the sides. Do 8 downward caresses with your open palm from the top of the neck to the base of the spine. Sitting on one side of his body make two C shapes with both your open fists and pressing on both sides of the spine, move from top to down, 8 times. Then press the mid of the buttocks with deep pointed thumb or elbow 8 times. Follow this with medium intensity Karate chops with both your hands from top to down 8 times on each leg. Press the base of shoulder blades with your thumb 8 times. End with doing 8 downward caresses with your open palm from the top of the neck to the base of the spine.

Elbow and Wrist pain

On the palms, press the elbow or wrist area. Press P7 + H7 + Tw4 + St36



Hip pain

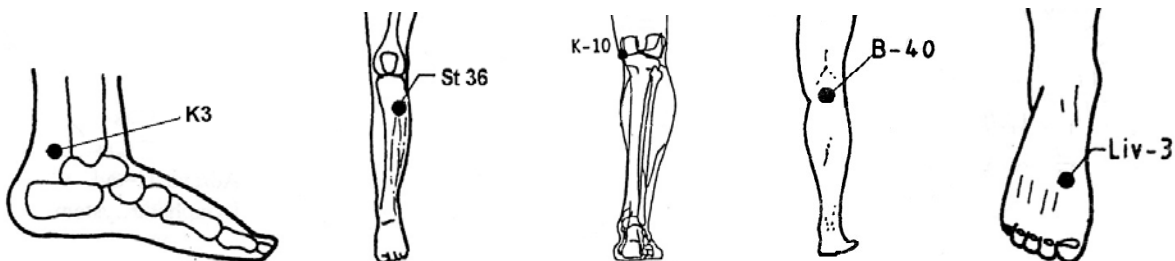
On the hands, press the hip area. Press Sp6 + St36 + Liv1 + Liv3

Sciatica problems

On hands, press the Sciatic nerve + Point between heel and ankle + B40 pt behind the knee

Knee Joint problems

On the hands, press knee. One of the causes of knee problems is a bad Kidney. Check Kidney pt. Roll the metal spring ring on the two middle fingers of both hands. Press K3 + 4 pts around the knee front side + St36 + K10 + B40 + Liv3



Leg pain / Feet pain

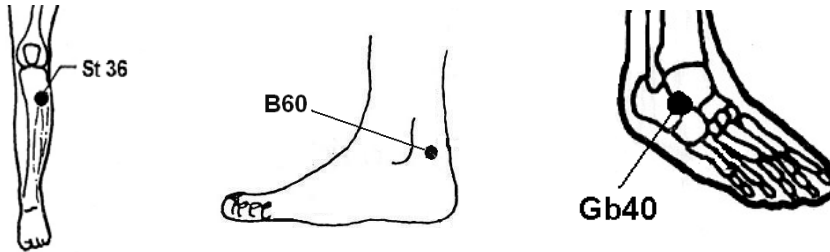
Check the toe alignment. If one toe is higher than the other, do the hip & legs balance procedure. Leg / feet problems also come from nerve problems in the neck. Fix C1 to C5 problems on Thumb. Roll the metal spring ring on the two thumbs as well as middle fingers of both hands.

Heel pain

Roll the metal spring ring on the last 2 digits of the two middle fingers of both hands + Press Liv3

Ankle pain

Roll the metal spring ring on the last 2 digits of the two middle fingers of both hands.
Press St36 + B60 + Gb40

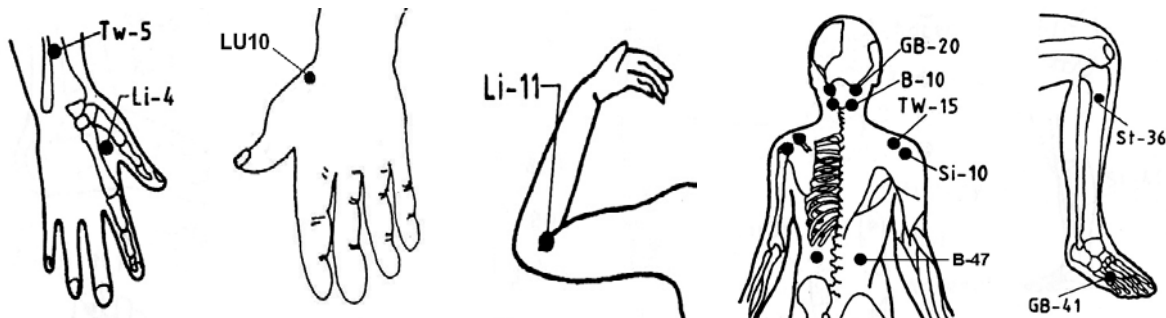


Varicose veins

Causes - Standing for too long at a time. Return valves of a weak heart may be the cause.
On the hands, press Thyroid + Adrenal + Heart
Roll the metal spring ring on the two middle fingers of both hands. Press the base of all toes.

Arthritis

Arthritis is caused due to acid deposit build-up in the body, weak digestive organs and stress.
On the hands, press Pineal & Pituitary + Thyroid + Adrenal + Sex Glands + Heart + Kidney.
Press Li4 + Tw5 + Lu10 + Li11 + Gb20 + B10 + Tw15 + Si10 + B47 + St36 + Gb41
Reduce all meats, sugar, salt, maida, white bread, hot spices, dals, cheese, paneer, alcohol, colas, caffeine and chocolate in the diet. Increase the intake of high calcium foods and have a highly alkaline diet. Drink alkaline water.



Osteoarthritis

Also mix a pinch of ginger powder in ½ teaspoon castor oil and have it before going to bed.

Rheumatoid Arthritis

A weak heart is also the cause. Check the Heart point and press it if it pains.

Osteoporosis

Also eat a handful of sesame seeds first thing every morning. No food or water for ½ hr. Stop Sodium Chloride (sea salt) completely. Replace it with Rock Salt or Himalayan Salt.

