

# LYMPH BUSTER

TRUE HEALING FOR THE PRESENT CENTURY

**DIMITRI MANSER**

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This book is part of a presentation that uses the website '[www.lymphbuster.com](http://www.lymphbuster.com)' as reference point. What is shared within these pages is foundational understanding and detailed elaboration. Additional information is shared through the website.

If you benefit from this presentation you are welcome to take your time and effort and contribute to it. This work is shared by donation. Contributions can be made through the website.

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Sharing your experiences and inputs in order to improve this presentation are also welcomed.

Check the website for the newest version of the book. The information presented herein represents the view of the author as of the date of publication.

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Dimitri Manser

## **Disclaimer**

The material and statements made in this book are an account of personal experiences of the author as well as a collection of lifetimes of study of different individuals within the realm of health. The material contained herein are not intended to diagnose, treat, cure, or prevent any disease but are for information purposes only.

Remember everyone's constitutional rights, including your own. If you choose to apply the material in this book to yourself or others, the author accepts no liability for your actions and decisions and the consequences thereof. The author recommends anyone to consult with a health professional to evaluate their individual situation. Since there is always some risk involved in presenting any health related information, the author, publisher and distributors are not responsible for any adverse effects or consequences resulting from the use of any suggestions or procedures described hereafter.

# Table of contents

Dedications	1
<b>INTRODUCTION</b>	<b>7</b>
Crash Course about Health	9
Some Words	10
What you can expect	17
<b>PART 1: WHY DETOXIFICATION</b>	<b>19</b>
<b>WHY ARE WE SICK?</b>	<b>20</b>
<b>KNOWLEDGE VERSUS TRUTH</b>	<b>21</b>
<b>MAIN CAUSES</b>	<b>24</b>
<b>BODY CHEMISTRY</b>	<b>26</b>
<b>THE LYMPHATIC SYSTEM - PILLAR TOXICITY</b>	<b>28</b>
Alkalization	37
<b>SPECIALIZED TISSUES - PILLAR CELLULAR STRENGTH</b>	<b>38</b>
Kidneys and Adrenal Glands – The Key Players	38
Thyroid/Parathyroid - Rate of Metabolism & Calcium	40
GI-Tract	42
Liver	43
Pancreas	44
Pituitary Gland	45
Pineal Gland	46
<b>DIFFERENT SPECIES AND THEIR DIET</b>	<b>47</b>
Carnivores	49
Herbivores	50
Omnivores	51
Frugivores	52
<b>TOXIC HABITS</b>	<b>55</b>
Dairy – A Calves Food	55
Meat – Animal Protein	57
Starches - Super Glue	61
Combining Different Foods	62
Processing Our Foods	63
<b>NUTRITION - PILLAR NUTRITIONAL LEVEL AND BALANCE</b>	<b>65</b>
Introduction, Part 1	65
Food and its Pathway, Part 2	73
A closer look, Part 3	76
Compensation Factor, Part 4	80
<b>FRUIT, WHAT IS IT ALL ABOUT?</b>	<b>95</b>
<b>CHEMICAL TOXICITY</b>	<b>103</b>
<b>GENETICS</b>	<b>104</b>
<b>BEYOND PHYSICAL</b>	<b>107</b>
<b>SICK? THE OPTIONS</b>	<b>108</b>
Modern Medicine	109
Chemical medications	109

Surgery	111
Radiation Treatments	112
Emergency Rooms	113
Homeopathy	116
Naturopathic Medicine	116
Massage, Acupuncture, Energy Work	117
Herbal Treatment	118
True Naturopathy	119
<b>TOO BIG TO BE TRUE</b>	<b>121</b>
<b>SUMMARIZATION PART 1</b>	<b>123</b>
<b>PART 2: HOW TO DETOXIFY</b>	<b>127</b>
<b>HOW CAN THE BODY BE BROUGHT BACK TO A STATE OF HEALTH?</b>	<b>129</b>
<b>THE THREE PILLARS OF HEALTH</b>	<b>131</b>
<b>DIFFERENT STAGES OF THE DIETARY SYSTEM</b>	<b>132</b>
Standard World Food	133
Whole & Real Foods	133
Raw and Mucus free Foods	136
Mucus-less – Foods	137
Paradise Foods	137
<b>FOOD QUALITY</b>	<b>141</b>
<b>FASTING</b>	<b>144</b>
<b>TEETH</b>	<b>150</b>
<b>SPINAL CURVATURE</b>	<b>155</b>
<b>HOW MUCH FAT?</b>	<b>156</b>
<b>COMBINING</b>	<b>161</b>
Digestion Time	163
Confusion in variety	164
<b>JUICES &amp; SMOOTHIES</b>	<b>165</b>
<b>THE VALUE OF HERBS</b>	<b>167</b>
Parasites, Microbes, and Their Role	169
Adrenal Glands	173
Kidneys	174
Liver	175
Parathyroid / Thyroid	176
GI-tract	178
<b>GLANDULARS</b>	<b>179</b>
<b>NUTRITIONAL SUPPLEMENTATION</b>	<b>183</b>
<b>BODY WORK / TREATMENTS / ADDITIONS</b>	<b>187</b>
<b>RECOGNIZING THE FACTS</b>	<b>189</b>
What am I doing?	190
<b>PANDORA'S BOX</b>	<b>192</b>
<b>IRIDOLOGY</b>	<b>194</b>
<b>FOOD, AN ADDICTION – HOW TO TACKLE IT</b>	<b>198</b>
CATCH - 22's	199
<b>THE HEALING PROCESS</b>	<b>204</b>
Unbalanced Healing	204

Balanced cleansing _____	205
The 'Healing Crisis' - Healing event _____	207
<b>WHAT TO EXPECT &amp; TIPS FOR DETOXIFICATION _____</b>	<b>209</b>
Cold and flu-like symptoms _____	209
Obstructive lungs _____	210
Bowel movement _____	211
Pain _____	213
Vomiting _____	214
Fever _____	214
Acid reflux _____	215
Energy-loss / Exhaustion _____	216
Itching _____	216
Mental and Emotional _____	217
<b>LIST OF HEALING EVENTS _____</b>	<b>218</b>
Minor (and typical) cleansing effects _____	219
Stronger experienced cleansing effects _____	220
Rarely experienced cleansing effects _____	221
Possible end results of a healing event _____	223
What should be prevented during a healing event? _____	224
First-aid-equipment _____	225
<b>NO HURRY _____</b>	<b>226</b>
<b>BALANCE _____</b>	<b>227</b>
<b>EMOTIONAL AND MENTAL BODY _____</b>	<b>230</b>
<b>YOU CREATED YOUR OWN POSITION _____</b>	<b>232</b>
<b>OPEN YOUR HEART CENTER _____</b>	<b>234</b>
<b>STRESS _____</b>	<b>235</b>
<b>RELAXING AND PROPER ACTIVITY LEVELS _____</b>	<b>237</b>
<b>ENEMAS AND COLONICS _____</b>	<b>239</b>
Coffee enemas _____	240
Green juice / Herbal Tea enema _____	242
The 'Lemon-rind-enema.' _____	242
<b>BREATHING PROPERLY _____</b>	<b>246</b>
<b>PREPARATION. NO EXCUSES. _____</b>	<b>247</b>
<b>CHECKING THE BLOOD DURING DETOX _____</b>	<b>248</b>
<b>ISOLATED CHEMISTRY IN DETOXIFICATION _____</b>	<b>249</b>
Necessary medications _____	250
Coming off medications _____	251
<b>WHAT TO DRINK? _____</b>	<b>252</b>
Herbal Tea / Infusion _____	253
Herbal infusions _____	254
<b>SALT _____</b>	<b>255</b>
<b>LIVER FLUSH _____</b>	<b>257</b>
<b>SKIN TREATMENTS &amp; SAUNAS _____</b>	<b>261</b>
<b>BEAUTY PRODUCTS _____</b>	<b>262</b>
<b>HELP, MY RELATIVE IS HEALING HIMSELF AND IS FREAKING ME OUT _____</b>	<b>263</b>

<b>PART 3: PRACTICAL SECTION</b>	<b>264</b>
<b>WHAT YOU MIGHT WANT TO AVOID</b>	<b>264</b>
<b>FINANCIAL TIPS</b>	<b>266</b>
<b>TOP HEALTH MISTAKES</b>	<b>267</b>
<b>TOP DIETARY MISTAKES</b>	<b>268</b>
<b>DIFFERENT STAGES OF DETOXIFICATION</b>	<b>270</b>
Energy Food Table	271
The benefits of an herbal & supportive program	274
Food Quantity	275
Food Frequency, Intermittent fasting	277
24-hour Circadian Clock	278
Intermittent fasting & Circadian Clock	279
Hunger Pangs	280
Various Foods and their effects on the Three Pillars of Health	281
Adjustment time	282
Detoxification Level 1	285
Detoxification Level 2	287
Water-only fasting, level 3	297
<b>A POSSIBLE APPROACH</b>	<b>298</b>
<b>TACKLE GREATEST STRESSORS</b>	<b>299</b>
<b>HOW TO START?</b>	<b>300</b>
<b>HOW TO SUPPORT WEAKNESSES?</b>	<b>302</b>
Kidneys	304
Adrenal glands	306
Blood pressure and sugar levels	308
GI-Tract	309
Thyroid & Parathyroid gland	310
Basal temperature study	311
Pituitary Gland	312
Pancreas	312
Liver	314
Pineal Gland	315
Spleen	316
Weekly Check-up	317
<b>DETOXIFICATION IS COMPENSATION</b>	<b>318</b>
<b>OPTIMAL DETOXIFICATION</b>	<b>319</b>
<b>THE HEALING SYSTEM</b>	<b>321</b>
<b>HEALTH ON ONE PAGE</b>	<b>322</b>
<b>PART 4: AN IN-DEPTH LOOK</b>	<b>324</b>
<b>TOM ASKS QUESTIONS</b>	<b>325</b>
<b>MY STORY</b>	<b>362</b>
<b>REAL EDUCATION</b>	<b>386</b>
<b>INSPIRING QUOTES</b>	<b>389</b>
<b>MARKETING STRATEGY BY DONATION</b>	<b>392</b>
<b>SUGGESTED READINGS</b>	<b>393</b>

# Introduction

Are you ready for something real and wonderful?

For a little more than a decade, I have sought the pathway to optimum health. I met with healthcare professionals from many disciplines and have spent hundreds of hours researching the science of health and the healthcare industry. I ventured into the world of modern and traditional health, and supervised a full spectrum of individuals.

My goal was to present a comprehensive, consumer-oriented understanding, of what we do to damage our health, and what we can do to be as healthy as possible. Now, following over a decade of study and analysis, I feel comfortable supplying the public with the finding, of what I refer to as 'true healing'.

I am aware of the internet and how it is set up these days with the entire marketing ploy and other silly things thus I want to be very direct with you.

For sound and effective solutions for health improvement study this work, it will help you no matter your current position. A unique view to understanding the health field will be presented to you. You will also learn in detail about the effects of different dietary approaches including various supplemental therapies, and how you can use it all to your benefit in combination with what you already are familiar with.

This book is shared by donation, so you don't have something to lose but your time, which is indeed valuable. This also means that the only way I could financially gain anything from this is by truly giving you something, therefore the relation between you and me is in your favor.

Almost 400 pages, yes. Read the first 15 pages and you will know if you want to continue studying the material. Going over this presentation is more like an enjoyable adventure.

I suggest you don't jump to the end of the book or try to read this material in 10 minutes; all pages are packed with valuable information and lessons. Actually, as it is not a published and printed work in the normal sense I did not have to fill unnecessary pages in order to look good and simultaneously waste your time. Again, just start reading the first pages and you will see.

All the pages are needed, as I am trying to supply you with a unique view that will help you to powerfully and safely improve your health. You might follow the suggestions in this book directly, or you also can use this view to choose then some other way that you desire. This is what it is all about.

This book is part of a presentation which is for the whole of life. We as a society have failed in maintaining a respectable level of health. We must change unless we like to agree with the effects.

The confusion and different opinions in health-care are bigger than ever before. Why are there hundreds of different theories? In the midst of varying theories and healing modalities it becomes exceedingly difficult to stay on top of things and distinguish between reality and illusion – what serves you or likely only someone else’s bank account and interest (of the one or the other lobby).

You are not reading the standard health-book. We won’t be dancing around the void in the following pages to ultimately suck everybody dry or lead them astray. No avoiding here. This is a very direct and real presentation.

This book is for those that welcome to be challenged and are ready to see beyond created blockages. You will be shown what you truly need to know. Everything mentioned has been practically proven and overall is just plain logic as truth always is. If you like to stay attached and dislike progress you might want to stop reading here.

You create your own health, consciously or unconsciously, and there are very precise laws or causes on how this all comes about. The information is already available, just scattered throughout the whole health field and not understood by most.

Instead of going through the traditional education system, the author has spent his time studying ‘the best of the best’ in the health field as well as initially figuring out who these individuals are. The author is not only a literal person but has also gotten the necessary experiences to then understand those of others. This book serves to bring forth these teachings as well as unite them for you to better find your own path and truth. This is not a scientific-based book but rather focuses on awareness. The author believes in modern science, but also sees its limitations. Never take anything for granted. Always question everything, including all that is written herein.

This work will be continually updated to stay up to date in order for all of us to benefit the most.

The author has been followed any means possible to become more aware to gain a certain viewpoint and depth of information. This is not mainstream information. The author is not a traditional health professional.

*“If you read this book with an open mind you will never be the same again. I can guarantee this for you.”*

~ Paul Twitchell

# Crash Course about Health

## The microcosmos

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The three pillars that encompass physical health

- Toxicity
- Cellular strength
- Nutritional level and balance

Metaphysical reasons

- Emotional imbalances, interferences
- Mental imbalances, interferences
- Other subtle levels of oneself that do affect overall health

## The macro cosmos

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- Family
- friends
- environment
- work
- finances
- Our position in and to life

That's it.

Any questions?

If you knew the above to be fact you are already among the few.

If you want to know the reasons and study a detailed presentation on how to wisely tackle it, keep going.

There are a few more pages before the main parts start;

Part 1: **Why Detoxification**

Part 2: **How to Detoxify**

Part 3: **Practical Section**

Part 4: **An in-depth look**

## Some Words

Why do we not do what we know to be good for us?

Why do we not live to the best of our ability?

Why do we **self-sabotage**?

On my long journey of discovering the true cause of my own and all of our health concerns – ‘why we get sick’ - I had to realize that the greatest obstacle to my own improvement never truly has been a question of knowledge. I have always known somehow how to improve my health but I was not doing it to the best of my ability.

Why? Think about it. The fact that you are reading this book shows that you would not mind to improve your health. Be honest, though, you already know how you could improve a lot no matter where you are at.

- Relationships
- Diet
- Work
- How and what we think
- Activity levels
- Pollution
- Stress

What is hindering our self-improvement?

- Fostering healthy relationships; giving to others, surround us with the right individuals for us, letting go of the ones that do us more harm than good, and so forth. Doing so actually would help us to be healthier (which means we would be overall happier, more balanced, stronger, make better decisions, be more productive, be in alignment with our truth and so forth)
- Eating the foods that we think would serve us best - choose the best options for our physical, emotional and mental health to the best of our ability
- Do work that makes us happy
- Think powerfully
- Maintain sound physical health
- Live at a place we actually enjoy to live and breathe
- Balance out our stressors

Also, I am sure that you can think of many people that seem stuck in a non-productive rut. They have options, but don't act.

- Individuals who remain in an abusive relationship
- People who know they need to live healthier
- The perpetually negative person
- The obese person who wants to lose weight, but fails every permanent effort
- The smoker, alcoholic or drug addict that tries and fails to get clean

Aren't there enough books written on the subject of health?

Haven't our parents and society taught us?

Is health an issue about knowledge or willpower?

What health means to me.

True health to me means making the best out of our experience and facilitating the most growth. It means facing oneself head on including all present issues, worries, doubts, struggles and all other obstacles one is presently aware of. In addition one prime focus lies on one's own awareness in order to continually recognize more. On one side, one might want to become physically, emotionally and mentally stronger, to thus create and maintain health in the micro cosmos of oneself. On the other side one might focus on creating something wonderful externally, foster health in the macro cosmos and all and everything that becomes part of it. The reason for this is as simple as this ... **you are the answer**. You create everything about you, including all of your 'health-concerns', and you are the only one that can get rid of them and take yourself way past them.

You cannot take any drug, herb or other medicine for anything and become healed. There is no such thing. Yet, at times you will take or do certain things because it is wise to do so and as it can support your progress. However, the only true thing that needs to be constant and that **needs** to be present in order for you to improve is **you being determined to improve no matter what**. And yes, at times it is going to take pain to do this but it is well worth it. You always have the choice to give up or to move further ahead; to accept the new and possibly better option or to hold on to the old. There always is an opportunity for each and every one of us to develop ourselves; make the right choices, follow our hearts and take the risk, or continue to choose the path of self-destruction which is what most of society has chosen to do, consciously or not.

We all get chances, be it through relatives, friends, strangers or messages through movies, or even from animals and road or truck signs. Life talks to us constantly and our part lies in seeing it and taking the chance, or in letting it slip by. It's about choice.

You see, I don't believe in luck. I don't believe anything is random.

Not the people you are around, not the family and relatives you have, not the job you have, not the state your body is in and not the money that you might possibly win if you play the lottery. It's not even random that you are reading these pages right now. Somehow, you attract everything into your life and even through this book life presents you right now with an option of a new experience to develop some aspect of yourself. The outcome will be solely your choice. You might find out that this whole presentation was a complete waste of your time or that you have found what you have been looking for over the course of multiple years.

My experience has proven to me that 'god does not play dice' but rather that everything is one perfect and precise play of cause and effect and that you are the cause of your own experience.

My intent is to help you come to the same realization, through showing you how we create our own state of health, every single aspect of it, and how you can manipulate it to your own desire.

Let me explain myself.

I am happy pretty much all the time in particularly on the inner level.

I just love life itself including myself, every single bit of my past, the present and my prospective future including this very moment writing these words. The reason for this is because I started to follow my own heart many years ago, started to take the risk of the opportunities that I was presented with and that I felt drawn to. I did this to such an extent that I found myself on the verge of physical death. Because my feeling moved me through a journey of getting to the depths of the health system, and as it seems to be, I had to learn some pretty hard lessons to be able to present what I wanted.

When I was a teenager and realized that there was potential within this health system, that seemingly it was not optimal, what I saw hit me so hard and it left me with such an intense feeling of emptiness that I felt like nothing else mattered to me anymore but to get to a level of true understanding. For more than a decade, I used my imagination to get all the pieces together and directed my experience as such, no matter what. Some barriers I faced so hard that it left me in extreme pain and took me months to recover. Not because I was trying to harm myself, not at all, it just felt like the right thing to do at the time, like so often, and I took the risk and hit some dead-end roads a few times.

This might sound very harsh but to me life is about development through experiencing life from different angles, and that is what I enjoy.

Actually, I wrote this book for my own health; to create something wonderful for my macro and micro cosmos, to ultimately help me in facilitating my own growth. This is good news for you as I take my health very seriously and only believe in addressing the root cause which in this case is to be as real, honest, pure and sincere as I possibly can be as I like to get the same treatment in return.

Let's be honest, if every time you would open someone the door and then later get the next door slapped in your face - you wouldn't be interested in continuing to act so, wouldn't you?

I call this healthy egotism, and there is nothing wrong with it as it results in win-win situations for everyone. One can only do so by truly following his heart, there is no cheating life.

I am stressing this view not to praise myself but to give you a valuable comparison. I disagree with most publically shared information in particular when it serves to disempower you in the understanding that you only, yourself, create your own reality and that there is no external force that you are subject to that actually has any true power over you. This is not New Age emotional love nonsense. I am talking to you, the real you; that constantly wants to grow and improve and embraces it to get past emotional comfort and restriction even if it means initial pain. You have the power to change anything about you in the way you want; you just have to do it. Either you focus on all the bad and ugly of this world, or you do the best you can any moment, to thus become the best you can which is well enough and you will know this. And most importantly, can you even imagine where your journey will take you when you continuously walk into the unknown and position yourself in a way to facilitate the most growth?

The above was not always me. I was confused, lost, unsatisfied, didn't like my body, depressed, shy, in strong physical as well as emotional pain, not in control of my actions and addicted to ways of anaesthesia for years as I just wasn't happy with life and the perspective that I was taught to have. In fact, I was totally lost and knew it but didn't see any way out thus I stuffed my face with food, and often also with tubs of booze and pot for dessert. Playing computer games was also a great option to escape. No question, I had a lot of fun doing all of the above and at the time did not look at it from this angle – it was simply my life and the progress I went through and it is all perfectly fine. However, there always was this emptiness that was pushing me into discovering the depths of health and myself. One step at a time my life changed from focusing on it a few hours a week, to all that I do, every day.

The interesting point about self-sabotage is that we all are practicing it on one level or the other, but most of society has no idea that they actually are doing so, and especially to what degree.

Physically we have our lifestyles, which in reality are suppressing our own body strongly from healing itself thus becoming its greatest expression. Emotionally we have our comfort zones and attachments which keep us from facing ourselves. Mentally we have our ego, beliefs, and social programming, and so forth that distract us from perceiving reality as it is. All of these keep us from expressing ourselves in the true sense.

In fact, most of us are so far away from truly expressing ourselves that we don't even realize that we are practicing self-sabotage in order to keep us from doing so. Many of us feel that the weight on our shoulders is increasing, but we simply don't see any way out.

In our society, we often hear that people who take drugs or don't look good are unhealthy, but this is a minor picture about health. One can be very healthy in many areas of their being and still have a 'sociable unhealthy physical appearance'. There is just so much more about life and ourselves.

So why are we practicing self-sabotage? **Because we are out of touch with ourselves.**

Why does no one notice? **Because most are in the same boat.**

You are not your physical body including all the 'issues' that are physically present.

You are not your emotional body and the instabilities related to this.

You are not your mental body and all your confusion, unknowingness and so forth.

*(I am using the term body because I find it convenient and as it is a well-known reference)*

You are you. You are your awareness, or whatever descriptive term suits you.

When we are going to pass from this world, we are not going to take any material possessions with us or any other stuff and concerns from this place. The true value that we all have is our own awareness and the more we work on it, the better we feel. This is a true achievement and you, the real you, knows this and this is the reason you feel 'off' when you act in denial thereof and vice versa.

As we act mainly in denial, therefore we get our perspective and priorities wrong. All of us have the ability to become happy and content - be full of joy about our past, present, and future, as well as create health in the physical, emotional, and mental body.

For this to happen we must focus on our own improvement and constantly take the risk and face the opportunities that are presented to us.

What it takes to get there is a letting go of all the stuff that is holding us back. This is easier said than done.

- Knowledge is needed to satisfy our mental body in order to just ‘shut up’ and let us do what we need to do to get there. This way we become the wise through direct experience thus the mental body will become stable and take its right place.
- The emotional body needs to be balanced and strong, or we are simply all over the place.
- The physical body needs to recover from the onslaught of what we have done to it.

The more we improve in any one of these bodies, the more the others will become stable as well. The more overall stability and strength of all bodies, the more we improve our overall health. Doing so will also help to bring forth our true self. It’s all connected.

The reason I called this book the ‘Lymphbuster’ is due to the lymph being the very system in the physical body in which we store all the physical ‘holding on’ in. It’s what we need to ‘bust’ in order to be able to achieve a healthy and strong physical body. Its significance is quite vast as this then also affects the other bodies. It’s also the part that is misunderstood and has been overlooked in the mainstream health field. The lymphatic system is only one aspect we will look at throughout these pages and mainly encompasses one of the three pillars of health; toxicity. Cellular strength and the nutritional topic are the other two. These three pillars make up the health our physical body is in. We all greatly vary in our present states of each pillar which is why we all have different experiences.

The root causes of our physical condition are always the same as they lie in a variation of the three pillars of health accompanied by emotional and mental imbalances and interferences. Due to the degree and variations involved our situations show up in almost endless different effects. It’s like a massive jigsaw puzzle, and you are about to get a fairly good understanding of its code.

You will also be shown the extreme potential we all have to the degree that it puts a huge smile on my face, every day. One of the greatest, if not the greatest part of unawareness in the health field lies in the magnitude of our overall health suppression thus the potential for improvement we all do possess. This is one of the reasons why there are so many different theories; they all reside on various levels of understanding

Remember, though, the only improvement in our conditions by absorbing any knowledge is a simple preparation and clarification to be then ultimately able to do the work ourselves. Getting and accepting the proper knowledge goes a far way though, and I truly believe that you are presented with the opportunity to do so right now. Often 'self-sabotage' is practised due to not understanding the principles of Cause and Effect and most of us are stuck in multiple catch-22 without even being aware thereof.

Still, you have to take the steps to succeed.

You will have to loosen up and let go and ride the ride.

And like always, with matters of the heart, you will not regret having taken the risk.

### **Summary of the few words,**

In this book you will learn a powerful way of how to address your health. Be it physically but also emotionally and mentally. It doesn't matter if you have lots of \$\$\$ or not - it certainly is beneficial to have some but the most important thing is the right perspective, view, and dedication and then to do whatever it takes for you to succeed.

I am not a spiritual master, some quack or whatever. It's just that I have learned to enjoy my life and truly feel that my experiences are beneficial to others. I loosened up and let go years ago and then was clever enough to do one thing - always find the biggest fish I was able to find, comprehend and then learn from. If it's one thing that I have learned and that you could benefit from it's this - there always is a bigger fish, wiser than can be imagined. But we must take the risk to become more aware of being able to recognize the next step. This also includes this book, learn from my presentation all you can and then move on. Continue your own adventure; never get stuck at any place.

We just have to loosen up, let go and enjoy the ride.

Dimitri Manser (Oktober 2015)

## What you can expect

- Step by Step presentation for understanding the health field
- Gain the understanding to proceed wisely and continually towards a healthier self, according to your own individual situation
- Main reasons why disharmony develops
- Doom-loops: the reason why most of us are not succeeding is a lack of understanding of Cause & Effect. Learn to understand how it works and you might likely be surprised how easy results come.
- Various approaches to healing
  - Drugs
  - Surgery
  - Radiation
  - Herbs
  - Nutrition
  - Supplements
  - Fasting
  - Homeopathic
  - Chiropractic
  - Acupuncture
  - Massage
  - Kinesiology
  - Activity
  - Energy healing
- A systematic approach to addressing one's own individual situation - what to do at what time including a detailed practical section.
- What to eat at what time and what the effects are of the various foods and diets including the Standard World Diets, Macrobiotics, Paleo, Atkins, High-fat / low-fat, raw / cooked, juice fasting, intermittent fasting, water-only fasting and so forth.
- Why there are so many different opinions.
- Why most health practitioners are right in their view but also not.
- How one can succeed. Why everybody has the opportunity to succeed.
- Pitfalls.
- Why this information is not mainstream.
- Tips on how one can survive and be successful in this time and age.
- Lots of analogies and pictures to make the reading fun and comprehensive.

One or two mind blowers. Possible emotional reactions to the presentation due to one's programming and traditions. Disbelief. Challenge. Aha moments. Liberation.

## **Before we start,**

To turn our health around, we must turn the tables, recognize the errors and adjust our lifestyles and habits accordingly.

This does not mean limitation, boredom or solitude but rather **freedom, adventure** and the delightful prospect of a **dazzling future**.

What is shared throughout these pages should be taught to children in schools and hopefully will be someday. It should be an essential part of our educational program. Once one understands the basics of health one is free – knowing the consequence – to go their own way. We all deserve the chance to be able to make that decision.

Keep in mind that the knowledge presented herein is based not only on the authors own experiences, his gathered knowledge, as well as that of the initially mentioned allies on the dedicated-to-page, but it is also based on long-term practice. This knowledge is based on real situations and reflection on them. It is not mere theory or imagination. Naturally, theories are useful to describe and explain the knowledge but it is real experiences that form the core of these teachings. Nevertheless, what is written on these pages is also prone to errors, no one is perfect.

This book is written in sequential manner, as basic knowledge is essential for understanding the later chapters. Try to allow at least the essence of each chapter to sink in - don't skip them. Also, this book has been written for everybody; be it the lay person, children, seniors, intellectuals or health expert thus it is intelligible to all in most parts.

With that said, all the best and let's enjoy going through this book. Sit back, relax and buckle up as some long-standing cultural beliefs, perhaps generations old, will be tested a few times. You're going to discover amazing things and hopefully enjoy many aha-moments and be highly motivated to hit the road to health and wellbeing. It may also be the case that it takes some time to digest part of this knowledge; this is a natural process, and it is perfectly okay.

# PART 1: WHY DETOXIFICATION

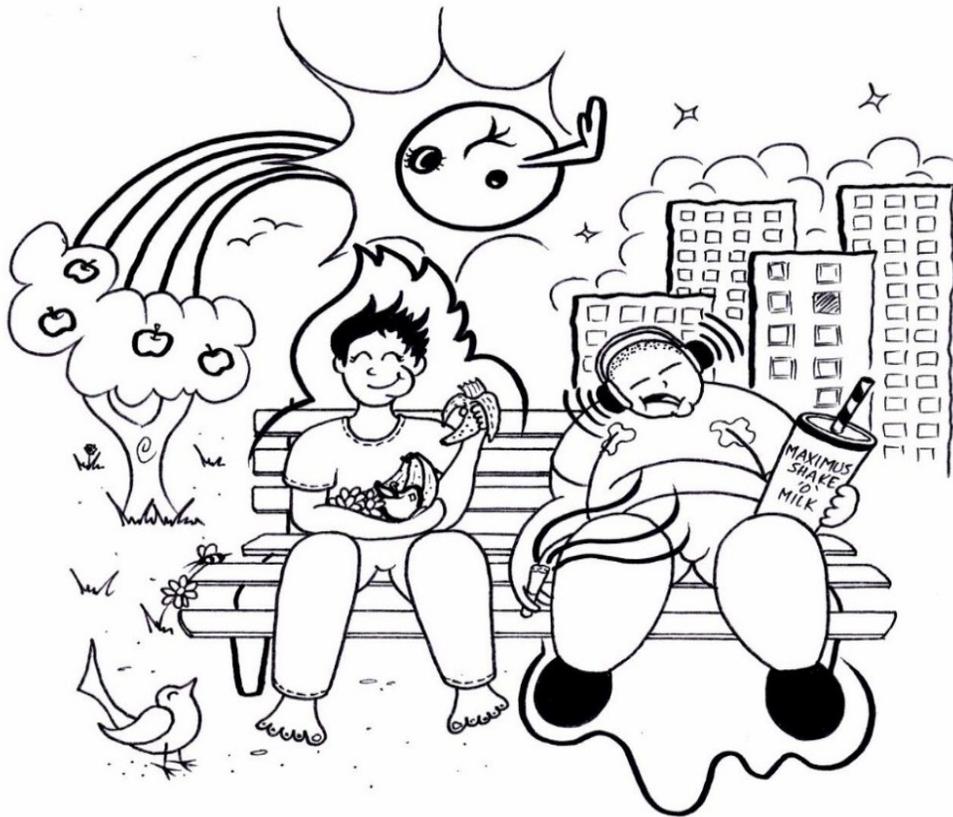
True Detoxification is a process of **cleansing, nourishing** and **regeneration** of the physical body, as well as all other aspects of oneself such as the emotional and mental body including the macro cosmos, resulting in what can be referred to as a higher level of health.



# Why Are We Sick?

What you will soon realize is that this book is about health and vitality, not sickness and disease. It will be shown just how health conditions occur as we give thought to the cause of disease. Hundreds upon hundreds of books have been written on the subject of health, as well as on dieting for health. Is there less illness with our high educational attainment and the enormous possibilities of our health care system? I see a paradoxical development here which is by all means not hidden to the public; man is not healthy, and many are still looking for the wonder to discover the reasons.

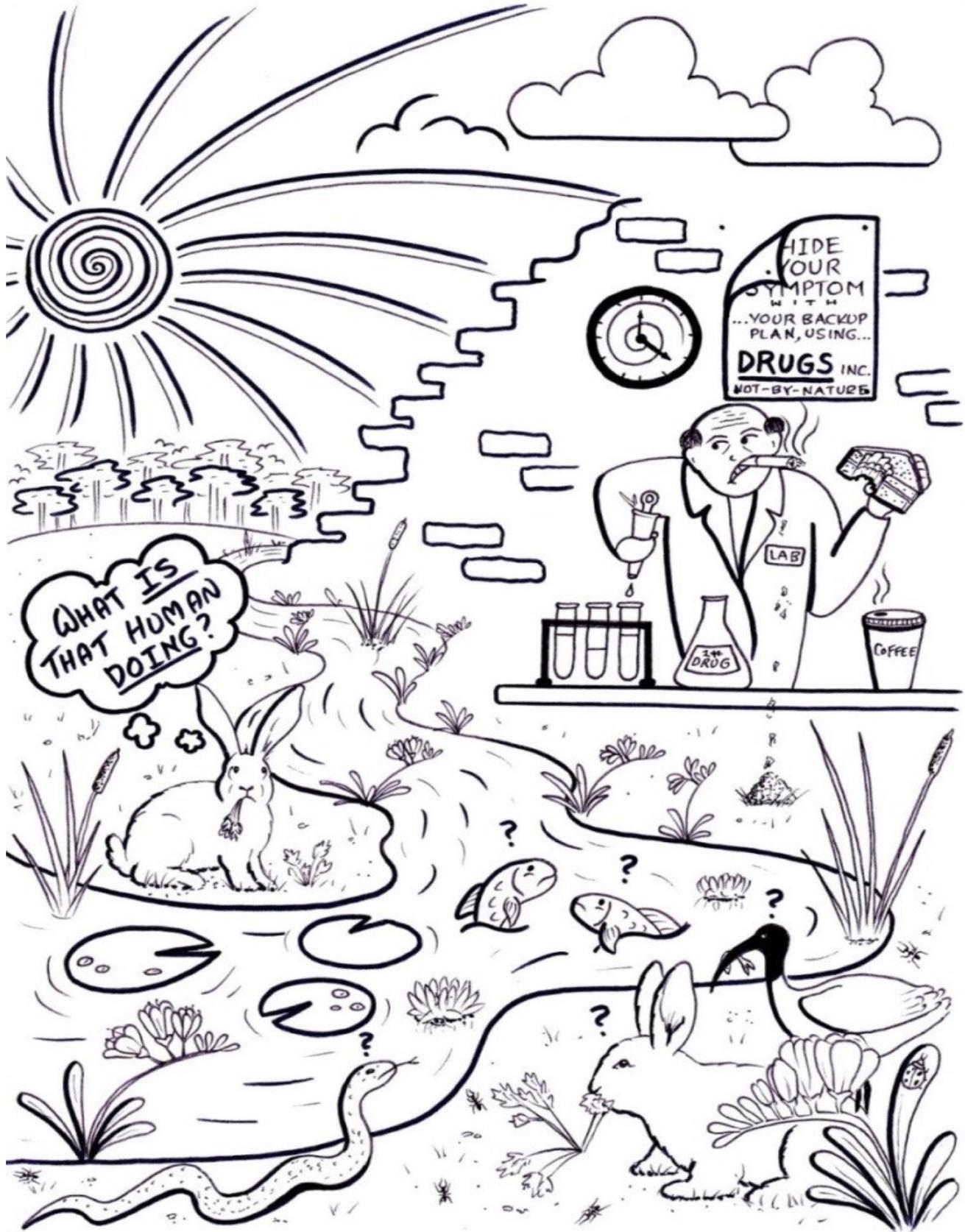
Our society seems to be somewhat lost when it comes to health, and there is a grasping at straws to find the answers to health concerns. We continue to take one step forward and two steps back. Over the last couple of centuries, the rate of chronic illness has skyrocketed: Cancer, mental illnesses, emotional imbalances, allergies, obesity, sugar imbalances, and more. What's going on?!



Believe it or not, but this is it – our lifestyles are pretty much fully responsible for our concerns and by changing them wisely we can regain our health.

If this is that simple, why are we all not already doing it? This was my first thought when I came across the topic. Let's take a closer look.

# Knowledge versus Truth



How could the rate of illness progress so rapidly? How did we end up with our present state of ill health? Obesity, diabetes, emotional wrecks, drugs, anger, violence and on and on. Where did we go wrong?

We have come to think that we are smarter than nature, our creator, God, the intelligence which has created us (*however you want to call it*). We are not doing this on purpose, but we have been conditioned this way and are mostly unaware of it. We put a wrench in our own wheel by acting so.

We limit ourselves constantly. For example, we liked to know everything as intricately and detailed as possible. But to do so, we tend to isolate the object we want to understand or prove. If, for example, we want to know the composition of an apple so that we can determine its health benefit, we might examine it with a microscope. However, this diagnostic method alone has its limitation: Regardless of how advanced the microscope is – there will still be more to discover than we are able to see with any microscope (*smaller components*) and more importantly what about that part of the apple, which we can't even see with the microscope (i.e., energy field)?

It is just not possible to analyze and understand every component of the apple, whether using a microscope or any other diagnostic method. The whole apple will always be greater than the sum of the discovered parts, and there will always be some mystery in the final analysis.

Luckily, we don't need to, as the intelligence, which created the apple, already took care of this perfectly. We should learn to get familiar with this intelligence. But is this truly clever or does it involve risks? What intelligence am I talking about anyway?

It's the intelligence behind everything. I am talking about the intelligence that has designed bees with a marvelous ability to flap their wings hundreds of times per second. It is the same intelligence that has masterminded the chameleons fascinating ability to adapt to its environment through camouflage; and which has designed ears with the capability of deciphering sound wave sequences. The very same intelligence has put our sophisticated and exceedingly complex physical bodies together out of an egg and a seed, flawlessly.

This does not mean blind belief; rather, it's the realization that there is simply an astonishing intelligence at work for our greater good, and we're better off when we work in alignment with this intelligence than against it.

At the end of the day – among others when we are sleeping – the same intelligence controls all the bodily processes (*like breathing*) and keeps us going anyway.

To get to the point: Wouldn't it be wise to cooperate with this intelligence and adjust ourselves?

Here lie our main errors: We have the attitude that we are smarter and make more comprehensive decisions which simply are not true. There are given laws, which have an influence on us, and whenever we isolate the way we think, operate, act and so forth, we run the chance of missing part of the picture. We are all conditioned to view life through biased prisms depending upon our experience. Much of the information that we overlook is so far out of our own understanding that we didn't even imagine that we didn't know this or that. Ultimately, all the issues that we are experiencing are due to a lack of awareness in particular of how Cause & Effect rules or due to not acting on what we know.

A wise way to act would be to use the current state of awareness and from there make 'the great intelligence' our ally. An example for this health wise would be in the treatment of a Vitamin deficiency: Rather than using an isolated, synthetic Vitamin one could use a natural blend of fruits & vegetables that contain that vitamin as well as all the co-factors that are needed for absorption and so forth. Many of these substances we do not truly understand or have not even identified yet, but 'the great intelligence' has properly put those in place in the natural product itself. Thus we make use of our awareness of deficiencies, the diagnostic method, the knowledge of which natural product contains the substance, that superior quality is important as well as use some assistance from the greatest of intelligence in what we do not understand and likely never will as it is vastly complex. Anyone that 'thinks' in their mind that they will figure it out fully is simply delusional, in particular when one starts to look deeper into what natural produce truly contains and how they affect the body in contrast to isolated chemistry. Either way, this does also not mean that synthetic Vitamins (or other isolates) do not have their place or any benefits whatsoever, but it clearly shows one thing – we often run the chance of missing part of the picture, and we don't have to, there are often safer ways that have proven records.

Back on track: Each cause has its effect. Only when we trigger the necessary mechanisms will we earn the desired effect, without cause there is no effect and being unaware seemingly won't save us from any unwanted repercussions. Hence, we are to blame for our condition: We simply experience the effects of our actions.