Allergies

On the hands, press the Lungs + Spleen + Finger tips + Lymph glands + Allergy Pt
Press Li4. Do a Liver cleanse.

Leucoderma

On the hands, press the Lungs + Liver + Spleen

Obesity

Rapid increase in weight within 3-4 months could be due to Thyroid. Press Thyroid on the palms.

Weight gain within 6-12 months could be due to hormonal imbalance. Press sex points on the wrist.

Gradual and steady weight gain on the belly, hips and thighs after 3-6 months of delivering a child could be due to a stressed birth canal and weakness in the ovaries. Difficult child labor also causes a bit of internal damage. On the hands, press ovaries and uterus. Exercise regularly and avoid eating sugary foods, and foods that build up fat. Strengthen digestive power by cleanses.

Gradual increase in weight over a year or more could be due to weakening digestion. On the hands, press Stomach + Adrenal + Pancreas + Liver + Gall Bladder + Intestines + Colon. Do the Intestine Cleanse.

Gradual and steady weight gain over a few years could be due to dietary fat build-up. Stop the intake of all processed forms of sugar, soft drinks and sweets especially. Considerably reduce the all year round consumption of grains. Reduce the intake of processed food. Exercise regularly to assist the burning up of accumulated fat.

Malfunction of Gall Bladder could also cause weight gain. Check the Gall Bladder point and press Gall Bladder + Spleen points on the palms ½ hr before meals. Do the Liver Cleanse.

Water retention in the body can be caused due to sluggish working of the Large Intestine when it cannot absorb water from the digested food. Do the Colon Cleanse. On the hands, press Colon. Press Li4 + Li11 + Sp4

Regular and excess intake of sea salt can also cause obesity, as the body tries to dilute the salt by retaining water at the cellular level.



Bed-wetting

On the hands, press Kidney + Lymph glands + outside of little finger.

For children to excel in sports

Press Liv1 + Liv3 + Lu5. This gives a good boost to the body muscles.

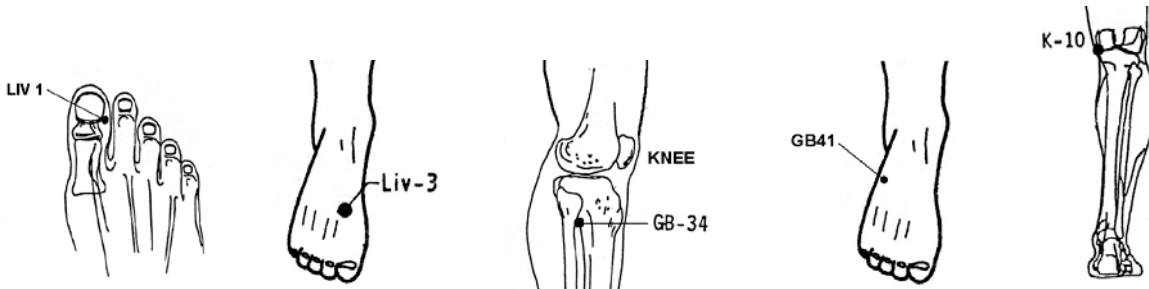


Nervous Tension

Check base of the middle toes of both feet for pain. If it pains, press it thrice a day.
 Bend all the toes of both legs backward till it hurts a bit. Do this thrice a day.
 Press on the webs of both hands simultaneously for 2 mins. Do this thrice a day.

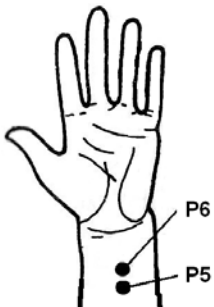
Muscle pain

If involuntary muscles like the heart, lungs, intestines, bladder and kidney are not able to absorb nutrition, the voluntary muscles are starved and start paining. The voluntary muscles are managed by the Liver and supported by the Gall Bladder. The involuntary muscles are managed by the Kidneys. On the hands press Liver +Gall Bladder + Kidney.
 Press Liv1+Liv3 + GB34 + GB41 +K10



Motion Sickness / Nausea / Vomiting

Press P5 + P6
 Chew a bit of Ginger or candied ginger or dried Amla (indian gooseberry) for a while.



Foot Reflexology

Foot Reflexology is similar to acupressure for the hands, but it is the choice of technique used when someone wants the treatment done on their feet by someone else. In this technique, relaxation and detoxification are the focus as the person is generally made to lie down on a couch or sit in an easy chair with their feet extended. It is generally not done as part of a daily routine like the hand acupressure technique explained here, which focuses more on curing organs that have been chronically ill.

In foot reflexology, a therapist does not focus on the specific sequence of points to be pressed; rather a general flow of zones from the top of the foot to its bottom is followed. There are sequences of massage like the welcome massage, the main massage that focuses on the top, the middle and the bottom (of the topside as well as the under side of the feet) and the closing massage.

If you want to use foot reflexology for curing chronic illness in just the same way as hand acupressure, you can, by just following all the steps given for hand acupressure. In place of rolling the acupressure ball, you will have to use the foot roller. This option may even be used when someone has an injury on the hands or a condition like paralysis. Note that if an arm is completely paralyzed, then doing acupressure on it may not benefit the body at all, because no nerve transmissions of biocurrent are happening. The corresponding foot should be treated instead.

For foot reflexology charts and the foot reflexology technique, go to www.becomehealthyorextinct.com/acupressure/reflexology

The reason why foot reflexology feels much more soothing than hand acupressure has to do with the body's mechanism of feeling in the feet. When we use our feet, we are mostly in the upright position where the total weight of the body bears on them. This is tremendous pressure for the feet in terms of feeling sensations, so the brain de-sensitizes the feet by suppressing the nerve feedback mechanism from the feet to a great extent. This is also why you do not get a clear feedback of which points on the feet are paining when you wear acupressure slippers.

But when we lie down or are sitting with our feet in the air, this safety mechanism is disabled because the body weight is not bearing on the feet and the brain freely allows all the sensations at the feet to be experienced. When the feet points are pressed in this de-stressed mode, soothing sensations are felt at the feet and people often drift into a tranquil slumber during the treatment. Feet points will be painful only when the related organs are ailing a lot.

Reverse Aging

Since I teach that the human body was designed not to age till 50 years at least, it also becomes my duty to teach you how to reverse your biological age, if you are not yet 50 years old and still look like you have aged. I am 42 years old now, but easily pass off for a 25 year old. If you happen to find me online, do lookup my photo album "Reverse Aging" where you can see me aging till 35 years (at which point I really look like I'm 40), and then reverse aging over the next 7 years. In fact, it is not just the looks. I have regained the same slim body weight, the same waist and the same high energy levels that I had when I was an energetic youth of 25 years. That was also the time when I was virtually free of illness, and is it any surprise that I'm illness free once again?

If I can reverse age almost 20 years, I think most who will follow what I teach in this book, will also reverse age to a considerable extent. Now if you are 30 years old, you will not be able to reverse age by 15 years and become a youth of 15 again, because the body growth syndrome is so strong, that you cannot push against it and reverse physical growth that completes by the age of 25. So the best you will be able to do is, hold onto the vitality and youthfulness that you had when you were 25 years old. If you get really good at reversing your biological age, then it is possible that you may not age even beyond 50 years. Isn't that something worth looking forward to? That I will hold my present youthfulness for another 8 years is a foregone conclusion for me. What I am really working at now is, extending my youthfulness for another 25 years beyond 50!

I think the top 10 most effective practices for reverse aging / holding your biological age are as follows (starting with the most effective).

1) Eating food meant for human beings (preferably organic).

Yes, the most focused topic in this book is at the top of this list. This topic is also going to be the most discussed topic about healthy living, because people who have done this aspect right are coming out of the woodwork and showing themselves off, and giving their testimonies.

2) Maintaining the right pH levels in the body.

Lean towards an alkaline diet. Don't let acidity build up in your body. Remember that Alkalinity is anabolic (constructive metabolism) and Acidity is catabolic (destructive metabolism). The principle of eating 80% alkaline and 20% acidic food will serve you well when you are trying to cure chronic illness. When you have absolutely no illness within your body, eating 70% alkaline and 30% acidic food is good enough.

3) Cleansing the body of substances that should not be in it.

These are the substances that interfere with all normal and healthy body processes. They stop the body from doing one of the most basic things it was designed to do - Remaining healthy and alive for as long as possible. The relative importance of this practice for each person will of course depend on how many unwanted substances they have in their body. For some, it may be the most important practice in this list and for others (who were always putting the right stuff into their bodies) it may be the least important.

4) Giving your body an abundant and regular supply of the 5 elements.

When the body runs more on subtle energy, it needs lesser internal energy generated from food. Producing energy from food does cause a faster wear and tear (aging) of internal organs.

5) Regular exercise

It is not the quantity of exercise, but the quality of exercise that you do, as well as its consistency that really counts. If you follow the principle of moderate exercise as I have explained, you will derive the best benefit from exercise. One important habit of most centenarians is that they set up their lives so that they have movement all through the day. They do most of their work manually and they enjoy it.

- 6) Making revitalizing practices like Yoga, Acupressure and Recreation a part of your life.

Practices like these are in tune with the human body and maintain a balanced flow of energy in the entire body. If done properly and regularly, they help maintain peak body performance, which prevents cellular degeneration. I have listed several similar practices on page 175.

- 7) Consumption of medicinal and life enhancing leaves, barks, herbs, seeds, grains, roots and fruits as per need.

These are tulsi, ashwagandha, neem, bael, amla, aloe vera, astragalus, ginger, garlic, cacao, chia seeds, green tea, sprouts, spirulina, chlorella, wheatgrass, seaweed, cinnamon, cloves, mushrooms, olives, flaxseeds, coconut oil, onions, shilajit, tumeric, pau d'arco, wormwood, olive leaf extract, grapefruit seed extract, schizandra, oregano, rosemary, thyme, sage, calendula officinalis, black walnut extract, maca root, ginseng, goji berries, acai berry, reishi mushrooms, chamomile and some non-gluten grains that cure the body of illness and help maintain its vitality. The use of these substances is detailed in the ancient Indian Ayurvedic system, the Traditional Chinese Medicine system and other traditional systems of organic medicine too. You will find the health benefits of many of these natural substances at www.becomehealthyorextinct.com/naturalmedicine

- 8) Living in healthy external environments.

Try to live in peaceful and unpolluted surroundings. Have supportive family or neighbours or friends around you all the time. Sudden difficulties in life will not disturb you if you know that there are people who will take care of you all the time. In such an environment, the mind and body remains very relaxed. This prevents the release of stress hormones that promote aging.

If you hang out with healthy people, you will think health, talk health and walk health.

- 9) Maintaining a healthy mindset.

One purpose of my explaining the mind body connections as well as the emotional bodies in this book, is that you become aware of the effects of the human energy bodies, and therefore hold healthy vibrations in all your energy centers and in your mind as well.

Learn how to handle stress, because the different types of stresses are unharmonic vibrations that internally cause the shifting of the natural and healthy harmonic vibrations of our energy centers. When the cells of the body drawn in unharmonic energy as part of their energetic nutrition, they get inflamed. Even stressful attitudes like being in a hurry most of the time causes internal inflammation. This has been medically proven.

- 10) Have the Immortalist philosophy.