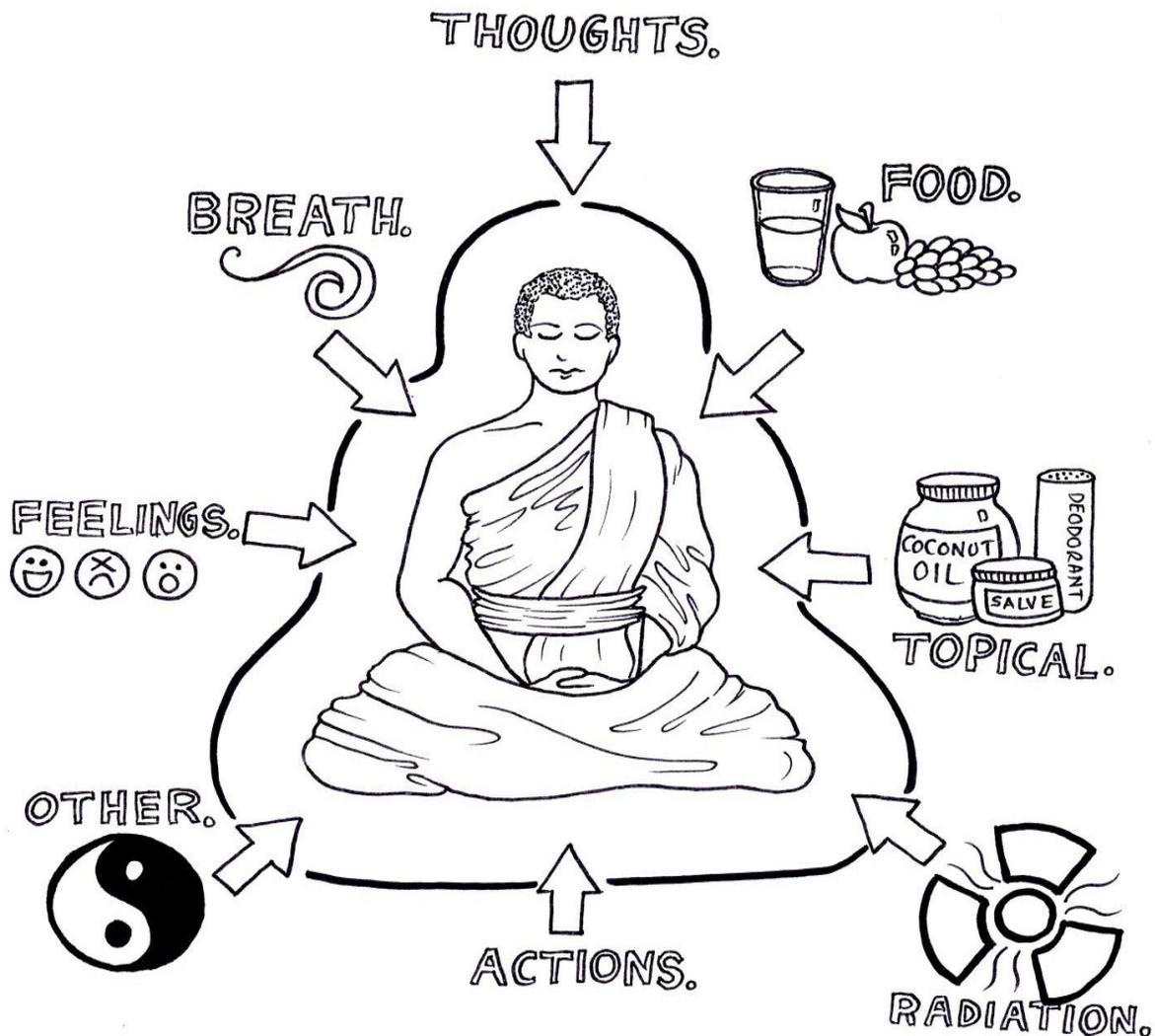
Let's find out where we have gone wrong so that we can re-orientate and hopefully do things better from now on: a new beneficial cause must respectively yield success.

# Main Causes

Let's have a look at our body as an energy field to avoid any limitation that might likely occur by only looking at the chemical part we most are familiar with. A 'sick' state would mean that the energy is inharmonious, whereby a balanced state of the energy represents solid health. An outside or internal force is necessary to upset our energy field and create an imbalanced state.

Our energy field is influenced by,

- What we eat and drink
- What we breath
- What we put on our skin (which is absorbed through our skin)
- What we think and feel
- Other forms of energy (known and unknown), such as any form of radiation.



The illustration on the last page refers to ways we bring the outside world into our body. But which of the above has the greatest impact on our health? Which of the above is a good place to start? Which of the above must be prioritized above the others? The straight answer is diet - what and how we eat and drink. This certainly doesn't render the other influences as insignificant or unimportant. It's only that they generally represent little cause for concern unless the individual is vastly affected in these areas. If that is the case, then it is only sensible that these areas are addressed (such as constantly inhaling highly polluted air, excessive use of chemical-filled personal care products, being exposed to destructive radiation, being incessantly overburdened by negative thoughts and emotions or letting others negatively interfere). But briefly, we have strongly messed up our eating and drinking habits thus diet is a good place to start and focus on. Almost everyone can improve their diet based on the suggestions that are offered in this book. We are talking about wise and progressive improvements.

What and how we eat and drink is a lifestyle factor that has an enormous influence on our health. If we positively influence our diet, a ripple effect follows as the body becomes stronger and we more balanced thus many other areas that also affect our health will have less impact. We succeed in many ways by addressing our diet.

On the other hand, if we don't 'play the game' in accordance with the rules (follow natural laws); it can only result in one thing: Successive imbalance & disturbance in the organism accompanied by suffering and finally premature death. This also is a universal law that goes as follows: 'the strong survive, the weak are consumed'.

We must put ourselves on the strong side. Get rid of our weaknesses and replace them with strength - a positive cause that will yield a positive effect.

As you've learned in this chapter, we must be very cautious, when we rely on knowledge that is the result of limited thinking. Often some greater picture has been overlooked and, therefore, the wrong conclusions have been derived. We should always be aware of this when referring to or studying anything.

# Body Chemistry

Let's further the exercise with a simple overview of the human organism. What is our body comprised of, more or less, chemically speaking?

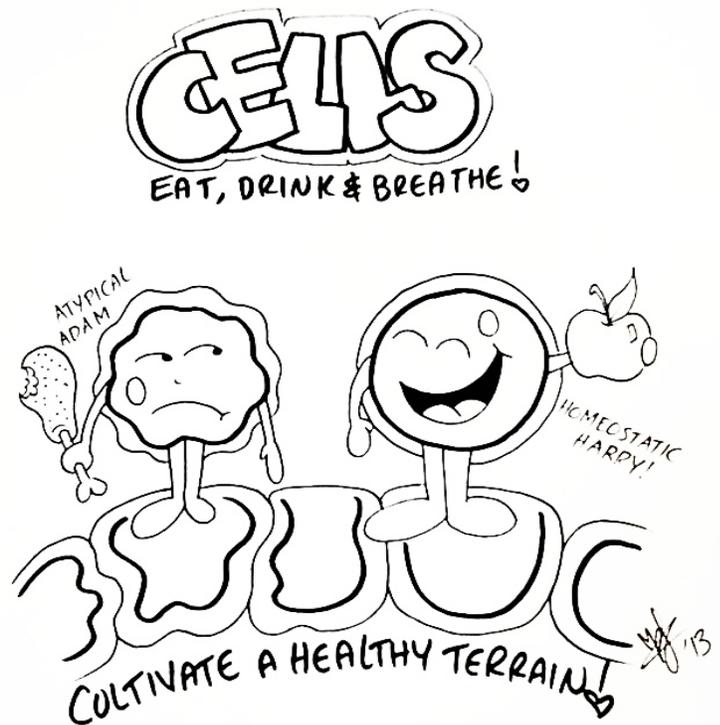
- Cells (around 70 - 100 trillion depending on the source)
- Fluids and what lies within them
- Specific chemistry (mineral salts, etc.)
- Parasites and microbes

The cells and the fluids make up the greatest portion. How we feel ultimately reflects the state of our cells. When we're in pain, (or any other condition), cells are affected in some way. Only the fluids have direct contact with the cells. Hence, this is where the issues are found. The exclusion would be physical trauma, but even trauma is taken care of by the fluids. A cell simply can't be affected without somehow being 'touched' and only fluids surrounds each cell.

When the fluids around the cells are in balance, so are your cells. In other words, when you foster a **proper cellular environment**, the restoration of the health of all the cells in your body will follow.

A good example of the relationship between our fluids and the cells is shown by an experiment of Dr. Carrel at the beginning of the twentieth century. He kept cells of a chicken embryo alive for 29 years by only replacing the fluids. He used a solution containing the needed nutrients for the cells, and as he changed the fluid daily, it was almost perfectly clean. The cells didn't die until there had been a failure in exchanging the solution. Thus, the cells could have lived even longer which is impressive as chickens only live about seven years.

The experiment underscores the importance of cell fluid health.



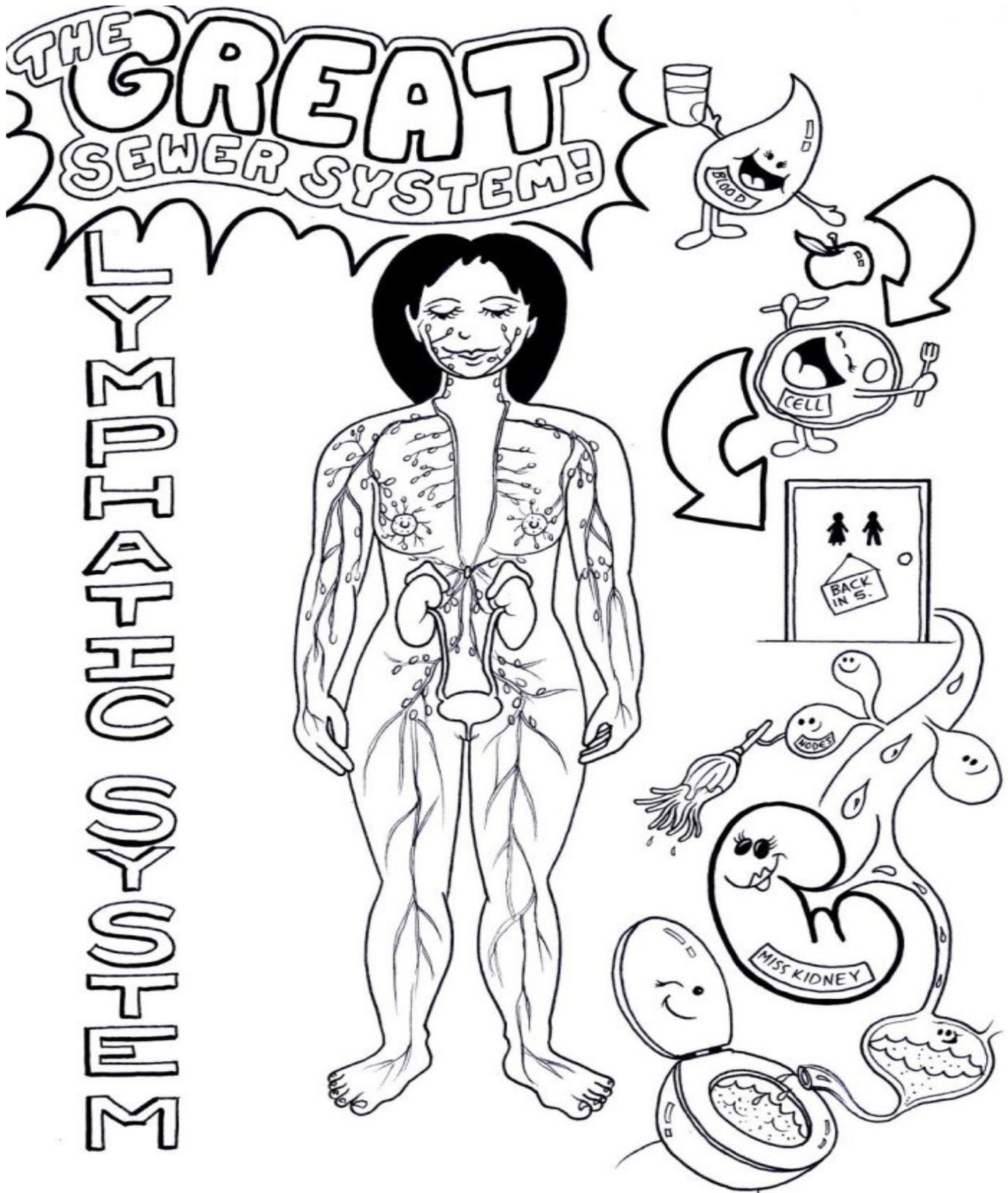
Let's have a look at how our fluids become unbalanced. The two states of any chemical substance are: acidic and alkaline. Let's compare the acidic state with male characteristics; men are usually more aggressive, and that is also the tendency of acids: they literally rip you apart if strong enough. The alkaline state can be considered the female state, as females are generally more loving, caring and healing. Of course, the extreme end of either side of the pH-scale (the acid/alkaline scale) will be corrosive to the body. However, with respect to our health, it is usually the acid side that we struggle with. The biosphere on this planet should be approximately 80% alkaline to 20% acidic and so should it also be in a healthy human body. When this acid-alkaline-balance is altered too much, the state of our health is altered accordingly: It goes down the drain, and that's what is happening with our atmosphere as well as our bodies.

In our body, this balance is maintained with the help of the fluids. Everyone knows something about the circulatory and vascular system: carrying and transporting oxygen, sugars, minerals, vitamins and the like around the body, bringing these 'goodies' to the cells and thereby 'feeding' them. For this reason, it is appropriate to compare the circulatory system to that of a typical kitchen.

But there is another side to this picture that must also be looked at: Everything that eats has to eliminate by-product waste, and cells produce huge amounts of metabolic waste. Even at rest, cells continue to produce waste as a result of basal metabolism.

So, which system handles cellular waste in our body? The blood? That would be inappropriate since the blood has to maintain an alkaline environment (pH of roughly 7.35 to 7.45), and cellular waste is highly acidic. Incessantly dumping waste into the blood would acidify this vital fluid, and serious consequences would arise. From calcium steal (the body makes use of the alkaline Calcium to neutralize acids), up to highly impaired oxygen-carrying capacity and with that a quick death in a matter of a few minutes. That's why we humans come equipped with a separate system within the body that takes care of the waste. Just as most of us have a sewer system and a kitchen in our houses, so does the body. The next chapter is dedicated to this vast system.

# The Lymphatic System - Pillar Toxicity



We are rarely taught about the functions and importance of the lymphatic system. This is astonishing, as the root cause of almost all health conditions can be found in this system. Even most blood-related issues originate from the lymphatic system being overused, thus disabling it from doing its job properly which affects all the cells.

Naturopathy talks of stored toxemia in the body. Many use the picture of a bathtub to illustrate the toxins. The tub fills up during life and will eventually overflow. Thus, many issues arise. I read book after book, but none seemed to illustrate which part of our body represents the tub and the magnitude, to which the residues are/can be present in our body. Dr. Robert Morse was able to answer these questions extensively.

When the lymphatic system is overused, obstructions are created within the body leading to the retention of toxic waste within the lymphatic system (mainly due to cell metabolism and food residues but also other toxicity factors), resulting in systemic acidosis of the body. This includes other chemistry being stuck in the body such as heavy metals or pesticides and even radiation which all are taken care of by the sewer system. For the sake of simplicity, the term 'acids' will often be used to cover the general state of toxicity.

As cells cannot move, they must be 'fed' and 'cleaned' on-site, which has now been compromised. This is why the purification of the lymphatic system should always be one of the prime focuses in our endeavor to overcome health-related concerns. The movement aspect needs to be stressed as there is the idea that For example, a damaged liver cell can spread from a pancreatic cell like commonly referred to in 'spreading of cancer' which is truly a very mysterious theory and baloney as the cause of damaged cells lies within the medium that causes the damage which is the toxicity of the lymphatic system.

Each of our roughly 80 trillion cells constantly produces waste matter of acidity similar to coke (around pH of 2.5). The effect of such a strong acid can easily be experienced, For example, by placing a tooth in a glass of coke which results in the heavy decay of the tooth. If the lymphatic fluid moves freely throughout our body, all waste products are dealt with, and the cells are as happy as a baby that gets its nappies changed on time. If you are familiar with baby-poop, you will know the importance of changing them very well, as well as the consequences that follow if one does not, redness of the skin, or even painful wounds. The exact same thing happens to the cells.

As soon as acids grow out of perspective, and we start to lose the fight - acids versus base – one start to suffer as the cells are getting stimulated and weakened over time. This also affects the blood as toxicity has a massive impact on the body. Generally speaking, it can be said that disease of the physical body is a direct consequence of hypo-

and hyperactive or damaged cells caused due to toxicity and deficiencies (be it cancer, diabetes, skin issues, fatigue or whatever). We are talking about malfunctioning cells which are influenced by the blood (nourishment) and the lymph (toxicity).

The lymphatic system mainly takes care, in contrast to the blood, of the corrosive, acid side of the chemistry in our body – all the waste. The lymph fluid is a protective lipid based fluid, predominantly made up of cholesterol. Lipids generally have high anti-acid properties. Thus, they are the perfect carrier of cellular waste products.

The interstitial fluid consists out of roughly 75% lymph and 25% blood. The emphasis of the lymphatic fluid is systemic, meaning you have roughly 3 times more lymphatic fluid than blood. This should make the importance of this fluid very clear, and the lymph should be looked at even closer than the blood.

The lymphatic system does not come with a pressure system as the blood, therefore movement must occur via other means such as physical activity, movement exchange with the vascular system and other factors that stimulate smooth muscle and tissue contractions (For example, astringent foods will cause tissues to contract).

The lymphatic fluid flows throughout the interstitial spaces between all the cells (in addition to 25% blood) and is therefore able to gather all the waste from the cells and ensure that the waste is being dealt with.

Let's take a look at the pathway of waste in the lymphatic system. Around the cell, acid waste is buffered by the antacid properties of the lymphatic fluid. The waste is transported within the lipid fluids through small lymph capillaries, into larger lymph vessels, and then off to the **lymph nodes**. Within the lymph nodes, the waste is broken down by microbial and immune cell activity, in order to raise the pH level of the waste before it's transported to the kidneys for excretion. This process is vital. If the waste is not broken down, the strong acids will eventually damage the kidney tissues rendering the kidneys unable to function properly, thereby no longer filtering appropriately or expelling lymphatic waste from the body.

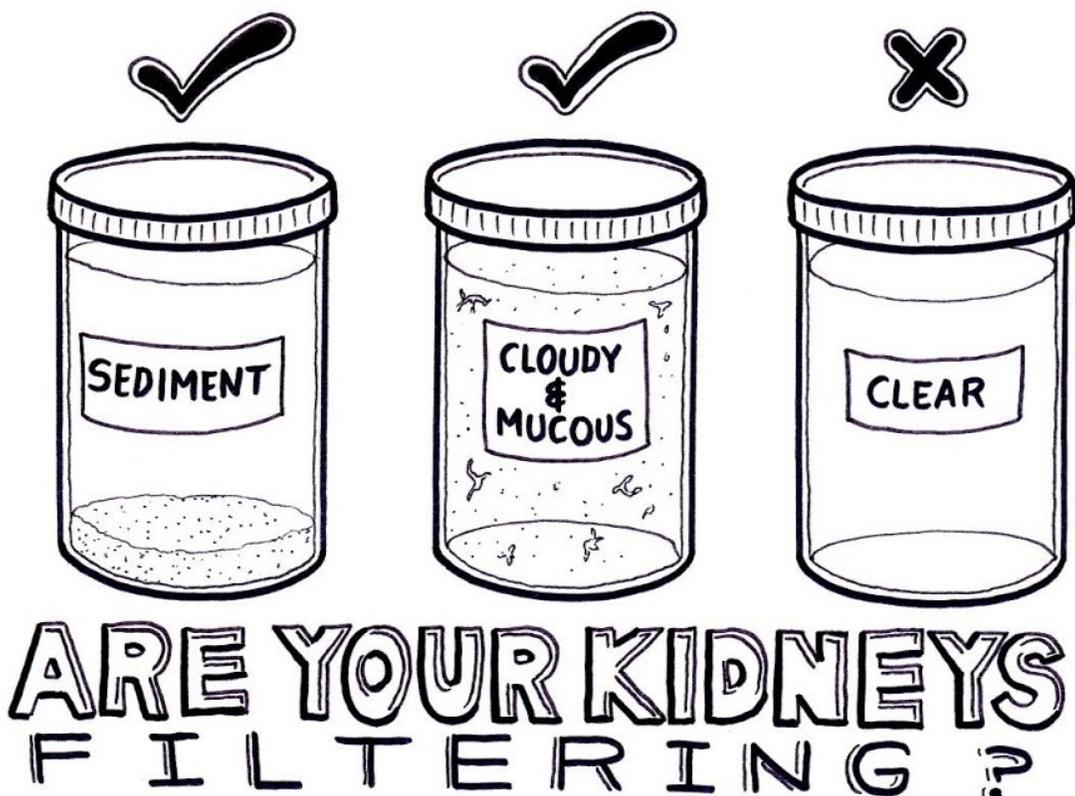
Briefly; cells create waste which gets transported via lymph vessels, it reaches lymph nodes to be processed, and finally the kidneys to be excreted via urine.

A similar process takes place in the sewer system of our house and cities. The waste is transferred to the **septic tank** via sewer pipes. In the septic tank, the waste is then acted upon by **bacteria**, and thereby reducing the burden on the sewer system, and preventing the tank from spilling over. Anyone knows that the septic tank is an essential part of a sewer system.

A vast confusion exists with regard to this matter. When the lymphatic system begins to overload, and waste starts to accumulate in the lymph nodes (septic tanks), the nodes begin to swell while bacteria levels increase, as they feed on this very waste – more food, more bacteria. Unfortunately, the role of bacteria is largely unknown. Thus, they get the blame and are subsequently targeted with severe consequences for the body as a whole.

It is often the case that one will be prescribed or recommended to take antibiotics, but sometimes it is also the unfortunate case that a total removal of the lymph node(s) is recommended. Consider the following for a moment: would any plumber in his or her right mind suggest the removal of a septic tank just because it was full? Would the plumber attempt to eliminate the bacteria within the septic tank? Absolutely not! The plumber would proceed to clean and empty the septic tank. Obviously, such drastic interventions have negative effects on the patient. I suggest that you don't let anyone remove any part of your body or interfere with his or her function (all of them have a purpose). Familiarize yourself with the function of your lymph nodes, they are very important.

As briefly described earlier, waste that has been broken down in the lymph nodes is then transported to the kidneys. **If the kidneys cannot handle the workload, the skin will take on the extra burden, resulting in various skin issues**, or worse – if the skin is malfunctioning and clogged - the waste will be fully held within the body.



**The greatest part of lymphatic waste should normally be filtered by the kidneys and excreted via the urinary tract out with the urine.** This waste is very visible once present in the urine, meaning that clear urine is unwanted. If one urinates in a jar and sees clear urine (regardless of its color) then it is very likely that one is missing kidney filtration of the lymphatic system to its right degree. Urinary excretion will vary from minor sediment (this looks like tiny sugar crystals, or like snow in a snow globe) to full-blown strings of mucus and very cloudy urine; these simply are fatty-particles coupled with acid waste that leave the body.

There are situations when a person's kidneys are unable to filter; the skin is unable to take the burden (inability to sweat among others), and the bowels are impacted, congested and out of shape. This literally means that every door of excretion has been closed shut. The body will have no other option, but to retain, isolate and pocket this acid waste which shows up in chronic dehydration and tumor-like build ups. The faster cellular waste is created and/or external toxicity ingested and the weaker and less nourished one is, the quicker the process will take place. The individual literally becomes a time bomb waiting to go off.

Let's now have a look at the difference between a clean and well-functioning lymphatic system, and an overloaded lymphatic system:

### **Clean / well-functioning lymphatic system**

- Decongested & free flowing
- Contains little acid / toxicity
- Lymph nodes lower waste pH, prepare waste for proper excretion via kidneys
- Kidneys eliminate a continuous and substantial amount of incoming waste
- Skin is clean and well-functioning
- Cells thrive in a proper, alkaline environment
- Elevated and rapid healing and overall physiological function occurs

## Overloaded lymphatic system

- Congested, move at slow pace or not moving
- Heavy acidosis and toxicity, fluid is sluggish and viscous rises
- Lymph nodes overburdened, reduced bacterial breakdown of waste, highly acidic
- Waste enters the kidneys, kidney damage and malfunction
- Kidneys are not able to remove incoming waste; the waste backs up, starting from the kidneys. The body tries to compensate with the help of the skin until the skin becomes too congested as well.
- High amounts of acid waste and overall toxicity is retained within the body, leading to immune responses and stimulated cells, affecting all chemical processes, hindering the proper delivery of oxygen, sugars and other 'goodies' and ultimately leading to the breakdown of cells (systemic).

This outline should make the importance of the lymphatic system obvious and clear. Our 'sewage system' has the possibility to hold on to acid waste and to overload: This state of toxicity is also referred to as acidosis as the overall chemistry in the body shifts.

If one wants to facilitate any level of thorough healing, one must always take care of the lymphatic system. **Years of accumulated toxicity can be, and in most cases is, contained within its realm at any point of our life, possibly even at birth due to passed on toxicity.**

Remember: cells comprise all of the tissues of your body; be it the heart, kidneys, brain, bones, nerves or any other part. When the cells are healthy, the relevant tissues function properly. The fluids that flow through the cells have a direct influence on the health of the cells, so when the environment is able to clean and feed the cells properly, all is well, if not, consequences arise.

The main issue we likely face is the obstructions to the interstitial fluids, and with that, the suppression of cells resulting in many, many different kinds and combinations of symptoms. Removing the obstructions and cleaning the cellular environment as well as properly nourishing the cells will allow the healing process to commence, and restoration of overall health ensues. Accordingly, a major focus must be placed on the lymphatic system, as this system is responsible for managing overall toxicity.

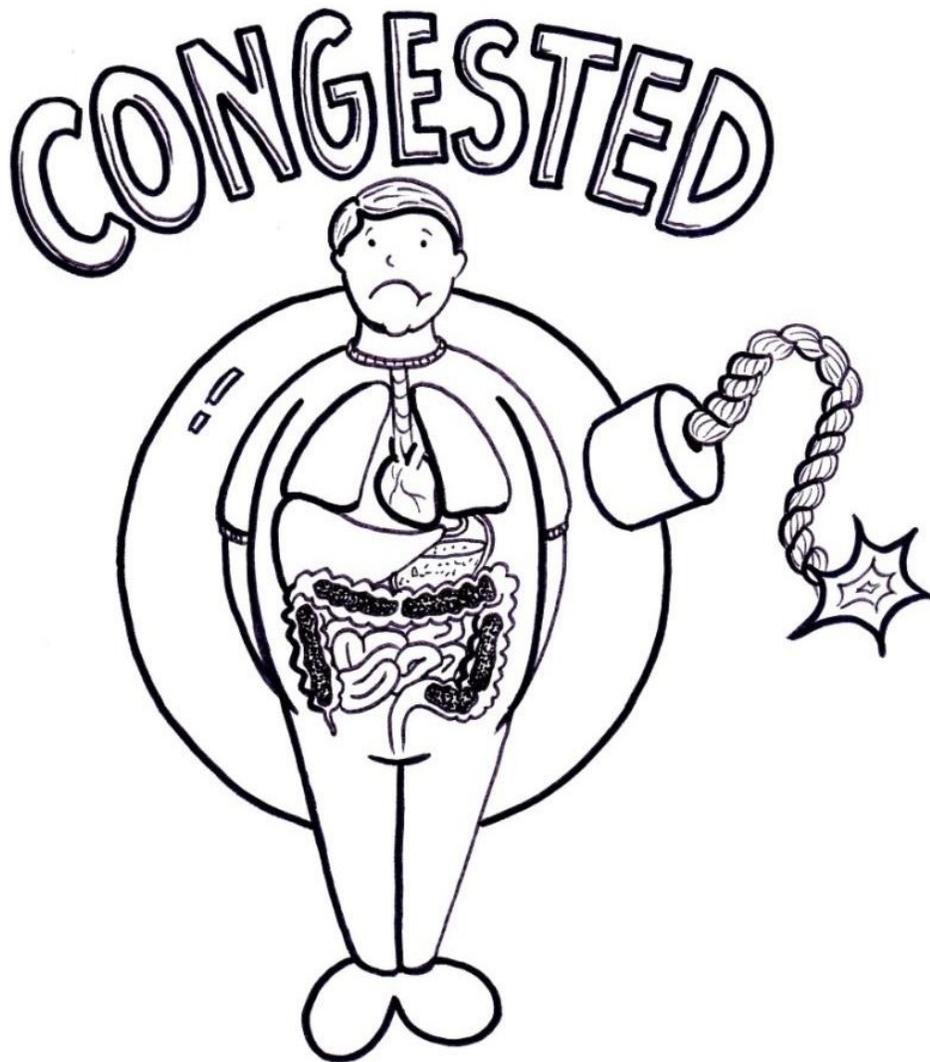
## Recap

We have interstitial fluids that come in direct contact with all of our cells. This is essential so that they can be cleaned and fed on site as cells don't move around unless they are ready to be dumped out of the body and into the lymph nodes for breakdown. 75% of the interstitial fluid is lipid based (lymphatic), and 25% comes from the blood. This fluid deals with, among other things, all the waste created by cellular activity from basal metabolism to intense activity, but it also takes care of all the heavy metals, chemical residues, pesticides or other toxins created and/or ingested by our lifestyle. It needs to be clarified that everything having an adverse effect on the body will be expelled through the lymphatic system, or, if this is not possible, stored within its realm. This is the one and only sewer system of the body. As acids are the most influential aspect of toxicity, lymph and acids are often the preferred terms being used.

Excreted from the cells, into the interstitial fluids, these waste by-products are transported via the capillaries, into the lymph vessels and to the lymph nodes, in order to be broken down by microbial and immune cell activity, before finally being delivered to the kidneys for excretion. This waste should leave the body. Unfortunately, we tend to be ineffective in eliminating this waste due to a weakened kidney function, and due to us creating and ingesting more waste, than our system can process. The entire lymphatic system begins to overload, starting at the kidneys, then the lymph nodes, lymph vessels, capillaries - and finally - it begins to congest interstitial tissue and clogs up the cells. This is when conditions surface. Everything starts to change discreetly on a chemical and on a physiological level.

Normally, the cholesterol based lymph fluids will deal with the acidity of the waste. But an acidic environment begins to dehydrate the lymph fluid - it will thicken and coagulate. The waste hardens and tissues petrify. The area around the cells will turn acidic to the point of the cells themselves starting to break down. I compare this condition with a '**time bomb**': Acidity doesn't leave the body, and it becomes only a question of time until the individual is going to 'explode'. Time depends upon the present strength of the cells which includes the nutritional state of the individual.

The time-bomb state is the danger zone whereby one is just waiting for the acidity to break the cells of the body down – arthritis, cancer, psoriasis, etc., etc. are just different names for the uniquely different variations of the same.



The body will put in a great effort to prevent the 'explosion' from happening once the toxicity can't leave the body by attempting to neutralize the acids with these four main possibilities,

- **Anti-inflammatory steroids** (mainly from the adrenal glands)
- **Calcium** and other mineral salts (drawn out of the local tissues leading to calcification / stones)
- **Water** retention (edema)
- **Cholesterol** itself, if all else fails (cholesterol plague)

These are the primary and most important antacids that the body has at its disposal. These are essential buffering mechanisms in the fight against acids, but For example, cholesterol plugging and edema can also seriously affect the body by themselves. They only represent a temporary solution, as the acids are not properly expelled once the elimination pathways are shut down.

Imagine your sewer system in your house backs up to the level whereby your toilet gets blocked thus your waste starts accumulating in your home. As you only have one house to live in you will most likely try to make the situation the most comfortable as possible: you will store the waste in bags and containers in areas of your home the least hindering your daily activities until the space gets narrower and narrower...

### **Returning to simplicity**

Every organ, gland and every other tissue of our bodies are comprised of cells. The cells are surrounded by interstitial fluid, which brings all the necessary nutrients to the cells and keeps all cellular activity clear of by-product waste. Whenever either of these processes is impeded, or compromised waste can't be eliminated, or insufficient amounts of nutrients are delivered to the cells thus the cells will eventually malfunction and decay.

When we look at any given part of the body, we're looking at a bunch of cells and two fluids. And to make the tissues of our body healthy, the fluids must be taken care of and brought back to a state of health which is accomplished by cleaning the lymphatic system and nourishing the body properly. That's as simple as it gets.

## True Alkalization

If the lymphatic system is left unchecked, which is what happens with our modern lifestyles, the concentration of acids contained in the lymph fluids will accumulate around the cells and the direct contact literally destroys them over time.

This destructive process can only be reversed by removing the acids which are burning the cells, through changing the interstitial fluids in order to foster an alkaline environment. This will cause rehydration to take place thus thinning the fluids.

Many people tell that eating food rich in alkalinity (degree of the alkaline-forming effect on the body) will put you in the proper acid/alkaline balance. However, this is only part of the puzzle. True alkalization requires more,

- Putting more alkalinity properties into your system (through food, drink, the air you breathe or what you put on your skin)
- The lymphatic system must be moved, and stored acids must be dissolved (by consuming astringent foods like certain herbs or astringent fruits, and/or through physical activity, fasting, etc.)
- Adequate physiological functioning (i.e. kidneys, adrenal glands, nervous system, bowels, etc. must function properly) so that the lymphatic fluid can be filtered and eliminated properly.

Only when **all** of the above processes are happening **simultaneously**, can true alkalization take place. True Alkalization means cleaning your lymphatic system. This also results in clean blood as the cleansing system functions properly. To be fully successful at alkalization the correct nutrients need to be supplied anyways, otherwise the body is ineffective at all processes. Thus the functional ability of all the fluids in the body is improved. All cells can thrive in a clean environment.

*“Alkalize, alkalize, and alkalize,”*

~ Dr. Robert Morse N.D.

# Specialized Tissues - Pillar Cellular Strength

As was explained in the previous chapter, your body is mainly comprised of a few cells and two major fluids. When the environment around the cells (fluids) is appropriate, the cells flourish, and the various tissues are able to fulfill their tasks correctly. Let's move on to learning the intricacies of establishing a good cellular environment by understanding what each individual group of cells does.

As soon as the cells of our tissue begin to fail, so does the organ, gland, nerve, bone, etc. This results in various situations, ranging from minor complications to all kinds of complicated conditions, disturbances, pain and debility.

Each cell has a purpose, and it performs its duty for the greater good of the entire body. There is no mystery in any of the ways that the body responds when we look at it in a simple manner. We must realize that all of the cells are connected and that they work towards the best possible outcome for the body as a whole. If something fails or is suppressed this always influences other areas and tissues in the body.

The following overview is kept simple; however, it also contains some more detailed explanations. The goal is to develop your understanding of the principle of Cause & Effect within your body. It's nice to understand the purpose of all the glands and organs, but it's not a necessity. Cells are responsible for all those tasks. They can either fulfill their tasks [and those of the organs, etc.], or be disrupted or even fail entirely, which means that we experience the appropriate effects. Diseases are not riddles, and they are not that difficult to understand. If the explanations become too much, feel free to skip a section, but make sure that the main attributes stick. A more in depth outline will follow in the practical section.

## Kidneys and Adrenal Glands – The Key Players

The role of the **kidneys** has already been pointed out; they are the main excretory route for the lymphatic system.

Most of us have two kidneys; one on each side of our body, filtering its respective side. More efficient filtration of the lymphatic waste can be experienced following an effective detoxification program. The progress will be visible – the urine becomes increasingly cloudy and contains more and more mucus strings, sugar-like crystals and other forms of sediment. This really is phenomenal, as most people on the entire planet have lost this type of filtration as their kidneys are generally very weak. A 30% or even lower

capacity is commonly noted, and this without knowing the true capability of kidneys functioning at hundred percent. The reasons for this universal weakness become clear, once an understanding of their function within the lymphatic system has been established. Kidneys are the outlet for the lymphatic system and are prone to damage.

To ignore the kidneys during any a cleansing or detoxification program is futile, uncomfortable or at worst; internal cellular waste will be moved around without being properly eliminated.

At the top of each kidney, one will find a very important endocrine gland, namely the adrenal gland. The adrenal glands play a very significant role in the body and can make all the difference to our health. They are the internal 'fire department', as they produce and secrete steroid hormones, some of which are anti-inflammatory and are our body's first response in 'cooling fires' (acids) if the need for such arises. Other steroids play an essential role in mineral utilization; a lacking or inadequate release means, among other things, that one is not able to utilize the largest part of the minerals coming into the body. Utilization often includes substances that are essential for delivering nutrients to the cell, and the adrenal gland produces many of such. This has its part in the cause of nutritional deficiencies.

The adrenals can also be referred to as our '**internal batteries**' or main '**energy-centre**' of the body. They produce and secrete neurotransmitters, thereby modulating fight-or-flight responses, regulating the sugar metabolism, blood pressure levels, autonomic nervous system and so forth greatly. Hence, it is understandable that weakened adrenal glands will impede the production of the aforementioned compounds. Take for example the adrenaline neurotransmitters epinephrine and norepinephrine. With an inadequate output of these, you will experience bouts of, or chronic, fatigue and tiredness. Not to mention the role that neurotransmitters play in maintaining the integrity of the autonomic nerve system and myelin sheath. If low levels continue for long periods of time, a serious breakdown of the nervous system can result. The adrenals are likely the most critical glands and overall have a massive degree of either our wellbeing or disharmony.

The adrenal glands also control the kidneys, via their influence on the autonomic nervous system, steroids, and mineral balances. It quickly becomes obvious, just how important the adrenal glands are. These glands are therefore of equal importance like the kidneys in any detoxification or cleansing program. The adrenal glands have become chronically weak throughout society, as our lifestyles tend to be very stressful as well as leave us in an acidic state. Both of these factors force the adrenal glands to work overtime, thereby leading to even more acid waste within their tissue, until they

finally reach a shutdown point and become hypo- (under) active. Many symptoms are a direct consequence of this tissue becoming weak, and as stated, almost everyone has weak adrenals chronically as the question lies in the degree.

As a final analysis, obstruction (whatever origin) of one or more of the three main flows of energy; namely blood, nerves and lymph, is the main cause of any condition one could possibly think of. Proper kidney and adrenal gland function are essential to turning the health around and maintain a balance as their influence on the lymph, nerve, and even blood is dramatical.

We must strengthen our kidneys and adrenal glands as both together make up the main excretion pathway for the lymphatic fluid and got a heavy beating due to our destructive lifestyles - stimulants and acid-forming diets are very harmful to these sensitive tissues.

## **Thyroid/Parathyroid - Rate of Metabolism & Calcium**

Another set of important glands is the thyroid and parathyroid glands. The thyroid greatly influences cell metabolism thus the activity level of all cells in the body. Hypofunction of the thyroid leads to cold body temperatures and overall less energy as each cell is running on low flame. One of the main tasks of the parathyroid (raises blood Calcium levels) and thyroid gland (lowers blood Calcium levels) are to maintain proper utilization of the mineral calcium. Due to their functions the thyroid and parathyroid glands, together with the adrenal glands, can be referred to as the 'healing glands'; they are critical in maintaining health as well as rebuilding a weak body.

The adrenals and thyroid have a strong connection to each other in the sense of one gland making up for the other gland if the other gets overwhelmed. For example, if the thyroid is low the adrenal will work overtime and vice versa. It is very common for one of these glands to get burned out due to deficiencies such as iodine for the thyroid or too much stress for the adrenals. This then results in stressing the other gland which will eventually have to give in as well. Once the thyroid and adrenals are both on chronic hypofunction fatigue, sluggish digestion, low immune responds and so forth become the norm. This also means that if one desires to heal one of these glands the other always needs to be closely looked at as well as it is possible that if the adrenals are crushed, the root might be found in the thyroid. To address this interrelation between thyroid and adrenals is crucial in any health program and often makes a massive difference if properly taken care of.

The thyroid and parathyroid are also involved in calcium utilization. Calcium is one of the body's main antacids: The body will use this mineral to neutralize acidosis, once anti-inflammatory steroids are no longer sufficient, usually due to weak adrenal glands. This process is lifesaving, but it has its price.