All our lives we believe that aging is a normal part of life and that dying by a certain age is also pre-destined. These beliefs are taught to us by our parents, family members, workplace colleagues, doctors and society at large. People even predict how long we will live by looking at the health and age of our parents. So we play out these very beliefs and program our energy bodies and in turn the physical body, to slow down, age, and eventually die.

The fact is that these beliefs are lies. The human body was not designed for death, it was designed for life. It is we who make it die prematurely. If you follow all the good advice given in this book, you will see the truth of this statement. If you believe that you are youthful all the time and act in accordance, you will remain youthful for a much longer time. The law of attraction is working all the time, whether you believe it, understand it or say that you don't.

Besides these top 10 practices, there are many other practices that help the body become healthier and younger, but they all pale in comparison. Be assured, that if you are lacking in most of the above practices, you will certainly not be able to even hold your present age for now.

Cancer

After reading all through this book about the wrong habits, wrong foods, wrong substances as well as wrong environments that we subject the human body to, you may now even be wondering how the human body still manages to function. Many do not even wonder about this, they just take it for granted till someday something really serious hits them. It is only then that they try to understand why they are getting sicker by the day. Well, the human body can put up with such high levels of abuse because it has been brilliantly designed to work within wide ranges of tolerance. But sadly, there are times when we abuse it to such an extent, that we cross these tolerance limits and create internal imbalanced environments that facilitate cancerous activity.

Now if you have reached this part of my book without reading ALL the previous 168 pages, you must either be dying from cancer or you must be one of those people who think that they are really smart at finding quick fix solutions. Since cancer is not one of those problems that have a quick fix, I advise you to go back and read every page of this book till you reach here, because all the causes of cancer have already been mentioned. You need to understand everything that has been written up till here, to understand the topic of cancer.

So what is Cancer?

One common definition of cancer is, the uncontrolled growth of abnormal cells within the body. A medical definition is malignant neoplasm. Neoplasm means new abnormal mass of tissue. The most popular explanation of cancerous activity is that every cell in the body knows when to die, but there are some of these crazy cells in the body that for some reason are not able to remember that they must die after a certain period, so they just keep on growing and multiplying, eventually forming a tumor. All these explanations of cancer and cancerous activity just try to imply one thing.

The human body can go crazy for no reason and start growing abnormal tissues or cells.

Now can this really be true? Can the human body, which has a level of intelligence well beyond our wildest imagination, just go crazy on us? Or are we the ones who are having the crazy definitions of cancer? If you have really been able to grasp the understandings given in this book, then by now you must be suspecting that it is surely the latter. I have stated the following before:

All reaction mechanisms of the human body are rightful and inherently protective in nature. Given a fair chance, the human body will do only what it is designed to, and that is, repair itself.

Is it probable that cancer has just a few unknown causes? But this is the impression that our experts on cancer give us. If there were a few specific reasons for cancer, then our experts could have surely found out what they are by now and devised a few treatments that could cure all types of cancer. The truth is that there are many reasons for cancer to develop and I have listed those reasons below. It is time to stop praying and hoping for a magic pill that cures cancer, because it is becoming clearer to the people who are working with cancer, that there is no such magic pill.

Here is the real definition of Cancer - Cancer is the reactive expression of a human cell that is subjected to chronic cellular irritation.

The common forms of chronic irritation are:

- 1) Energy irritation – These are the unharmonic energy radiations that emanate from inorganic sources of energy radiation like EMF devices, cellphones, cellphone towers, satellite dish antennas, microwave ovens, wireless networks, remote controlled devices and x-rays. When these external radiations reach the cells of the human body for sustained periods of time, they first interfere with and then, if strong enough, replace the healthy and harmonic energy that the cells of the body are continuously receiving from the 7 major chakras as well as the other chakras in the human body. The internally generated energy from the chakras (as per the frequencies given in The Human Matrix chart) actually contain photon energy, which feed the cells. If the cells do not get a steady supply of this form of energy, they slowly die. So when unharmonic and inorganic energy radiated from external sources continuously bombard the

cells, they experience an intense irritation because they are not designed to live on those unusual frequencies of energy and thus the reactive mutation of the cells begin.

The second destructive effect these external unharmonic energy radiations have is on the astral and etheric body energy fields. The entire healthy energy equation of the human body gets changed. It is only because the human body is constantly generating its energy at every chakra point, that these external radiations get neutralized to some extent. It is plain and simple to understand, that when the human body is generating its pure energy fields at a faster rate than the incoming harmful fields from external sources, the deterioration of health is prevented, although this causes an immense energetic drain on the human body. When the external harmful inorganic energy fields overcome the pure organic energy fields of the human body, reactive mutations of the cells begin. If you can imagine being subjected continuously for several hours, to an extremely loud blast of the most irritating music you have ever heard, you will begin to understand what chronic energy irritation can do. Yes, it can drive you insane and make you react in extreme and abnormal ways and that is what reactive cell mutation is all about. You are an organic being and your cell is just a mini you.

The harmonic energy that the chakras generate can also become unharmonic due to the powerful effect of our mind and emotions. When we continuously subject the mind and our emotional bodies to unhealthy thoughts and feelings, the frequencies of the energies generated get changed from harmonic to unharmonic frequencies. Many instances of cancer are those created totally by intense and prolonged mental and emotional stress. Once these unhealthy energies are neutralized, which can also be achieved completely by the mind, the cancer dissolves on its own because the unharmonic energy becomes harmonic again.

- 2) Foreign substance irritation – This comes from the inorganic substances that we unwittingly put into the human body. We are definitely asking for a lot of trouble when we dump inorganic substances into a 100% organic system. The human body was not designed to process such substances because it was not expecting to find such substances in its internal environment. That it does manage to indeed handle the negative effects of many such substances is due its amazing tolerance capabilities and that goes to the credit of the brilliant design of the human body and not to the credit of stupid people who think that the human body can endure all.