If the parathyroid and thyroid gland is not up to par, calcium will be utilized inadequately and ineffectively – it is not transported to the cells appropriately. This scenario often occurs due to a chronic calcium deficiency which will eventually lead to a burned out parathyroid gland unable to maintain blood calcium level at optimal levels. It's the parathyroid gland that will take the most heat as it is responsible for raising blood calcium levels, and this is what it constantly has to do with a lacking calcium intake. Eventually the parathyroid gland loses it and will raise calcium levels over top resulting in 'free' calcium in the blood which the body gladly makes use of to neutralize acids, leading to calcification, even stone formation. The most important change that must occur to remedy this condition is to switch to a diet that supplies excess calcium which takes away the stress from these sensitive glands thus strength can be restored. This scenario is also very common as most of our diets are strongly unbalanced in calcium intake, not excluding other minerals.

The consequences of inadequate parathyroid gland function can be devastating: For example, depression is a side effect of inappropriate blood calcium levels and can be the order of the day. As calcium plays an important role in the strength of connective tissue, the body will break down its own tissue, resulting in wrinkled skin, weak and brittle bones (including teeth), spinal curvature, slipped disc and so forth. All of these and all other processes that require calcium suffer. The tissue ultimately becomes so weak that prolapses of tissue manifest or bones become so brittle that a small drag is all it takes for them to fall to pieces. The individual also looks much older. This effect is very noticeable with a long-term smoker: additional acid intake (cigarette smoke) over the mouth leads to calcium consumption, especially in the facial and mouth areas, and is not conducive to our desire for beauty.

Mothers are especially hard hit, as a lot of their available calcium has been reserved and is used by the fetus developing in the womb. One / two / three kids, acidosis, not the best diet (inadequate calcium intake as well as too much acid forming) and a parathyroid gland weakness are all factors that add to the concern. Facing several of those issues makes chronic depression and weak connective tissue inevitable. But it doesn't end there – the unborn child is equally affected by calcium deficiency. Not the prettiest picture.

The thyroid gland is also involved in the regulation of body temperature via the rate of metabolism (vital to our ability to sweat and much more). This is the reason why we can determine the functional ability of the thyroid by measuring our basal temperature. The thyroid also influences heart rate and heart rhythm.

A compromised, weakened and/or degenerated thyroid gland will inhibit the ability to sweat, thus compromising the excretion of waste through the skin. As waste will exit through the skin at a much slower pace, this leads to various skin irritations and the skin tissue is damaged, as more waste products are being stored.

In Summary: The thyroid/parathyroid function is vital, in particular, since proper metabolic rate and calcium utilization are essential for the maintenance and rebuilding process.

## **GI-Tract**

If one looks at the body as a tree, the GI-tract (short for gastrointestinal tract) can be considered the central column, or trunk, of the tree. Every organ and gland can be considered as one of the branches emanating from this trunk. This gives an idea of how important the GI-tract is, as all tissue is connected to it directly or via the nervous system. It is fairly common for concerns in the GI-tract to be reflexed to other parts of the body, causing issues there: one can feel pain in the knee, when, in fact, the issue lies with a specific part of the colon. As this can happen not only to the knee but to the whole of the body, this gives a clear indication of the importance of a healthy GI-tract.

A prime example of this is constipation, or lymphatic congestion, in the transverse section of the colon, causing reflexed symptoms in the head area typically leading to headaches and/or lymphatic issues in that region.

The colon is also greatly responsible for lymphatic drainage of the central trunk of the body (besides dealing with digestive waste). To some extent the body eliminates lymphatic waste via this pathway – mucus is pulled into the GI-tract through the wall. The liver also dumps a lot of waste into the GI-tract via the bile. Especially during stronger cleansing mucus strings, foam or even hardened black matter can be found in the stool.

The colon is best known for its role in the digestion and excretion of food residues. The importance of regular and consistent bowel movements can't be stressed enough. Constipation and diarrhea are decidedly undesirable. Two to three well-formed bowel

movements a day is the ideal; one should be the absolute minimum. Constipation leads to high toxicity levels and diarrhea to chronic deficiencies.

A little hint for all those who suffer from constipation: Peristalsis is controlled by the nervous system, which is linked to the adrenal glands and their production of neurotransmitters. This is the reason, why coffee and cigarettes or other stimulants for the adrenal glands can trigger a bowel movement. However, stimulating glands always has its flip side. The increase in activity causes more waste products as well as stress to the cells involved, thus a quicker breakdown of the tissue itself. Best is to strengthen the adrenal glands and eat more 'energy-rich' foods, with respect to dynamic energy, as this will support the nervous system. We will discuss this topic in more detail in following chapters.

In summary, the GI-tract is like a tree trunk, the health delivery pathway to the rest of the body.

## **Liver**

The liver is a vital organ that must be nourished and protected. In some circles, it is referred to as a chemical factory, in that it is known to alter and change chemistry (one nutrient into another). It also plays an essential role in the digestion (in particular, fats) and the production of cholesterol, the main substance of the lymphatic fluid. Its production of bile is critical for a healthy environment in the gut. The main function of the liver is, however, to keep the chemical balance within the body intact which is vastly important to one's overall health.

It is very common that the liver has a huge toll to pay because of our unhealthy lifestyles. Thus, some degree of fatty liver as well as liver stones are usually present. This is the reason why the focus on the liver to begin with is of great advantage: deposits of stagnated bile and stones can be eliminated in the early stages of one's journey to health. These stones are stored and stuck in the liver ducts thus are not in the liver tissue itself – where the cells are. Due to a toxicity build up the body will neutralize it using base chemistry such as the liver produces with its bile, resulting in fatty bile deposits up to older petrified stones. These obstructions can be eliminated via the bowels and result in great relief for the whole body in general thus health can be achieved quicker and more comfortably by having this initial focus. Freeing the liver of these obstructions can be done without proper functioning kidneys and adrenals which are generally the case. Doing so stress will be removed from the entire body especially from the kidneys, adrenals, and overall GI-tract thus deeper healing can start to take place. In order to

truly get a healthy liver, the lymphatic system must be addressed at its root and the cellular environment cleaned which is an overall lymphatic experience and requires stress-free kidneys and adrenals.

Proper nourishment greatly aids liver function. In contrast, nutritional deficiencies and imbalances tax the liver strongly as it's job is to maintain proper chemical balance. Support your liver as well as you can as it represents your short-term buffer for any imbalances that arise.

## **Pancreas**

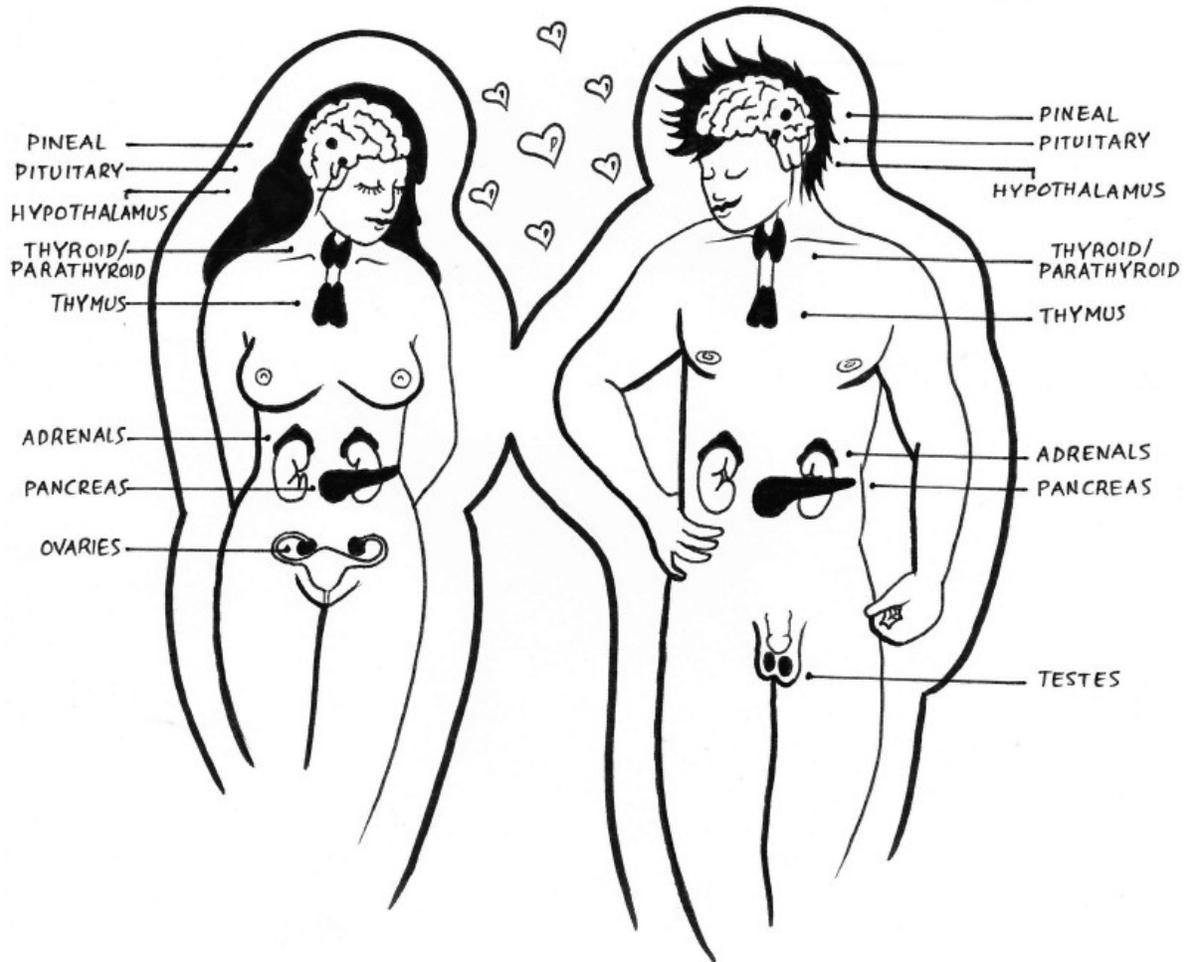
A well-functioning pancreas is essential for a stable blood sugar balance and digestion of carbohydrates, fats, and protein.

Beta cells, as part of the pancreas, are in charge of producing and secreting insulin, which will lower blood glucose levels, while alpha cells in the same region secrete glucagon, thus raising blood sugar levels indirectly.

When the pancreas has become weakened, and/or degenerated, the ability to keep blood sugar levels in an adequate range is disrupted, hence one can come into a serious situation; fainting or worse can be a consequence. Taking insulin can rebalance this situation. However, it is not going to reverse the issue, but rather weakens the cells comprising the pancreas even further, as the gland will lower its own production of insulin. The intake of hormones, steroids, neurotransmitters, etc. weakens the respective function of the organ or gland.

The ability to digest foods is also compromised, resulting in indigestion, gas, fermentation and high blood alcohol levels. Weak digestion is a very serious concern, as it will lead to strong nutritional deficiencies, high toxicity levels and ultimately to cellular weakness. Indigestion also serves as a welcome call for microbes but also larger parasites.

# - THE HUMAN BODY'S GOVERNMENT - ENDOCRINE SYSTEM



## Pituitary Gland

The gland that most likely has the greatest influence on the body and its systems is the pituitary gland. The pituitary gland directly controls or influences tissue such as the thyroid, parathyroid, kidneys and adrenal glands via hormones, and indirectly controls other tissue through the autonomic nervous system's control of the adrenal glands. This is the reason why the pituitary is often referred to as the master gland. If this small gland is compromised and goes into hypo or hyperactivity, it will generally affect other glands

accordingly by compromising their functional ability or hyper-stimulating them, in turn causing many different issues to occur simultaneously.

The pituitary also has its particular intrinsic functions, such as its influence on the reproductive system or the control of our height through the production of growth hormones; little people mostly have a hypo and tall ones a hyper-functioning pituitary during the stages of growth. Isn't it fascinating how our body works?

## **Pineal Gland**

The pineal glands' primary function is to regulate the human sleep-wake cycle. When it gets visually dark, the pineal gland is stimulated to release melatonin, thus inducing sleep. A weakened pineal gland will, of course, produce inadequate amounts of or no melatonin at all leading to trouble falling asleep and staying asleep at best, and full-blown insomnia at worst.

**Back to simplicity;** we have not discussed all of the glands or organs of the body, but we have discussed the most important ones. The overall intention is to help realize how our state of health is directly dependent on the ability of our cells to do their jobs correctly. Once the cells have become unstable and were out of balance, our health and life will end up just the same, and the importance of understanding this cannot be stressed enough. Healthy glands and organs are the most vital aspect of good health. We must focus on improving the strength of the glands and organs and stay consistent thus eventually overcome our health conditions one by one. This is accomplished by restoring the proper cellular environment through cleansing and nourishing the body as needed.

Let's now observe how we, as a species, have been able to get to such a state.

## Different species and their diet



By now you should have a simplified overview of the human body. At least enough to understand why cells fail and that fostering an optimal cellular environment should be the prime focus in order to restore the health of the cells. The human body is exceedingly complex and advanced in its design and physiological functions, so much that we will never be able to grasp fully and understand everything, yet, fortunately, taking care of it is not that difficult to understand. Neither is it difficult to realize why our bodies fail: We simply don't support and care for it as we should, we mainly don't feed it the correct fuel.

Let's have a look at different species in order to get a closer understanding of what the appropriate and natural diet for man is.

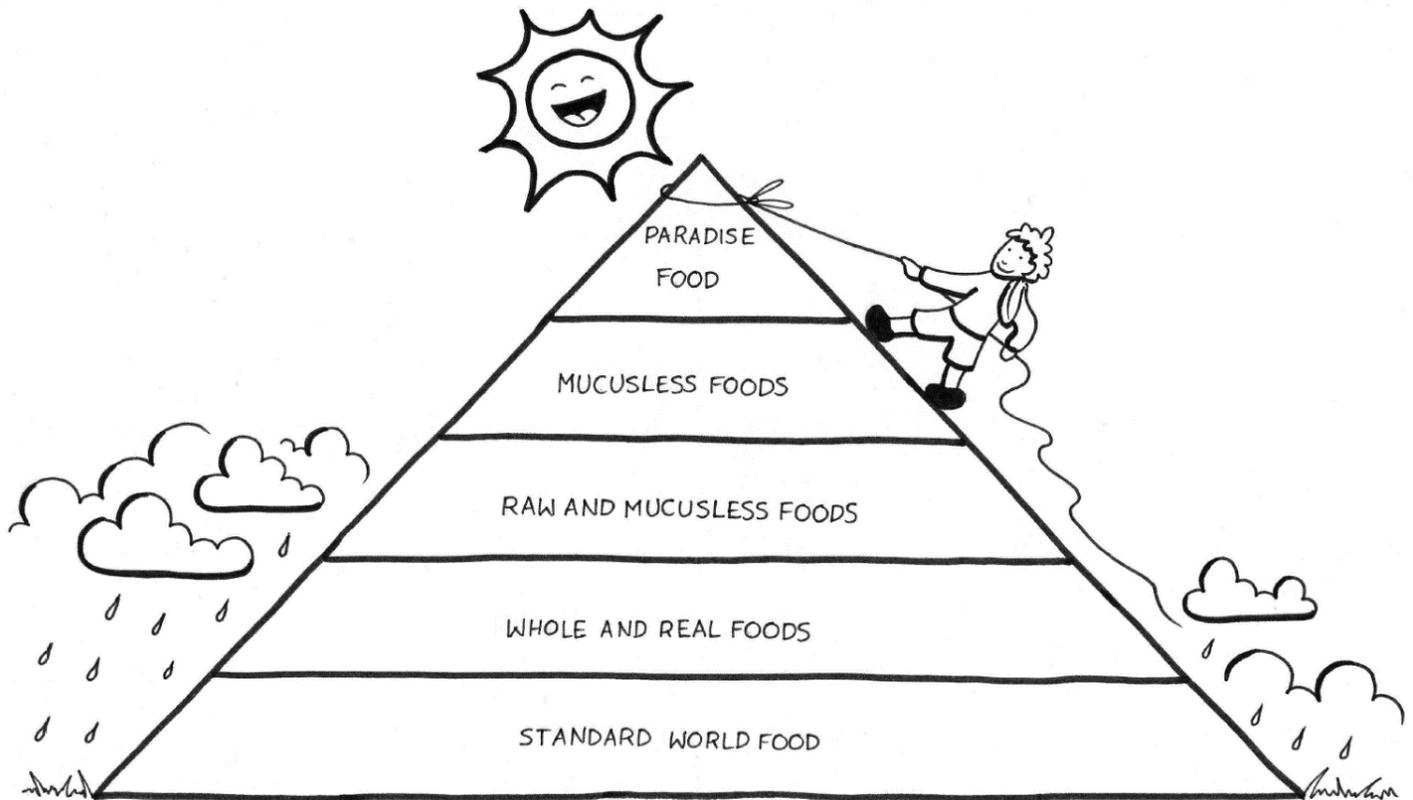
Pay close attention to the following chapter as it will give you insights into the effects of what we consume. Keep in mind that this is part of the overall picture and that the intent is not to tell you what you shouldn't eat but to present the news that will lead to greater understanding to then ultimately, if desired, gradually change your overall lifestyle. It is always beneficial to see a great overall picture.

*"If you shoot for the stars and hit the moon, it's OK. But you've got to shoot for something. A lot of people don't even shoot."*

~ Confucius

To calm your mind during this whole subject, let's first have a look at the different dietary stages which will be closely looked at and explained in part 2. The idea is to transition systematically towards higher stages and dietary habits in accordance with the progress in health.

### Stages of the Dietary System



## Carnivores

Carnivorous animals include the cat family (cats, lions, cheetahs, tigers, etc.) as well as wolves, coyotes, dingoes, etc.

Their diet is primarily comprised of organ, gland and muscle meat with the inclusion of fat and bones and pre-digested greens from consuming the stomach contents of their prey; more or less everything from head to toe. Carnivores are anatomically and physiologically perfectly suited to this type of diet, from their digestive tract to all their instincts.

A very specific attribute is their **short GI-tract, roughly three to four times the length of their spines, with minimal absorption ability**. This short length is perfectly sufficient, given the nature of their diet, no long transit time is needed to process this type of nourishment. A longer GI-tract would make matters unideal due to the way this type of food is excreted. Minimal absorption is entirely sufficient for this type of food, as it is not very nutritious.

Meat, especially muscle (lean) meat, has very high protein content. Carnivores are highly adept at breaking down proteins due to their hydrochloric acid being much stronger than that of other vertebrates. One must remember that no animal can use proteins in their complex chain form, but must break these protein chains down into amino acids first (proteins are complexes of amino acids) and hydrochloric acid together with the enzyme pepsin accomplishes this. To make use of any complex structures such as proteins, fats, and complex carbohydrates, the body must first break them down into their constituents: amino acids, fatty acids, and simple sugars. The process of breaking down complex structures demands high levels of energy, which need to be diverted towards digestion. This is particularly true for proteins.

This class of vertebrates is perfectly equipped to consume this kind of diet. They have the claws, teeth and instincts for it and enjoy tearing and ripping their prey apart. They usually consume every body part from head to toe. The raw fats, bones, blood, organs and other soft tissue and pre-digested greens are what carnivores focus on first and which will balance out the more protein dense lean flesh, which creates high levels of acid. Thus, altogether an acid/alkaline balance is being maintained.

Yet, even considering the above, they still are very **'energy-poor'** animals; they have little endurance and generally rest and sleep much more than other vertebrates - the energy is punctual. These characteristics are in direct relation to their diet.

## Herbivores

(Examples: cows, elephants, zebras, horses, giraffes, and sheep)

This class of vertebrates is physiologically adapted to the consumption of plant material, primarily foliage. Herbivores have a very complex digestive system. Most ruminants have around **four pouches (or stomachs) and a GI-tract roughly 30 times the length of their spines, providing more intestinal absorption surface.** This anatomical build is duty perfect for a diet of foliage.

The cellulose fiber in grass and foliage is difficult to break down, requiring lots of processing time and energy. The GI-tracts of other vertebrates are too short and too simple to be able to extract sufficient nutritional value from grasses and leaves. Even with their specially designed physiology, herbivores ruminate to extract sufficient nutrients from grass and other plants.

Because the GI Tract is so long, the consumption of flesh does pose a high risk to the health of the herbivore, as the flesh will have an extended transit time while undergoing putrefaction. This putrefaction would be absorbed through the greater absorption surface. It should come as no surprise that cows, for instance, become very ill from feeding them inappropriate foods like grains or even an unbelievable meal of ground up cow flesh. We then give a name to the signs and symptoms and label it 'mad cow disease'. I find this interesting, makes one wonder if it's the cows or us that are mad.

Unlike carnivores, herbivores have **more endurance, more energy,** and they require far less sleep, which is directly related to their diet.

## Omnivores

(Includes rabbits, bears, chickens, swine, etc.)

Omnivores possess a GI-tract roughly 10 times the length of their spines which is close to ours being 12 times the length of our spines. They possess complex livers that are proportionally larger compared to ours, and they are anatomically and physiologically better adapted to a mixed diet of greens, root vegetables, moderate flesh (preferably fatty meats) and other things.

This type of diet is not very rich in terms of energy. As you have seen with the carnivores and herbivores, energy correlates directly with the foods consumed. We humans are not an exception to this. Looking at our species, most would agree that we are a more developed species. Should we really eat like hogs and chickens?

Of course, we could add more of the omnivorous characteristics but you must already have realized that this is not the goal of this exercise. We are neither carnivores and herbivores, nor omnivores. We have certainly eaten omnivorous for a long time but this doesn't make us omnivores, nor will it give us the highest degree of well-being. This was originally made possible with the help of culinary arts and other tools – how much of that has to do with health is another question.

Explanation will follow in the next chapters. You might want to keep on reading if you are in disagreement, lots of information still to come and I'm sure you will be surprised on my take.

## Frugivores

Lastly, we have the frugivorous species. One **'could'** say that this class of vertebrates includes humans next to the obvious primates (monkeys, apes, chimpanzees and the like). Humans could be considered a more refined type of primate. Primates, including humans, possess a GI-tract roughly 12 times the length of their spines. Primates are anatomically and physiologically adapted to a diet that mainly consists of fruits, tender leafy greens, nuts and seeds – whereby fruits are the main focus.

I said 'could' as I am not going to make the statement that we are frugivorous, as this seems to be a very limited view. Of all the vertebrates we seem to be closest to the primates but still very different – we are not monkeys. The way I see it is that we all are humans in relation to us having been given this body at this time, for this lifetime. We have free will and the choice of doing whatever we want which includes our diet. However, we also seem to be greatly affected by Cause & Effect thus the choices we make. To compare us directly to other species seems also to be very limited as animals usually are born within a natural setting of being supplied their natural diet to begin with which is not true for us no matter what belief. Nevertheless, this type of comparison yields great benefits as you will come to realize.

We're not readily equipped with claws and large canines to catch and rip apart other animals, nor do we possess the desire and instinct to make this into our daily habit. From looking at the structure of our hands to the structure of our mouth, it is rather obvious that we're more frugivorous than carnivorous, herbivorous and omnivorous. And as mentioned above, we're more refined than all of the primates.

The reason one might want to disagree with this topic is due to the beliefs we have been indoctrinated with and have gotten used to. Food has different effects on us, from nutritional to energetic ones meaning the chemistry delivers nutrients, but it also uses energy to be processed. Fruit sits at the top of both of these aspects and actually does allow a much higher energetic expression if one is ready for it and does it correctly which indeed is where the wolf lies.

One must be aware that most of us do consume the foods we do because we are in need of stimulation due to our weak and toxic state, and not mainly due to nutritional reasons. In addition, it must be clarified that a great amount of the modern fruit is highly artificial and not what is being referred to here which is one of the greatest reasons why you might have some doubts. Eating hybridized and unripe fruit does not come close to the power of truly original fruit and actually can be harmful to the body.

When one realizes just how powerful the correct tree-ripened and organic fruits grown in fertile soil really are, there is no need to have a further discussion about which food is the most optimal. Of course, one must understand that such foods do have an energetic as well as cleansing effect that is indeed enormous. It's not just about vitamins, minerals, antioxidants and enzymes – even though great amounts of those are present in proper, and ripe fruits as these are by far the most nutritious food there is. A prime example is berries which can be found in many health formulas. The most important consideration is the energy yield of the food.

Fruits yield the highest amount of dynamic energy (in contrast to stimulative energy) and take by far the least amount of energy to be processed resulting in the highest overall energy gain which is imperative for rebuilding and maintaining man's highly developed nervous systems.

Today fruit has become nothing but a snack; a side dish, while man feasts on foods lacking the electrical energy he needs, thus crippling his awareness, intelligence, and nervous system especially with each passing generation. This might sound very hard to you, but ultimately there lies truth in this. It's not random that we possess the mind and brain power that we do. It's not without reason that cats have to sleep almost all day. It's not without reason that we are not really attracted by grass. It all comes down to **energy** in the end. If we consume high-energy food while getting rid of low energy food we give the body enough energy for development and healing. We all can experience this first-hand to see what it's like. Some of the benefits of correctly applying higher energetic eating habits are improvements in physiological processes such as much quicker recovery time, less sleep / rest needed, higher energy levels, perfect and quick bowel movements, constant happiness, gratitude towards life, compassion for the fellow man, and many more – one simply gets healthier and healthier.

### **Recap:**

Consuming meat goes against our physiology, as we're truly not adapted to it as carnivores are. The grass is also out of the question, as we do not possess a digestive system with 4+ stomachs, or a long GI-tract like a cow. Usually, we also lack instincts for both of these types of foods. Starch is equally ruled out, as there are no true 'starch cores', except maybe some birds. Dairy is calves food, nothing more.

Take a look at where our omnivorous diet has gotten us? Do you see a strong and healthy society or is something wrong? Are we supporting the natural environment or destroying the planet? All of this is directly related to the health of all of us and is greatly connected to what we consume as our food.

Remember the chapter about alkalization? That to successfully alkalize the body we must ingest alkalizing chemistry, increase cellular function as well as accelerate the movement of our lymphatic system. Fruit is the food that is most capable of doing so, by far, and with all due respect the only food that will ever get to the deeper levels of lymphatic congestion.

This is [Part 1: 'Why detoxification'] – the 'how' will be talked about in part 2. This coverage and conclusion of different species related diets does not mean that - to get and stay healthy – one has to restrict to only consuming fruit. It also does not mean that a vegan diet is the best diet for everyone or that this is suggested as such. The solution to our situation is much more complex and attractive – let's not get wound up about it and continue. What is important is to understand the full picture, and understanding the various species is one aspect of this. It is true that the healing system that will be shared is based on this philosophy, in the sense that original fruits are the most powerful food, but balance and knowledge always are essential. This is the tip of the iceberg, and must be understood to be able to comprehend fully the situation we find ourselves in. It is also critical to understand that for almost anyone it would be literally impossible to jump immediately on a proper fruitarian diet, nor would it be the most beneficial and for many this would even be dangerous and is not suggested by all means. We have to understand what we have done to ourselves and the direction that we can take and then wisely move ourselves step by step towards the right direction. Also, most fruits these days are strongly altered and are of a very poor quality which is one of the reasons we do not feel attracted by it.

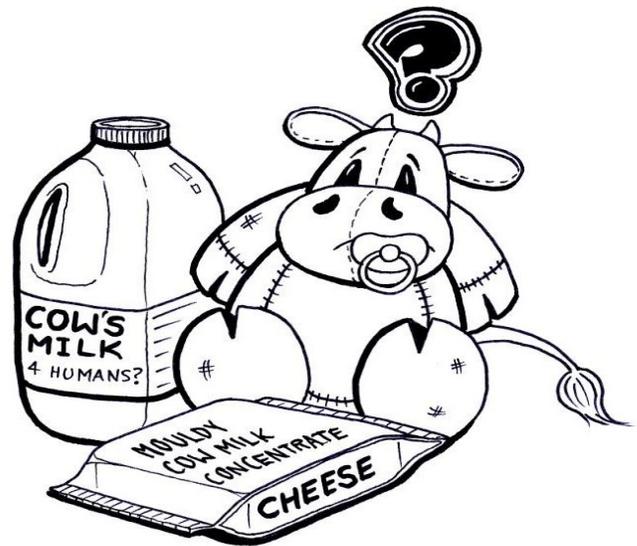
Most importantly; our levels of tissue weakness, toxicity and depletion, are so strong that a fruit diet is not what we crave, as its stimulative properties are very low and as it promotes elimination which is often not desired due to discomfort and misunderstanding. The stimulative and suppressive effect of our standard diets are the main reason we actually use these foods and not due to us being of such a species or the nutritional contents. The following chapters will add to the various foods and their effect.

# Toxic Habits

There are many compounding reasons for the decay of man's health. Most of them are from the ignorance of our dietary habits. Eating inappropriate foods for our anatomy and physiology remains one of the biggest pitfalls our species has ever faced. While it is true that consuming inappropriate foods is greatly taxing to our bodies in contrast to the ideal foods, this is one issue at hand. Fake foods, be it processed, chemically altered or of overall poor nutritive quality, is the main general concern we face in this new century. Consuming real and high quality food is critical. Nevertheless, choosing the kind of foods with the most beneficial effect on all three pillars of physical health (toxicity, cellular strength and nutritional level) on top of this makes for a much more potent expression.

## Dairy – A Calves Food

Dairy; still considered nature's most perfect food by some, a claim now questioned by many, has gone on to become a well-established staple food of families and individuals in many countries of the world. The ingestion of the milk of another animal species, as well as the continuation of this practice beyond the age of weaning, human milk or otherwise, are two peculiar habits undertaken solely by mankind. Although goat's milk is more forgiving, over the long term cow's milk is detrimental to health. Regardless of whether it is raw or pasteurized, whereby the latter is by far the worst offender.



We must come to terms with the fact that the developmental needs of a calf (baby cow) are very different to the needs of a baby human being. Knowing that a calf needs to put on approximately 400-500 pounds in the first year, we cannot ignore that cow's milk will contain the level of nourishment needed for facilitating this level of growth. This means a considerably higher concentration of proteins, minerals, and fats in addition to hormones and so forth, than what is optimal for us. In a human infant, the development of the brain and nervous tissues has a much higher priority than that of putting on

massive amounts of weight within short periods of time. And human breast milk fits the bill just perfectly.

Continuing the consumption of cow's milk beyond the age when one should've been weaned, where the production of lactose-digesting enzymes has slowed down considerably, if not halted completely (like most humans on the planet), is directly asking for trouble. We even go much further by cooking (pasteurize) the milk making it highly acidic and chemically very close to plastic on a molecular level. Add to this the fermentation and other means of processing, which can have its benefits but overall makes it even more concentrated.

As the milk cannot be processed and digested properly (also when lactose tolerant), it becomes a strong irritant to the mucosa of the gastrointestinal tract leading to more mucous production and congestion, ultimately leading to the suffocation of cells. One only needs to eat clean and dairy-free for a while, then try consuming dairy again (be it a piece of cheese, a glass of milk or milk chocolate). Especially pasteurized – and one will be astonished by the outcome.

It should also be clarified that the modern dairy products are a far cry from what has been used for the longest of times by our ancestors. The cows have been hybridized to produce much higher amounts of milk which reduce nutritional density. Commercially produced milk also goes through a highly artificial process as the cows are treated with chemicals such as hormones and steroids. The raw milk is then transported to a processing facility in which it gets blended with the milk of many other cows, possibly hundreds while going through the pasteurization process. Then it is stored, sold and finally consumed. This cannot be compared to original raw dairy products and is in fact very harmful to the body.

Commercial dairy products are the most mucus-forming and lymphatic-congesting foods. Raw dairy is much better, and can even yield some nutritional benefits at certain times, but overall still a far cry from an optimal food as it inhibits lymphatic cleansing heavily among others.

Long-term dairy consumption results in a much more challenging detoxification process, and clearly more time consuming one. Poor digestive capacity and low-quality food exponentially adds to the dilemma. This does also not mean that, For example, high-quality raw dairy is never useful or can't aid in recovery to a certain degree as this is not true. Health and improvements have to do with a proper full spectrum approach specifically for each individual, not just one food group. By improving any of the three pillars of health, which are toxicity, cellular strength, and the nutritional level, depending on the degree, health will be improved upon. Nutritional saturation, as well

as nutritional balance, can be enhanced using raw dairy products, a prime example being Weston Prices Butter Oil that indeed has a very potent teeth/bone building component to it. Nevertheless, to improve on all the three pillars simultaneously, which is the only true way to increase health, even raw dairy is not the best option by all means.

*"If people knew what dairy products do to their bodies, they would run from it. Run from it!" ~ Dr. Robert Morse N.D.*

## **Meat – Animal Protein**

Animal flesh is another dietary 'no-no', and it is diametrically opposed to good health and wellbeing. One of the most damaging properties of meat is the complex amino acid chains known as proteins. Lean (muscle) meat, in particular, contains high amounts of said proteins.

As with complex carbohydrates and fatty acid chains these protein chains are difficult to break apart which must be accomplished first as the body can only use amino acids. The digestive process will leave behind acidic digestive residues or 'ashes' next to the increased cellular activity which also adds to the waste contributing to acidosis of the body. Excess protein from meat (as well as nuts, seeds, beans and legumes whereby animal products overall being the worst) will deteriorate kidney tissues over time, as the kidneys attempt to filter out the excess of acids created. This, in turn, will eventually render the kidneys unable to filter the lymphatic system hence a whole host of concerns will soon follow. High protein diets are not ideal for us by all means. We do not need to eat tissue to build tissue. Cows eat mainly grass, and nevertheless grow, produce milk for their calves and overall live their lives. High protein diets are promoted these days because of the weak state of our cells. Most protein products have strong stimulative effects. There is very little protein / amino acids in human breast milk, and that's about the time we indeed, physiologically, need the most of it.

The adrenal glands of animals are steadily producing adrenaline neurotransmitters (For example, epinephrine and norepinephrine) for fight-or-flight situations. This is particularly true with respect to the last few moments of their lives as well as due to the way many animals are being treated nowadays. Upon consuming the flesh of such animals, we end up taking in an external source of neurotransmitters (not excluding the steroids of the animal), which has a negative impact on our own adrenal glands. If we ingest anything that our own endocrine glands are supposed to produce (hormones, steroids and the like), the respective glands will weaken over time. One should practice uttermost precaution when considering the use of external steroid hormones and

neurotransmitters of any kind - as eventually - it will shut down our own gland(s). Remember that glands have much more influence on the body than just the production of the one single substance – all the functions are going to be affected.

Above we've only taken into account the neurotransmitters, steroids, and other substances that the animal produces itself and are contained in the meat. What about the chemical substances that have been given to the animals - antibiotics, growth hormones and the like? This subject goes way beyond our current understanding, and we are not aware of the full extent of potential complications. One can minimize this factor by only consuming animal products from healthy animals, but this still does not make us carnivores and cannot be compared to the ideal diet which is so much more powerful if properly conducted.

One can fully realize the degree of this concern and the weakened glands that are a result thereof, once one stops the consumption of stimulants (coffee, meat, spirits, spices such as salt, in general acid forming and dense food etc.), as then – possibly for the first time - the cells have to work without an external 'drive'. A strong crash is a logical result, and the reaction is obvious: Everybody blames the new diet for the lack of energy yield. Yet, the energy take is likely much higher, but it's a dynamic energy and not a stimulative one; to really feel and enjoy this type of energy one first has to whip the glands into shape which is easier said than done. The magnitude of our cellular weaknesses, as well as our full potential, is the most misunderstood and overlooked aspect in the health field and the main reason for all the different theories and concepts.

This also puts the 'energy yield' of meat in a different perspective; it's not real. It's mainly the result of the acid forming properties (which, among others, suppress kidney function resulting in increased pressure stimulating all cells. Remember, the kidneys represent the valve to the lymphatic system thus control lymphatic pressure which is the main pressure-factor in the body) and the neurotransmitters in the meat that stimulate and circumvent our adrenal glands that result in such a feeling. However, this has not much to do with dynamic energy yield at all for which one should not have to consume any stimulants - once the cells are strong, the energy should come from the cell itself. And yes, we don't really eat meat due to protein content but mainly due to the neurotransmitters in it as our adrenals are chronically weak. This habit further weakens the adrenals, in the long run. Overall, meat consumption is highly damaging to kidneys and, in particular, adrenal glands.

Intestinal damage from meat consumption is another occurrence that needs to be highlighted. As discussed earlier, the length of our GI-tract makes our meat consumption unwise, as it translates at a considerably increased transit time for the

digested meat to travel from the stomach, into the small intestines, proceed throughout the colon and finally exit through the rear-end. This process takes considerably longer in humans than in carnivores – constipation excluded. As a result, the meat likely putrefies, which it often does before it is even ingested, and we begin to absorb this harmful putrefaction that starts in the small intestines. The disastrous consequences are only truly understood; when one knows that our absorptive qualities are much higher than that of carnivores (there is the talk of a hundred times more). Unpleasant odors begin to exude from the arm, mouth (disagreeable breath), urine and stool pits – proteins stink.

It is true that when one has a strong digestion (such as strong stomach acid) as well as practices a well-balanced diet consisting of lots of vegetables that this damage is not as severe, and that our bodies in a strong condition somewhat are able to digest heavier type of foods but this does not make it an ideal food. It does not remove its acidic ash or highly stimulative influence or the immense energetic effort such a digestion brings with it. Most of us are indeed extremely toxic, and one of the main reasons we might feel good on these foods is due to their suppressing effect on the lymphatic system.

Also, carnivores do not mainly focus on the muscle tissue as we humans do but more so on raw glands, organs, blood and bones which are essential not to over acidify their body. Consuming glandular tissue is actually not the worst thing to do for some of us with our weakened, toxic and depleted state but can have its benefits, even great ones. This will be touched on later on but is not what ‘normal-meat consumption’ is like by all means. Again, the discussion about these foods and the various species are not to discuss what we humans can get away with but to put everything in the right place to fully understand what we are dealing with. We need to understand the full picture to then wisely and logically proceed into the right direction.

As was touched on earlier, consuming meat is a direct invitation for parasites in particular when cellular weaknesses in the digestive system are present. What are referred to here are not necessarily parasites contained in the meat itself, given that the process of cooking extirpates them, but rather the parasites already inside of us that are going to help us in the digestive and putrefying process of the meat. As with fermentation, the microbial and parasitic kingdom will step in to help break down and consume what has now entirely become waste matter with little benefits. Worms will increase in size and, like other microbes, will multiply over time and burden us with their waste by-products as a result of metabolism. Continuous meat consumption increases chances of inviting the bigger guys (such as ‘pork-tape-worms’), and they can grow up to an extent where they will cause harm to the host.



Ultimately though, parasite infestations depend mainly upon the overall strength and toxicity level of the individual and not simply about the food one consumes. They can become unpleasant and cause serious issues, such as sudden bouts of fatigue, trouble with memory and strong cravings (for what they like to eat) or even sudden accelerated neurological degeneration (similar to symptoms such as M.S.).

To rid oneself of worms and flukes, and also to balance out the microbial populous, one must alter the 'terrain', culturing medium - or in a more common term - the environment of the body. One could also spend a few months on an herbal-based parasite cleaning program to settle this. Interestingly enough, once the body is devoid of such 'meat-parasites' as well as has strengthened certain tissue such as the adrenal glands, and is not nutritionally deficient and imbalanced, the desire for any meat becomes very minimal and likely does completely fade away.

## Starches - Super Glue

Starches are a category of carbohydrates that are not conducive to good health and that are part of the many health concerns we face today. This category includes common staple foods such as potatoes, pasta, rice, wheat, rye and others. The worst offenders are refined starches that have been stripped of most if not all their nutrients which in turn leach out the nutrients from the body. The high levels of phytic acid, which markedly reduce mineral absorption, are also to consider as they occur in many commonly used starch products.

Starches are polysaccharides made of long chains of glucose molecules in contrast to simple sugars. 'Poly' means multiple or many. Saccharide(s) means sugar(s). As the human body only deals with simple nutrient constituents, digestive processes are involved in all complex food sources. Starches, proteins, and concentrated fats are not our optimal food source and consumption thereof always bears consequences. Starches and their long chains of sugars first and foremost need to be broken down into simple sugars. Starches, however, contain too many glucose molecules than our physiology can truly handle or needs. This makes for elevated blood glucose levels unless our pancreas (where production of insulin takes place) can keep up. Overtaxing any organ or gland of the body is not wise but this is what happens when we consume complex and especially refined foods. Since we don't metabolize and use up all of this excess sugar that is created, it ends up stored as fat, while the rest ferments. The fermentation process, as mentioned earlier in the section on meat, calls for the assistance of the microbial (fungal) community and contributes to acidosis of the body and adds to the acid ash from starches.