There are a whole host of foreign substances that cannot be handled well by the human body and their prolonged presence in the human body changes its internal environment making it further susceptible to attack from other sources.

The foreign irritants in our food chain are the synthetic preservatives, artificial colorings, chemical taste enhancers and stabilizers in our packaged foods, the traces of synthetic pesticides, inorganic fertilizers, synthetic preserving and ripening agents and synthetic hormones in our fresh foods, dioxins from our plastic food containers and polymerized oil molecules from processed cooking oils.

The foreign irritants in our environment are metal erosion from dental ware, erosion from water pipes and utensils, fiberglass filaments from insulation, asbestos fibers from appliances, fumes from paints, resins and aerosols, gas leaks, various polluted solvents and alcohols from packaged products which are used in their cleaning, inorganic pollutants in the air that we breathe and finally some of the contents of the synthetic creams, lotions and sprays that we put on our skin.

Chronic substance abuse, which involves the overuse of even organic substances, like the chewing of tobacco, smoking of cigarettes, cigars, biddis and the excessive consumption of alcohol have clearly proved to cause cancer. Natural organ cleanses help remove all such substances from the human body.

- 3) Foreign organism irritation – This chronic irritation comes not so much from the usual harmful microorganisms like bacteria, viruses, fungus, mould and yeast that we easily identify and kill with our organic and inorganic medicines, because once they are dead, the irritation ceases to be chronic. This chronic irritation comes from internal parasites that escape our detection or

parasites that are not easy to kill with either organic or inorganic medicines. Studies have shown that certain rare worms and parasites like the intestinal fluke, *Fasciolopsis Buskii*, the liver fluke, *Clonorchis* and the pancreatic fluke, *Eurytrema*, all cause cancer of the organs that they normally find favorable to reside in, by their constant damaging activities at the cellular level. All the techniques given in the parasite cleanse help in destroying and removing such organisms from the human body.

Just like how an internal energy can become unharmonic and cause energy irritation, an overgrowth of an internal fungus like *Candida Albicans* also causes chronic irritation.

The chronic presence of any of the above three irritants disturbs the normal chemical reactions at the cellular level and render its environment acidic. This is the environment seen in all cancer cases. Out of the three irritants, the foreign organism presence causes the highest acidic environment because all the excretions of internal pathogens are highly acidic.

From the widespread presence of all the above irritants in our daily foods and environments, is the current rate of cancer incidence surprising at all?

Notice the common characteristics of all these cancer causing agents:

- 1) They are things that should not be in the human body.
- 2) The human body does not have the natural capability of neutralizing their harmful effects.
- 3) They are all inorganic, except for the harmful biological pathogens and the organic substance abuse. Organic substance abuse violates the law "Too much of anything is bad for health".

What happens to a cell when it is subjected to chronic irritation?

When a human cell is subjected to chronic irritation, its internal as well as external environment undergoes a change that is destructive in nature. The cell retaliates to this attack by doing the only thing that it knows best, which is, fighting for its survival with all its capabilities. In this effort, it draws higher amounts of energy as well as nutrition into itself in order to re-establish its environment and cellular structure. But with the continuing presence of the irritant, this job becomes a violent battle. The malignant growth of the cell at this stage is what is seen under the microscope and labeled as cancer.

Can you imagine what you would do if you were in a bathtub full of water and someone was trying to drown you and kill you? Would you not fight with all your might for your life? Would not every cell of your body be in a crazy and violent state? Well, that is the exact energetic state of a cancerous cell.

There are many stages of cancer beginning with the simple tumor stage, which can then go on to become what is called a benign cancer, which can further go on to become a malignant cancer. This is representative of some cancers that heal easily, some that take more time and effort to heal and finally some cancers that advance to a stage where they are not curable.

When the body's capacity to neutralize the irritation by its normal processes like homeostasis, or immune system defence activity is more than the irritation itself, cancerous activity progresses.

The simplest form of cancer is caused by just energy irritation. It is also the easiest to cure because it does not need any medicines or treatments. All you need to do is move the human body away from the irritant energy or in the case of unharmonic energy generated within the human body, harmonize it.

The next stronger form of cancer is the one caused by foreign substance irritation. It does require that you first stop putting into your body more of the irritant. It can be cured by the combined effort of the right organic medicines and cleansing treatments.

The strongest form of cancer is the one caused by foreign organism irritation, because the organisms are constantly at work busy destroying the cells of the human body and also making the

pH of the cellular liquids acidic by their acidic excreta. Here, you need to find the organisms and either remove them from the human body or kill them using techniques that do not kill the human cells. Chemotherapy is certainly not one of those techniques.

Stronger than these individual forms of cancer are the cancers where two or all three irritants are at work. The progress of these cancers is much faster and very difficult to stop because so many factors have to be worked upon at the same time.

The incurable stage of cancer, also commonly called the 4th stage, is when much of the internal cellular structure of the body is damaged. At this stage, cells of some of the internal organs are already destroyed. Some of the plexus may also be damaged. The endocrine glands will be malfunctioning. The brain is also under severe stress and it becomes quite difficult for it to supply a healthy amount of biocurrent to the various parts of the body. Even the amount that is supplied is not used much by the plexus or the endocrine glands or the physical body because of their diseased state. It slowly becomes impossible for the chakras to function and sustain the presence of the astral body and its soul. They leave when their home becomes unviable to live in, by the same route they came in, and this stage we call death.