You might know that starch is a very gluey substance: Starch, first dissolved in warm water, which creates a wheat paste, can be used as a thickening, stiffening or gluing agent. When proteins are consumed together with starches, this becomes a greater concern as protein is highly irritating to the mucosa of the GI-tract, especially with a weakened digestion. As glue has been consumed at the same time, the excretion becomes much more difficult. As a result, persistent mucus-build-up on the wall of the GI-tract follows, which harden in an acid environment taxing the body as a whole.



Altogether; animals are being fed starches prior to being sold in the marketplace, as this will fatten them up. This process has nothing to do with health whatsoever, especially for us who resemble frugivores more than any other species. The heavy concentrated sugar molecules lead to an unnatural sugar metabolism and fungi will flourish, whereby the pancreas and the adrenal glands (both involved in sugar metabolism) are affected the most – however, due to the acid-forming properties of all starches, this extends to all tissue. Acids not only come from foods but they are also created by the digestive process, and the suppressive effect to the whole body that follows when the correct foods are not consumed in the correct way.

It is true that a strong functioning body can game the system, but not without consequences. Equally important in this scenario is understanding what a strong body is, and how does it feel to be on an ideal diet?

## **Combining Different Foods**

We've now come to understand that most of man's staple foods, all around the world, are actually harmful to our body. Yet this is only part of the whole picture. The next wrongdoing is the practice of mixing and combining innumerable ingredients in one meal. No doubt it's an enjoyable work of art that can result in tasteful dishes, but at what price?

If we use nature as our barometer, we will realize that mono eating is the norm. Some animals will eat a variety of different foods, but they never purposefully combine two or more foods at the same time, and they're better off for it.

Do you ever see animals combining starchy foods with meat and a side of vegetables in the same meal?

We seem to be the only species that is confused when it comes down to what or how we should or shouldn't eat. Different foods require different digestive juices, time, and energy. Combining these foods taxes our digestion more than necessary, causing more energy to be diverted towards digestion and excretion and less will be present for energy needs such as cleaning or cell maintenance.

Foods containing complex protein structures (For example, meat, nuts, seeds, legumes, beans, etc.) will invoke hydrochloric acid to be secreted to initiate the breakdown of the protein chains.

Foods containing primarily carbohydrates (fruits, rice, potatoes, pasta, oats, rye, etc.) require alkaline type digestive enzymes especially those with complex form.

When one mixes protein foods with carbohydrate foods (especially starches) in the same meal it taxes the body needlessly: hydrochloric acid and alkaline digestive enzymes will interfere with each other, resulting in an ineffective and poor digestion. Still, most of us do it at almost every meal.

## **Processing Our Foods**

Another topic we must touch on is how we alter our food: We fry, simmer, boil, dehydrate, bake, roast, grill, nuke in microwave ovens, preserve and, amongst other things, store our foods for extended periods of time. The process of applying heat to raw foods changes the chemistry and physics of the food. Molecules are torn apart, and once the temperature drops, these molecules re-bond in new combinations which are generally less ideal. This basically means that an apple is not really an apple anymore, once it's been cooked. There is also a reduction in its energetic value.

We destroy a great extent of the characteristics of food and its nutritional value, also drastically lowering its electromagnetic energy, by cooking it.

The practice of processing food has escalated way out of hand, resulting in today's heavily processed, laden with various artificial ingredients, very salted, sugared-up, sulfured and packaged 'edible' products that last for ages. The body does not recognize this so-called 'food' on a chemical level and has a difficult time processing it. Consumption of this kind of food robs us of life force and energy. And once one is no longer running on stimulants (For example, caffeine, animal products, salt, refined sugar, etc.) one will notice this very clearly. Little dynamic energy will be available (energy that comes from the inside from healthy cells).

We can argue that certain nutrients are more bioavailable once the food (For example, carrots and broccoli) have been cooked; that starches become easier to digest and such which is all true and has its place. But let's ask us - should we be eating these kinds of foods in the first place? What are the consequences of this 'higher bioavailability'? Is it optimal?

Zookeepers have known for ages that they should not feed cooked food to their animals, as the animals would get the same diseases as us.

Again, experience the difference for yourself. You may experience a crash of energy initially as you move away from stimulating foods and only are left with dynamic energy and your weakened cells. As soon as you have strengthened your glands (mainly your adrenal glands and thyroid), this topic will be of the past, and the future belongs to dynamic energy – Wonderful.

### **Raw / Not Raw**

Some say that eating raw is the most important thing for health – I strongly disagree with this, and other similar general statements as most of us are not ready to be consuming a proper raw food diet which renders a combination of healthy cooked and raw food diet much more ideal. We all are very different in all areas of health. Also, health has with much more to do than the food one consumes.

Ultimately, it is all about doing the best thing for the present situation each individual is in and then progressively move forward at one's own pace. For most of us this does not mean to start with a strict raw food diet by all means.

# Nutrition - Pillar Nutritional level and balance

## Introduction, Part 1

Nutrition is the most addressed subject in the health field, and here we talk about it after toxicity as well as after covering our species. This has its reasons as the main health field does not focus on the full picture as well as even overlooks this topic greatly. The cellular environment needs to supply nutrients to the cells, but it also needs to maintain cleanliness for optimal function. Without properly cleansing the fluids the overall toxicity will increase thus resulting in impedance of cellular function. Toxicity also lowers the ability to nourish the cells.

If the arteries are clogged, the blood thick and the immune system constantly on alarm due to a backed up lymphatic system how can we function ideally?

With all this said, let's look at the topic of nutrition.

Without oxygen, our bodies do not live longer than a few minutes. This clearly shows the most important nutrient we all constantly need, oxygen.

Next come the nutrients our body seemingly cannot produce on its own, the essential nutrients; minerals, vitamins, amino acids as well as fatty acids. They are referred to as essential due to the general view of our body's inability to manufacture them. Thus these nutrients must be ingested, or the body will have to compromise. This does not only refer to Calcium, Magnesium, B12 and the Omega's but to over 90 nutrients. There are over 60 Minerals as well as 16 Vitamins, 12 amino acids and the 3 Omega's, and all of them have a function to perform in our bodies and if missing – something eventually 'brakes'. This is what the term essential means.

The truth about this aspect is that it is very hard to get all nutrients in particular at the optimal level. Modern science clearly shows that the most important nutrients are the minerals and that the more saturated and balanced we are, the stronger and healthier the body becomes. The issue here is that we not only eat the wrong foods but most importantly we do eat fake food. Altered food, which has been grown for profit reasons and not for nutritional value or density thus this type of food does not support our health. We need to consume real food that has been grown in fertile soil and have maximum nutritional value. Not hybridized or even genetically engineered type of foods grown in monocultures with a fertilizer based on NPK (Nitrogen, Phosphorus and Potassium) which is all some plants need to look well enough to fool most of the public. From a nutritional perspective the value of a food does not mainly originate out

of its carbohydrate to protein to fat content but is more based on how many minerals, amino acids, vitamins, and omega's are in there. This is very important as without nutrition the body will have to compromise and eventually shuts down one function after another. It's interesting how the body works in these terms – each single essential nutrient seemingly performs certain tasks and if it is not fully present these specific processes are compromised.

*"It's a fool's error to believe that one can get all nutrients from the four food groups."*

~ Dr. Peter Glidden

*"Correctly supplementing one's diet may very well add decades to your life."*

~ Dr. Joel Wallach

Unfortunately, we got health totally backward. Our species has become so sick that we pollute our own legs and arms' every day, polluting and literally destroying the natural environment not realizing that we are harming ourselves by doing so. It has gotten so bad that in many places one needs to search for nutritional food, in particular, produce, which is one of the great ironies. If we all did focus on supreme quality, we would not question our best food sources. Anyone that has ever tasted perfectly ripe fruit grown in fertile soil knows what is being referred to here – one cannot get enough of it not to mention the energy one gets from eating it. However, the same cannot be said about what can be found in most supermarkets; strongly altered and hybridized, immaturity picked, stored for days if not weeks, transported many times through countries and if not all of that is already enough – not grown in mineral dense soil which makes for weak plants thus asks for pesticides adding even toxic substances to the food. The strong survive, and the weak gets consumed is a very real concept and again, we forget that not only the plant but also we will end up weak. In the end we then blame the effect of our actions by trying to go after the bugs and microbes that are just doing their job – eliminating the weak. This is very real and will get more so as we continue to cause havoc to our environment and ourselves. We need to understand that all is connected and how it is connected.

For many of us, consuming poor quality, and synthetic, foods is commonplace. Those habits must change and natural foods must replace the toxic villains or we will end up as lunch and dinner ourselves. Also, one must understand that there are foods that rather steal nutrition from the body in contrast to supplying it – all refined flour products being the prime example for this. Every time we supply 'empty calories' to the body we leach out nutrients from our own structure as food cannot be processed without nutrients, which, in this case, are not in the food itself thus the body becomes

weaker as a whole – nutritionally wise. For example, one unit of sugar needs a certain amount of nutrients to be processed, and if these are not attached to the food they have to be taken from the body or some other form of intake, be it food or supplement, or the body has to create them using his ability of biological transmutation which is a possibility, however, is obviously greatly dependent upon our own overall strength. There are research findings and books written on this subject, and it is well proven. I just added this here not to let anything out; I don't want to focus on it though as most of us are far too weak to rely on this if not all of us. Back to the empty calories; this is how our bones and other connective tissue get weak. The body always tries to protect its cells by nourishing and cleaning them as well as possible. It's better to weaken the bones rather than to starve the cells or cause the blood to turn acidic which causes impeded oxygen transportation and could even end fatally. Our body's inherent control is very intelligent and never fails – what fails is us not treating it the way we should due to fantasies and unawareness.

With all this being said, proper nutrition is essential. It is the very foundation of food and responsible for strengthening all functions of the body including elimination. This means that it is better to eat a well-balanced diet nutritionally speaking and going against our optimal dietary blueprint than try to live on nutritionally poor produce and literally starve and harm the body. However, this does not – by any stretch of imagination – mean that a correct frugivorous diet is inferior. Properly grown, picked ripe and complete fruits are by far the most nutritious ideal foods for us thus suit our needs the best. It also must be understood that an ideal diet automatically induces a cleansing process due to addressing the lymphatic system and supplying a much higher energetic yield which is neglected and misunderstood and must be handled correctly.

If one understands the depth of nutrition one does not make compromises. Dr. Joel Wallach's message is important to comprehend and can bring forth many changes without even dramatically changing one's dietary habits. Just by 'simply' supplying the body with what it needs. As it is pretty much impossible to get maximum benefit from our foods nutritionally speaking, the option is to either return to perfect food sources or supplement wisely. What must be understood here is that we all have massive potential as in reality; we all are weak and toxic. Our cellular strength is poor if not worse and the toxicity level most times devastating. This ends up making our body ineffective thus the desire and many times need for external stimulation or additional aid becomes present. Also, when one lives a poor nutritional lifestyle one depletes the reserves in the body (such as by creating weak bones) and one has to first replenish these reserves to get to a somewhat even level nutritionally speaking.

Due to the congested lymphatic system (which indeed is manifested as massive toxicity), the weak functioning cells and the nutritional deficiencies we can better understand why there are so many different approaches and believes in the health field.

Most teachings only address the nutritional aspect and even that just poorly. Ultimately, we can only get truly healthier by addressing all factors – restoring and maintaining health to the interstitial fluid thus creating a better and better cellular environment which then restores the health of the cells.

The key for effective and progressive detoxification is to remove slowly but steadily the toxicity and strengthen the cells while still maintaining proper nourishment to the cells.

All the cells continuously will become stronger and the body cleaner thus the need for external aid start to decrease making the subject of nutrition-less and less important as time goes on whereby increasing the stress on toxicity and elimination as well as cellular strength which is the much greater picture overall. This is neither an overnight, week-long nor month long journey. It's a systematic approach, a lifestyle that does not seem to have an end. This is the best part of it all – what a great challenge. This also means that the topic of nutrition is very critical in the beginning.

Following is a list of all the essential nutrients according to the teachings of Dr. Joel Wallach who is publically well-known and might very well be the most experienced and on-point nutritionist on the planet.

## **90 essential nutrients by Dr. Joel Wallach**

### **60 Essential Minerals**

Aluminum, Arsenic, Barium, Beryllium, Boron, Bromine, Calcium, Carbon, Cerium, Cesium, Chloride, Chromium, Cobalt, Copper, Dysprosium, Erbium, Europium, Gadolinium, Gallium, Germanium, Gold, Hafnium, Holmium, Hydrogen, Iodine, Iron, Lanthanum, Lithium, Lutetium, Magnesium, Manganese, Molybdenum, Neodymium, Nickel, Niobium, Nitrogen, Oxygen, Phosphorus, Potassium, Praseodymium, Rhenium, Rubidium, Samarium, Scandium, Selenium, Silica, Silver, Sodium, Strontium, Sulfur, Tantalum, Terbium, Thulium, Tin, Titanium, Vanadium, Ytterbium, Yttrium, Zinc, Zirconium

## **16 Essential Vitamins**

Vitamin A, Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Vitamin B6 (Pyridoxine), Vitamin B12 (Cyanocobalamin), Vitamin C, Vitamin D, Vitamin E, Vitamin K, Biotin, Choline, Flavonoids and bioflavonoids, Folic Acid, Inositol

## **12 Essential Amino Acids**

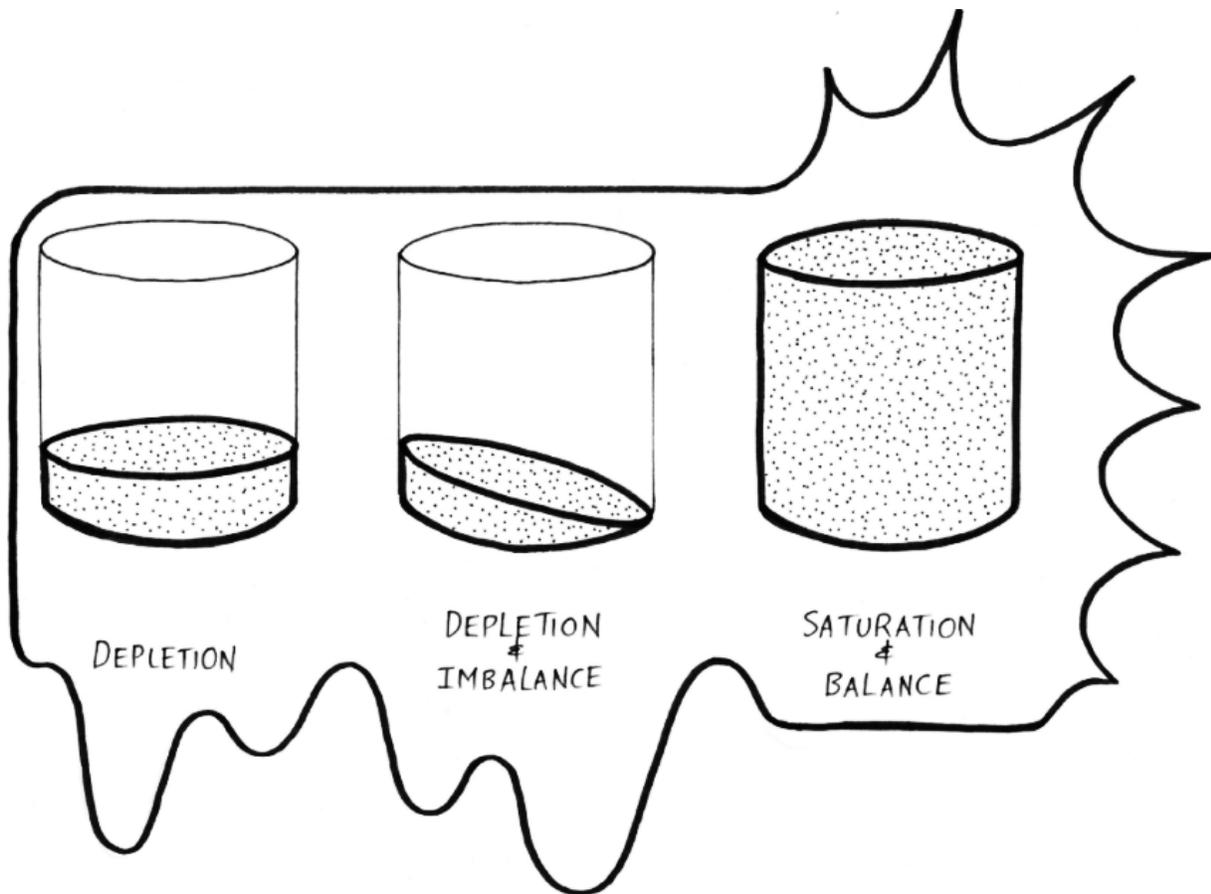
Valine, Lysine, Threonine, Leucine, Isoleucine, Tryptophane, Phenylalanine, Methionine, Histidine, Arginine, Taurine, Tyrosine

## **3 Essential Fatty Acids**

Omega 3 (Linoleic Acid), Omega 6 (Linolenic Acid) and Omega 9 (Arachidonic Acid)

Wallach was one of the first who clearly pointed out the vast connection between nutritional deficiencies and disorders, weaknesses and death of the body. Each essential nutrient has its importance, and individual task and when missing or depleted will result in certain functions to become diminished and eventually shut down causing weakness and disharmony. This is true for all species and most likely the greatest reason of why we get sick, suffer and pass. Nutritional saturation makes a body strong whereby a depleted one is weak being pushed around and affected by even small stressors. Processes in the body get weaker and ultimately cease which then causes all kinds of issues. Most critically it will affect digestion causing even greater deficiencies and high degrees of toxicity. The further one progresses the more one gets deficient which increases cravings and/or toxicity and overall harms the cells causing greater malfunction. All this goes on until something breaks. The symptoms along the way are merely the body's struggle and cries for help. The end result is a very toxic, weak and depleted body. Nutritionally saturated and balanced individuals will take much longer to become toxic, on the same foods. However, eventually the body will be overwhelmed, and toxicity will make its tribute unless one starts removing it.

Nutritional saturation and balance is what makes one strong momentarily, and can be dealt with quicker to a certain extent. The scope of toxicity and cellular weakness, due to a high magnitude being the norm, takes much longer to take care of. In the long run, removing toxicity and strengthening cells is what makes all the difference. Short-term nutritional saturation and balance usually bring quick improvements.



Modern Science clearly states the importance of minerals. Most of them might not focus on such a wide spectrum as Wallach does, but they mostly lag many years behind. All these minerals are being absorbed by plants if they are in the soil with different plants having various tendencies to contain certain minerals in larger quantities. As stated, there is the theory around that plants (as well as animals such as us) actually are able to transform chemistry thus create minerals out of other minerals, etc. but I would not bet my health on this in particular as our bodies are not effective. It's clear that plants which are supplied with a powerful mineral blend as a fertilizer grow quicker and stronger, overall looking much healthier. We are no exception to this and as long as one is highly toxic, has chronic cells and deficiencies from decades of poor eating, the genetic passing and the time one spent in the mother, one should not consider thinking that he is fully saturated or is not able to benefit from a full spectrum of nutrients. Many of us have brittle and weak bones indicating clearly that minerals are lacking or that the overall nutritional balance is greatly affected. It is true that some people seemingly thrive without supplementation or high-quality produce but are they at their peak? Could they be, or would they have been able to progress quicker? And to repeat this again; most individuals that do not have issues are so due to their strong cells or have already done

deeper work on their body. This means that they can get away with much more than others can, as strength is exponential - For example, a strong digestion will lead to less food consumption, toxicity, deficiencies, parasitic action and so forth.