Lumps and harmless tumors in the breast form usually due to just energy irritation caused by unhealthy heart chakra energy. Benign cancers of the breast form usually due to unhealthy heart chakra energy combined with the irritation from foreign substances that come from inorganic cosmetics applied on the face, neck and chest, as they all travel under the skin to the breast area and get stuck there causing a lot of irritation. Malignant cancers of the breast usually have some internal microscopic parasite also adding its damage. Mammograms expose the body to radiation that is 100 times more than an X-Ray and instead, increase the risk to radiation-induced cancer. Additionally, mammography compresses the breasts tightly and often painfully, which increases the malignancy. The data on routine mimeographs shows that 1/3rd of tests that showed positive, were later found to be false. Thermography is a no-contact scan that does not expose breasts to harmful radiation. It detects cancerous lumps by taking just the heat profile of the breasts.

What should you be doing if you have cancer?

- 1) First of all approach the subject of cancer in a calm and relaxed manner. Understand that cancer is not some big evil unknown killer that is out to get you. Walk away from that mental panic zone that holds the fear of death, because that is exactly what will deteriorate your entire energy body that needs to be in good condition when dealing with cancer. Understand that cancer is not a disease; rather, it is your body giving you a warning sign that many things within it have gone drastically wrong. Cancer is your friend that warns you in advance, or else you would have perhaps just dropped dead one fine day, for no apparent reason.

From the understandings given in this book, try and figure out why you got the cancer and what are the irritants or conditions that are still maintaining it. Start identifying the corrective steps that you plan to take and put them in place one by one. A positive mental attitude and a focused game plan go a long way in showing cancer the door.

Spiritualize your life. Settle unresolved conflicts, forgive yourself for your mistakes as well as others for what they have done to you and set free anger, bitterness, hatred, resentment, regret, and fear from your liver and other energy centers. Embrace your capacity for love, compassion and joy. Make meditation, positive affirmation and positive visualization part of your daily practices.

- 2) Stop having all forms of processed sugar. Sugar is one substance that helps cancerous growth for two reasons. Firstly it provides glucose to the agitated cells, which only gives them more energy to retaliate in violent ways (malignancy) against the irritant. The digestion of processed forms of sugar creates a lot of acidity in the blood and this acidity is transferred to the cell's environment, which further drops its healthy pH thereby restricting its regenerative processes.

- 3) Switch to a vegetarian alkaline diet immediately. The intake of meats, grains, lentils, acidic fruits, starchy foods, hot spices in food and all forms of food that contain high sugar, keep the body's environment acidic. It is very important for a cancer patient to have alkaline foods daily.
- 4) Also shift towards a raw vegetarian diet if possible, and for all the reasons that I have detailed earlier. Raw foods need the least amount of energy to digest (a cancer patient does not have enough energy). Raw foods are living foods that have the highest amount of energy by weight.
- 5) Drink good quality alkaline water on a daily basis, because that will reduce the levels of acidity present in all the liquids of the body. To make a glass of alkaline water, dissolve ½ teaspoon of sodium bicarbonate or the juice of 1 sour lime in 250ml drinking water. Have a good amount of natural Vitamin C on a daily basis. These simple substances administered daily and over a prolonged periods have cured cancers.
- 6) Start having vegetable juices since it saves the energy that would have gone into chewing food. Add organic pathogen killing spices and herbs in your juice if you have internal parasites.
- 7) Detoxify your entire body by doing the cleanse therapies that suit your condition. The colon cleanse, parasite cleanse and heavy metal cleanse are the most important cleanses for a cancer patient.
- 8) Make sure you are not putting any inorganic substances into or onto your body. You need to monitor that you are using 100% organic consumables on a daily basis. No processed foods.
- 9) Get your Vitamin D levels up by going out in the sun since this vitamin is one of the most important vitamins for the human body. Do sun yoga if possible, especially because it is a form of nutrition that does not require your body to spend energy on its assimilation.
- 10) Daily do forms of Pranayam that suit your condition. This not only creates more of the vital biocurrent that runs the body, but it also oxygenates the entire body. Cancer does not progress quickly in a well-oxygenated body.
- 11) Do not store or heat your food in plastic containers as they release harmful chemicals. Use glassware, chinaware; enamel coated vessels, corningware, pyrex or ceramic ware instead.
- 12) Cancer is the one condition where I recommend using organic supplements like spirulina, wheat grass, chlorella, aloe vera, tulsi, blue green algae, acai berry powder, dulse leaf, wakame seaweed etc., only because the body is too weak to invest a lot of energy in digesting normal foods. The energy thus saved, gets used by the immune system for fighting cancer.
- 13) Try out the natural, but 100% organic herbs, roots, barks, leaves, sprouts and vegetables that have proven to send cancers into remission. Drink green tea daily.
- 14) Get an adequate amount of good quality sleep daily. Stay away from strong EMFs.
- 15) Follow the 4 steps of The Natural Health Therapy protocol.

If you do not find a rapid remission in cancer within 3 months after following all the above guidelines, then it is a sure sign that you still have chronic energy irritation, or stubborn foreign substances or harmful pathogens present within your body. It could also be that you are at the 4th stage of cancer, where most of your internal environment is destroyed to a large extent, from which much recovery may not be possible. Sun yoga, pranayam and etheric energy will help energize your body at this stage of cancer.

If you have understood this chapter properly, you will come to the conclusion that all that we had to do to prevent cancer was prevent the wrong things from entering into the human body.

Do you think it is mere coincidence that this is the 1st step of The Natural Health Therapy protocol?

Most cancer detection apparatus can detect cancer only when it reaches beyond its 50% growth stage. Acupressure is one technique that can detect cancerous activity anywhere in the body even when the cancer is at a growth stage of only 15% and that is why I am committed to teaching acupressure as one of the most important therapies for our present times. Cancer will cease to be a disease on this planet within the next two decades, but much education and work towards understanding and curing it the natural way remains. It truly remains in your hands and not in the hands of the agencies that have made cancer more of a business!

A recent theory doing the rounds is that cancer is caused by a lack of oxygen at the cellular level. Although this is very true, it is just a microscopic observation of what is happening at the macrocosmic level. It is unfortunate that they are planning to waste millions of dollars again on finding out microscopic ways to inject oxygen directly into the cells. Now don't all the wrong actions that I have explained in a more understandable way, at the macrocosmic level, result in oxygen starvation and acidosis of the cell? Does not reversing all those wrong actions enable more oxygen to be present at the cellular level?

There is no need to spend billions of dollars every year over cancer research at the microcosmic level, because we do not yet have the complete intelligence and technology to work at that level. The truth is that, with the right macrocosmic approach, cancer can be totally cured worldwide within 1/1000th of the current expense. I am sure that this chapter will help that effort.

Even though I have explained cancer so simply and clearly, there will be some people who will try to discredit what I say about cancer. These are the people who will never find that miracle cure for cancer and they are the ones who will not be able to prevent cancer from attacking them. If you act wisely on what I have taught in this book, you will never see the face of cancer in your life!

Alternative Therapies

Out of the many therapies I have used over the years, I endorse the following therapies:

- 1) Yoga
- 2) Meditation
- 3) Pranayam
- 4) Breathwork
- 5) Acupressure
- 6) Sun Yoga
- 7) Aromatherapy
- 8) Foot Reflexology
- 9) Naturopathy
- 10) Bodywork
- 11) Tai Chi
- 12) Reiki
- 13) Energy Work
- 14) Pranic Healing
- 15) Color Therapy
- 16) Coloured Light Therapy
- 17) Harmonics Sound Therapy
- 18) Tapas Acupressure Technique
- 19) Emotional Freedom Technique
- 20) Emotional Empowerment Technique

And for the following reasons:

- 1) They are natural and organic.
- 2) They have no adverse side effects.
- 3) Anyone can learn and practise them.
- 4) They have virtually no operational costs.
- 5) They are in tune with the natural functioning of the human body.

Summary

Now that you have reached the end of this book, have you realized what sickness is all about?

Sickness is the result of acting from a position of ignorance with wrong notions about the realities and laws of the human body and nature.

And have you also understood what curing sickness is all about?

Curing sickness is all about understanding the workings of the human body, and the laws of nature and acting in accordance with them to create balance.

When you make healthy choices after understanding the human body and nature at a level where you can perceive truths more clearly, what effect does it have on the ecosystems around you?

Do you not call for healthier natural foods, and does that not help regenerate the earth in a natural way? You know from this effect, that these are the right things to do.

Our experts have been confusing us for so long, that we hardly know right from wrong anymore. If you seriously think about the following, you will begin to understand the crux of the problem and clarity will start emerging within you over time.

You don't need to do things to make your body alkaline; you've got to stop doing the things that make your body acidic.

You don't need to do all sorts of things to make yourself lose weight; you've got to stop doing the things that make you put on weight.

You don't need to do things to make yourself become younger; you've got to stop doing things that make you older.

You don't need to do things to make yourself become healthier; you've got to stop doing the things that make you sicker.

Are you getting the picture?

If you have been picking up the finer points in this book, then you should at least be able to answer this next question.

Who is doing the real work of digesting the foods that give us our life energy?

If your answer was the stomach, the duodenum, the intestines, the colon, the liver, or the pancreas you are absolutely wrong! They just create the environments for the breakdown of food.

It is the living enzymes, bacteria, yeast, fungi and a whole host of beneficial microorganisms in our guts that are doing the core of the digestion job. That is why we should keep their populations healthy. Good digestion will not be possible if we keep killing these microorganisms with our regular intake of inorganic additives in packaged foods, birth control pills, antibiotics, synthetic hormones, steroids, inorganic pesticides and fertilizers in our foods and genetically modified foods.

It has taken over a million years to develop this delicate balance of gut microflora in our intestines. We have to learn how to work with it. If we think that we can re-engineer such ancient and detailed organic chemistry with our shallow sciences of the last 50 years, we are indeed stupid beings. Many of the illnesses on the planet today come from this flawed re-engineering approach and it is sad that there are still some adamant fools who keep genetically engineering new foods that will only destroy the core of our digestive system and drive us to extinction.

So is it a good idea to push further techniques that create inorganic foods and substances that have no place in nature or in the human body? Are not such techniques causing the destruction of

our bodies and the soils and the environments we live in? Can the cost of living and the number of mouths to feed, be valid considerations when making so called 'cost effective decisions?'

Are not these two primary problems of our own creation?

Can two wrongs ever make a right?

I hope that I have made some basic fundamental choices very clear in this book and I hope that it helps you decide what is more important for you and the future of your children as well as the future of this planet.

It is a normal human tendency to cling to old habits and resist change, especially when the number of changes is large. It is also very normal to immediately question the necessity of many changes for the same reason. So if you are pretty overwhelmed with all the information and choices given in this book and you are not very sure where to begin, try using any of the following approaches:

- 1) First choose to do the things that will have the most positive impact on your health.
- 2) First choose to do the things that do not involve a big increase in the spending of money.
- 3) First choose to do the things that seem simpler or more familiar to you.
- 4) Within these choices, always stick to The Natural Health Therapy protocol.

In a few months time, after you start implementing the recommendations in this book, you will realize that it is not some new regiment that you are supposed to follow in return for some specific health benefits. You will realize that these are actually all the right choices that were somehow kept away from you, mainly by people who valued money and materialism over health and balance with nature.

You may have intuitively known a lot of what is written in this book, but perhaps it was not as clear as it is now. It may have not been clear to you earlier simply because of all the wrong and conflicting information that was provided to you on a daily basis by all the different channels of communication that you access. You were taught to believe many untruths by people who are in the dark themselves. They may know a lot, but what matters is whether their knowledge is helpful or not and whether it improves your future and the future of this planet or not.

For most of the information and understanding provided in this book, do you really need someone else's validation? Or do you really need to dig up another 100 studies to verify the information provided herein? I don't think so. This is so, because your senses of perception and your real life experiences seamlessly tie you into these very same truths. All that I am doing is connecting the many dots that you already have and making the complete picture very clear to you.

The work of this book is more about, clearing all the common wrong notions that we have about the human body, diet, nutrition, habits and nature. If you act rightly and in accordance with the true nature of the human body, disease has no place in it.

There are a few incurable illnesses, which will not get cured even after following all the healthy recommendations in this book. Those illnesses are caused by agents of biological warfare, which have now spread amongst the normal population. I will not go any further into this very sad topic of the dark side of human nature and our rulers.

This book should be read by all your family members, so that a common understanding about food choices and habits develops. If not, then you will always face opposition in the implementation of your healthy choices from other family members who do not understand this topic as well as you. Pass this book on to people who you want to help and even on to people who are perfectly healthy, since they may want to help people who are not.

Do not be cowed down by the dictates of big food producers who just tell you to eat more of what they produce. You do not have to pick up unhealthy food of the shelf just because it is there. Have your facts about health and nutrition right and start asking for what you want out there. Do not feel that even though you will change to make healthier choices, that others may not. They are in fact,

looking for your support. Do not think that there will be not enough suppliers of organic food or healthy foods. Never forget, that all businesses are created and flourished by demand from the consumer. When there is no demand, businesses shut shop.

Stop buying the old unhealthy stuff and start asking for food that is healthy. This book has given you a long list of healthy foods. Retail suppliers are very competitive and they will start stocking healthier foods that are being asked for regularly. Always support growers and suppliers of organic foods, and do not mind the premium their goods demand because healthier foods benefit you in more ways than you can figure. Choose restaurants, snack bars and juice bars that serve healthy food. If you can make a personal commitment of choosing only healthy food restaurants whenever you eat out, that itself will change the whole face and menus of restaurants all over the world.

Author's Note:

I have written this book keeping two things in mind. Firstly, I have kept it simple, so that it becomes an easy task for the common man to read and understand. Secondly, I have tried to cover most topics that I feel are important for vibrant health, since it became apparent to me that it was the need of our times. You may have much deeper knowledge of some topics that I have touched upon here and that is to your credit, but I hope that you will receive well, the expanse and the integration this book provides.

I have known most of the truths expressed in this book since many years, but since they would have not received wide acceptance earlier, I waited. The time for the wide acceptance of these truths has arrived, and so I urge you to pass this book on to all who you think should read it. I hope that I am your inspiration, that an ordinary person can understand extraordinary things as well as achieve extraordinary results just by working with truth. I have come out of the blue, just to do a job for you. If most of the conventional systems of medicine and health had served their purpose, I would never have needed to write this book.

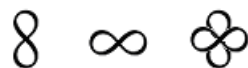
The last 10 years have taken me from being a 100% non-vegetarian to a 100% vegetarian to a 100% vegan and then to a 100% raw foodist. The final leg of this wondrous journey will now take me to a 100% breathenarian, living on air and light. With this I will complete my mastery of all states of health and all states of nutrition of the human body. I state this for you to know, that all things are possible even for the ordinary person, if they are willing to learn how.

Since this book is free, some people may try to tell you that even though I am not making any money out of it, I promote principles that feed the business of some companies and in return, I get benefits from them. This is not true. I do not need anybody's benefits and I do not need anybody's money. I have learnt how to live a happy and content life without both.

If you have reached so far in this book, I congratulate you on your steadfast commitment towards understanding health, nutrition and the human body. You are one amongst those who will help yourself, your families and friends as well as many others in important ways that you may not perceive completely as yet. My sincere thanks and blessings are always with you.

I have seen your futures and I have helped you in your past. I am here once again to give you a helping hand, so that you can have a better future than where you are presently headed.

I am Pane



Author's Favourite Quotes:

Let food be thy medicine and medicine be thy food.

~ Hippocrates

The doctor of the future will no longer treat the human frame with drugs, but rather will Cure and prevent disease with nutrition.

~ Thomas Edison

May all strive to be more knowledgeable about the nature and working of the human body, for in it lies the answer to their health and happiness, as well as their symbiosis with Mother Earth.

~ Darryl D'Souza

Thou shall not kill, for life is given to all by God, and that which God has given, let not man take away. For I tell you truly, from one Mother proceeds all that lives upon the earth. Therefore, he who kills, kills his brother. And from him will the Earthly Mother turn away, and pluck from him her quickening breasts. And he will be shunned by her angels, and Satan will have his dwelling in his body. And the flesh of slain beasts in his body will become his own tomb. For I tell you truly, he who kills, kills himself, and who so eats the flesh of slain beasts, eats of the body of death. For in his blood every drop of their blood turns to poison; in his breath their breath to stink; in his flesh their flesh to boils; in his bones their bones to chalk; in his bowels their bowels to decay; in his eyes their eyes to scales; in his ears their ears to waxy issue and their death will become his death

~ the spoken word of Jesus Christ from the 'The Essene Gospel of Peace'.

Science or Spirituality, Science vs Spirituality, Science of Spirituality and Spirituality in Science are all transient perceptions of the ever-evolving human mind. The unchanging truth however, is that Science and Spirituality are two different views of the singular thing called Existence, which was, and still is, manifested by God. Science is the masculine aspect and Spirituality is the feminine aspect of creation. All human beings have within themselves the masculine as well as the feminine aspect. A human being uses its pre-dominant energy most of the time to understand existence and act accordingly. The dominance of the masculine aspect has created most of the present problems of the world. Blessed are those who balance both these aspects within themselves, by moving in and out of them as per need, for they are the ones who will bring balance and peace on earth.

~ Darryl D'Souza