As I will share later on by telling my story, I did experience some strong deficiencies and nutritional imbalances and had seen the effect of effective as well as poor supplementation, even heavily on myself. I have also used massive amounts of other tools, such as herbs, but these do not have the same effect on the body, and cannot be considered a guarantee to supply one with full-spectrum nutrients. It can somewhat be accomplished, by growing all food oneself and supply a full spectrum of minerals to the soil, and then pick the produce at peak ripeness. This is best case scenario and suggested but not the norm in our society, and even then it is not a full guarantee and does not take targeted supplementation into consideration that might be needed due to individual nutritional imbalance. Nevertheless, there is more to nutrition, and we will soon cover it. We must also understand that the wisdom Dr. Joel Wallach shares actually is based on observation of what some of the known centenarians have been doing. All of them supply themselves with the full spectrum of minerals in great quantities due to simply living at places that contain them in the soil or drinking water. I like to clarify that we are talking about plant based minerals here, or other minerals in highly absorbable form, and not a standard mineral supplement. It is all about the size of the minerals – the smaller, the easier to absorb. Plants naturally supply what is referred to as colloidal or ionic minerals. These minerals are not the same as those found in clays, sand, rocks or in over-the-counter supplements such as calcium carbonate, which are poorly absorbed and actually lead to deposits in the body.

Properly supplementing by using some form of full spectrum nutrients seems to be very helpful, in particular initially while one builds up his nutritional saturation. As long as one does not supply all the minerals via the food, and much more important - maintains correct nutritional balance - one can only benefit by supplementing, properly, of course, which is another story and will be discussed later in this book. An extended view about nutritional balance will follow in the next pages. This book is designed in a way that you get a chance to see the viewpoints needed to be then able not to run off track on one of the many dead-end roads that can be stumbled on quite easily. There is more to nutrition than most nutritionists believe there to be.

When talking about vitamins the focus usually lies on B12 and that vegans supposedly can't get it, and everybody disagrees. Reality is that pretty much everybody has deficiencies due to poor food choices, weaknesses and toxicity levels – through the whole board and stressing one Vitamin or thinking that one is safe due to consuming animal products is actually quite silly and dangerous. Vitamins are considered essential

nutrients in that most seemingly cannot be manufactured in the body. They serve as cofactors for metabolic chemical reactions within cells. They are essential for normal growth and maintenance of health. Vitamin deficiencies result in issues such as rickets and arthritis (Vit D), scurvy (Vit C), beriberi (Vit B1), night blindness (Vit A), pellagra (Vit B3), dementia (B12 and D), etc. Overall, each essential nutrient, when lacking, does result in direct effects such as sensitivity & malfunction, and ultimately some form of breakdown. I do suggest to get the book 'Epigenetics' from Dr. Joel Wallach and read more about this subject – he illustrates all 90 essential nutrients and clearly shows what each of them are for and what a deficiency results in. If you comprehend his information while understanding the lymphatic system and which species you are closest with, you will be good to go and truly know more than most experts ever will, especially if you then go even beyond with the topic of compensation.

If after reading the 'Lymphbuster' you believe that you can focus only on mainstream nutrition. Even with the advanced version, you will likely end up on high protein diets. This would be a significant restriction as it will plateau you on a level you don't truly want to be at in particular long-term. High protein diets do not address deeper layers of toxicity and cellular weaknesses and are generally poor on an energetic level considering dynamic energy, real energy. What is astonishing is that many nutritionists do focus on high protein diets which is illogical and doesn't make any true sense. It's not about 'more is better', but to match the ideal for our own needs. And after all, it's not even nutritious – nothing matches truly complete and properly grown, ripe fruit.

This was the first part about Nutrition. With this view, you can understand that promotions which focus on a single nutrient like B12 or Calcium, and even mega dosing such, are based on a very limited view. Let's precede the topic of nutrition by having a look at how our body deals with food.

## Food and its Pathway, Part 2

To understand the topic about Nutrition closer one must be aware of the pathway food undertakes until it reaches the cells. Lots can go wrong which can have drastic consequences for our overall health.

### ✓ **Ingestion:**

Proper Nutrition needs to be ingested.

### ✓ **Digestion:**

It starts in the mouth with the mechanical breakdown of the food. While chewing, the food mixes with saliva which contains alkaline digestive juices and enzymes thus starting chemical digestion of carbohydrates. One should always chew as much as possible to ensure putting the least amount of strain on further processes whereby making them more effective. Best is only to let liquid consistency go beyond the mouth.

Upon swallowing the food reaches the stomach via the esophagus. Depending on the type of food consumed the stomach will create stomach acid strong enough to liquefy what has entered the stomach. This process also acts as a sterilization mechanism to render microbes and other invaders harmless. Stomach acid production requires certain nutrients including calcium and chloride and the health of the cells involved of the stomach. If this process is not maintained properly many issues arise; food will not be broken apart, and mainly protein, amino acids, minerals and certain vitamins will not be handled properly thus deficiencies arise. The stomach also acts as a compartment in which the food is being held for the specific time needed. The action of the stomach is through nerve and hormonal control which must function properly. Once the resulting mixture, called chyme, leaves the stomach the digestive process will further take place through adding bile and pancreatic juice to it. Bile acts mainly to alkalize the acidic chyme, and the pancreatic juice contains enzymes to break apart in particularly carbohydrates but also proteins and fats into their simple form. If the liver and gallbladder function is impeded, incorrect quality and/or quantity of bile will be secreted thus the chyme will not change its pH properly which then renders the enzymes of the pancreas to work ineffectively. It will also affect the pH in the entire small intestines resulting in unwanted flora changes and parasitic activity. If the pancreas itself is weak or otherwise malfunctioning, not enough enzymes will be

present. Thus food will not be broken apart leaving one with undigested pieces of food, possibly even fruit, in the stool.

There are many theories and different views on the topic of digestion and who knows which one truly mirrors truth. Either way, strengthening and cleaning the pancreas & liver as well as supplying the right nutrients does usually restore proper digestion. It all depends on the individual's situation though and might be more complicated, but overall the point is that all of these theories are just that, theories. In the end, it's about what truly does work in practical terms.

### ✓ Absorption

Once the now hopefully liquefied food enters the small intestines, it's time to be absorbed into the bloodstream. Intestinal villi increase the surface area of the intestine multiple times and are essential to overall absorption. In particular the protein gluten is known to damage these villi's up to the extent of causing a condition referred to as celiac disease which means that most of the villi's have been damaged and that the intestine looks more like a flat tube rather than one full of tentacle-like extensions thus the absorption surface and capacity have been greatly diminished. The protein gluten is highly complex and not easy to be torn apart by the stomach acid in particular as most people have very weak stomach acids in the first place. We are not designed for this type of food and gluten 'sensitivity' is just one of the consequences that we all can develop, it just depends on how weak one is and how much one uses certain foods but overall it's harmful to all of us.

Another influential aspect that many times greatly lowers one's capacity to absorb is toxic build-ups present in the bowels itself as well as in the walls of the GI-tract making it difficult for nutrients to enter the blood. This is a highly underestimated issue we all face these days to one degree or the other and is in direct relation to a weakened digestive system and long term diets that irritate and plague the bowels creating mucus buildups throughout the whole tube. Starches and animal products, in particular, dairy, are the most offensive foods whereby a weak digestion being the worst offender. If undigested food enters the small intestine, it does create havoc there whereby one with a strong digestion gets affected much less by consuming the same foods. What is referred to here are build ups that can be on the wall of the GI-tract, 'outside', as well as those that are in the wall within the lymphatic system, where the cells are.

## ✓ Utilization

Once the nutrients have entered the bloodstream hormones, steroids, and other carriers are essential for the nutrients to enter the cells properly. Glands and organs are involved in these processes and are critical to the overall process. For example, weak adrenal glands will leave one constantly hungry as among others not enough cortisol is available. Thus, blood sugar levels are not stable causing all kinds of issues. Another good example is the relation between cobalt which needs a well-functioning adrenal gland (steroid output) to be utilized and, if underactive, can cause a B12 deficiency due to cobalt being a precursor of B12. Either way, this is just a very small part of the whole topic of utilization as there are many more functions of the adrenal glands as well as other glands and organs that are highly involved in this process. The thyroid and parathyroid and, in particular, the liver are involved.

## ✓ Elimination

Finally, all the digestive waste, the metabolic waste, as well as microbial and parasitic waste, needs to leave the body, or it will get stuck within the lymphatic system causing toxicity and acidosis. Toxicity ultimately causes malfunctioning and weakened cells thus interfere with all other processes and highly contribute to deficiencies.

As you can see, it's not as easy as to simply ingest food with the desired nutrients in it – it's a complex process, and lots can go very wrong. This is the reason why we all are so different, and certain individuals can seemingly have poor habits and get away with it whereby others start to develop issues quickly. One important part is also to see that once one is weakened, and certain weaknesses develop – like For example, a weak and sluggish digestion – health starts to fail quickly. One feels heavy after meals, develops sensitivities and allergies due to undigested foods entering the intestines also affecting one's flora and microbes. Due to this weakness one then starts to change his diet to a lighter one as the body no longer can deal with the heavy food. Deficiencies and toxicity ultimately affect the whole physical body, but not only as this also affects the individual emotionally and mentally especially as the glands start to be weakened and due to certain nutritional imbalances & deficiencies. This makes it worse as once one reaches a certain point cravings start to increase due to the body trying to overcome deficiencies and stimulate its weaknesses. Therefore, one starts eating even worse due to the whole emotional and mental imbalance that comes with such a condition speeding the process up further which then starts to affect the entire life of the individual. This is one possible doom loop that can come forth out of such weaknesses and is simply cause and effect.

## A closer look, Part 3

How much of this and how much of that?  
What about carbs-to-fat-to-protein ratios?  
What about protein and B12?

Does a cow ask itself these questions?

This might sound like a method to avoid an answer and this is true. We cannot compare ourselves to nature like this. Our situation is not 'natural' at all and anyone who thinks he can just start eating fruits, tender leafy greens and a few nuts and seeds or even just raw fruits and vegetables is greatly mistaken and almost for certain will run into trouble in particular after a while nor does this represent the most optimal path. In the end, the optimal path for each individual depends on the state of the three pillars of health in each of us. We have not only strongly damaged, toxified and weakened our bodies but also greatly depleted them by eating poor food choices and quality. And even with all that, not even a cow eating solely grass is ensured to get all nutrients at perfect levels thus enjoy the optimal function. This is among others directly affected by the minerals contained in the soil which is the reason the animal industry supplements to ensure the health and productivity; they don't take chances – when it's about money we seem to care while we simultaneously forget ourselves.

The reason we are deficient is because we eat outside of our optimal food source & low quality and artificial food and have done so most of our lives resulting in toxicity, cellular weaknesses, and depletion.

To cut to the point; the only way to ensure optimal nutrition is to make optimal food choices that fit to our current level of the three pillars of health while using the best possible quality but even doing so – it doesn't change our bodies overall health overnight. Whenever one strays from optimal food one will start to affect the body negatively including nutritionally thus we either accept the consequences or try to minimize the harm done by supplementing and so forth. It is also so that the more effective one's body is, the less nutrition it needs. And vice versa; the more depleted, the weaker the cells, the higher the toxicity level and the worse the food choices and quality the more one should compensate for others by supplementation. This does not only count for Calcium, Magnesium, and B12 but for the full spectrum of essential nutrients using whole food supplements while supporting the state ones pillars are in.

The idea of eating high protein diets has its root cause in the thought that we need great amounts of building blocks for our body to constantly replace, build and repair its structure. These building blocks are amino acids which are the fragments of the concentrated form, protein. Most animals don't eat flesh to produce flesh. They don't drink milk to produce milk - they eat what they are designed for and create massive bodies while maintaining all bodily functions. The reality of this matter is that we need amino acids and that protein is an inferior form thereof. All complex forms of any nutritional elements are more energy taxing due to heavy digestive processes being involved. Protein is second-hand building material thus our body needs to use great amounts of its own energy to get to the raw material, in particular when it has been altered such as by cooking. The energy spent will reduce the bodies overall dynamic energy and slow down recovery, healing and such – dramatically. We are talking about someone with a healthy digestive system. If the digestive process is weakened, such as due to a low level of stomach acid, protein will not be broken down into its amino acids and cause massive damage to the body. Malabsorption is most affected due to the undigested proteins entering the small bowels resulting in damage to the villi's, toxicity being the other factor.

- Why is a correct fruit-based diet most effective in cleansing, nourishing and strengthening the body?
- Why does the body speed up the cleansing and healing process when one stops eating high levels of protein or fat?

And the questions most people are curious about

- Why does one need to eat protein to sustain energy levels?
- Why does one need to eat protein to sustain weight?
- Why do many long-living individuals eat a diet fairly high in protein?

The answers to these questions all have their root in the same issue – our situation. Most of us are highly toxic and have deep rooted cellular weaknesses and additionally have eaten very poorly resulting in chronic nutritional deficiencies and imbalance.

- Lots of energy is needed for the whole process of protein digestion; from digestion to elimination. Additionally most of the protein sources we do consume in an altered (such as heated) state thus its electromagnetic energy is lowered. This energy drain inhibits and stops the cleansing process thus one, in reality, never even starts to clean especially deeply. Cleansing needs massive amounts of energy and many times can result in a feeling of weakness.

- Protein is a strong stimulant, with meat being the strongest because of the presence of neurotransmitters such as adrenaline. Our cellular weaknesses seek stimulation to feel great and function well. This is not real dynamic energy but it fluctuates throughout the day and actually weakens and enervates the cells. There are other means to support this concern of which will be covered extensively in the practical section of this book.
- Proteins are more nourishing in contrast to low-quality produce which, in such a case, can be a better option in many situations. We need nutrients in the correct balance, even a clean and strong body can benefit strongly from it. Most food that we consume leaches out nutrients. This is because of low quality and synthetic foods that our bodies try to compensate for. All the cleansing and strengthening doesn't really mean much in case of longevity of the physical body when one would be cut from oxygen or develop strong nutritional imbalances. To be fair, though, some individuals that have strengthened and cleansed their body to a high degree demonstrate that the body truly is vastly powerful in sustaining itself or adapting to stressors if powerful enough. Overall I feel that the stronger and less toxic one is, the less the body seems to be dependent upon perfect nutritional intake and can last longer without any food but air, water and fruits & vegetables depending on the level of the individual. This also means that the weaker and more toxic one is – the more critical it is to supply a balanced spectrum of nutrients to maintain cellular function, especially at an optimal level.
- It's true that one can lose muscle weight when the diet is changed to mainly fruits and vegetables. However, this has mainly to do with the reduction of inflammation in the body and the bodies focus on detoxification that is initiated by eating this way. When we supply the body with the superior fuel, it will start to clean out what it does not want, and inflammation lessens. Quite often the concern also lies in creating imbalanced nutritional states. The interesting point about this whole subject is that first mass is being lost and then later again gained – on the same food. It seems that one's weight has mainly to do with the state of toxicity in the GI-tract lowering one's capacity to absorb as well as the level of cellular function of the digestive system not excluding optimal nutritional balance & saturation. Some nutrients need to be present for these processes to function optimally. Muscle loss greatly depends on the individual situation and how one proceeds. The ones that get skinny have chronic digestion and/or absorption as well as often deplete & imbalance themselves nutritionally in the

process which is understandable with such weaknesses – the main factor being a digestive weakness.

- For the healing process to succeed, the system needs cleaning and proper nutrition maintained. If cleansing is done too quickly, the body's waste material can do harm. The inability to neutralize the residues and safely expel them requires the help of adequate compensation for one's state. If one fails in this aspect, one will develop deficiencies and will likely create harm to the body which includes muscle loss and poor energy.
- Many of the long-living individuals do live this long because they maintain a highly nutritive diet all their lives thus the body can maintain nutritional saturation & balance. This also means that their children are born much stronger. Many of us do eat very wrong and very poor nutritive food thus create a situation that cannot be compared to this. However, this does not mean that they could not improve, and are we truly talking about the longest living individuals? What does it mean that one can restore health in pretty much any situation one may find oneself in – with a predominant focus on a 'low protein' diet mainly based on the most potent of raw plant based foods due to its highest energetic output that the body can use to heal itself?

The idea is not to bash high protein diets or to convince anyone to stop taking in any protein foods, amino acid blends or any such foods and products. It's about understanding the reason of why we consume the foods we do and to see beyond the limited view we are often confronted with. Also, when we eat 'low protein', we don't actually do so, as we are not truly designed for high protein foods.

Soon we will cover a much deeper understanding of the nutritional topic in the chapter of 'compensation' and then later on in 'water-only fasting' which will change the perspective even more so.

How can a proper conducted and timely placed water-only fast be superior to any nutritive diet or supplementation program and actually rebuild teeth or even make Vitamin deficiencies disappear? That's real.

With this said, the nutritional topic is critical to understand and comes with different levels of awareness. Proteins are not what one should focus on – amino acids are what our body needs, and not a lot of it. These are much more superior than using the second-hand form. Thus, high protein foods are mostly not the optimal choice given that the

overall approach is conducted correctly. Mainstream nutritional theories are not fully factual. However, it also has its truth to it, and this is where the wolf lies; what and how much do we need to consider about any possible doctrine. There is a great lesson to be learned in all approaches, and you will next be equipped with what is needed to comprehend each of them. Ultimately it's all about compensation and very few truly understand the depth of it.

## Compensation Factor, Part 4

To get the full understanding of nutrition one must be aware of the compensation factor. This might very well be the most crucial chapter for you to understand and learn from thus pay close attention. How much does a given food item interfere with body's chemistry? What compensating foods are needed to prevent body function disruption?

**The more the chemistry of a food is complete in relation to chemical equilibrium of the body the better.**

Let's have a look at a paragraph of Dr. Joel Wallach about this subject as he has been referred to already.

*"Not only are our soils and food deficient in calcium; additionally the American diet is rich in phosphorous, which is found in just about everything we eat. Ideally, the calcium to phosphorus (or Ca:P) ratio in our daily diet should be 2:1. This ideal ratio is not possible by simply eating food. You would have to eat 25 pounds of broccoli every time you ate a 16 oz. steak! The only possible way to approach the 2:1 ideal is to avoid as much as possible the food items containing high amounts of phosphorous (I hate calling colas, processed "cheese", etc., food) and supplement with plant derived colloidal and chelated calcium."*

~ Dr. Joel Wallach in Epigenetics

There are many references concerning the ideal ratios between minerals and often the suggestions are not the same. Wallach's quote indicates that steak is an imbalanced food, so much that it takes 25 times the amount of broccoli to compensate for the imbalance; and that is only for the calcium to phosphorous ratio. Is it any wonder why we can't adapt to this kind of food.

At this point, I like to touch briefly on one of my experience which has to do with this subject. I got myself nutritionally very poor at a certain stage of my journey and could feel the effect that food had on my body very noticeable. My nutritional 'tank' was

empty as well as greatly out of balance thus I got sensitive. The main reason I got there was due to a weak digestive system all my life and on top of this did approach my situation not correctly. What happened is that I could eat imbalanced food and feel it notably steal minerals from my body, in particular from my teeth. Ultimately, I got to the point in which I was only able to consume a few foods – in fact, just berries, herbs, and certain juices. Keep in mind that my digestion was compromised thus harder to digest foods was not an option. The interesting point I am trying to make here is that the worst food in my case has been all the fruit except berries. Fruit such as apples, bananas, dates, persimmons, etc. instantly gave me severe pain in the same teeth as well as greatly unbalanced me physically and mentally. Another effect was that I would start to crave other foods strongly, almost instantly after I ate. You might think that the reason for the tooth pain was the sugar content in the fruit, which, however, is not the main reason but actually it was due to the mineral balance in these foods that my body did not agree with at all. I could eat a good amount of blended berries, holding it for minutes in my mouth, without having pain but actually reducing it showing that merely sugar was not the reason. Why most fruits were affecting me the most is as I used imbalanced fruits in excess for a long period thus created a nutritional imbalance related to these foods. The reason why I refer to this experience is that a great lesson is to be learned here that actually will make one's journey much more effective and less prone to develop concerns, in particular down the road. I was glad to know what to do as I read years ago about this subject especially from a German author and over 30+ year long term practitioner Walter Schaube, who focuses on the compensation factor. The effect and its magnitude was still surprising to me even though this obviously was going on for many months or better years, silently building up to the degree I would feel the pain and imbalance. I guess it's human nature to try to get away with as much as possible in particular when a strong belief system is backing one up, which was the case for me, and I am no different to this. Walter Schaube clearly stated that one must compensate all hybridized fruits properly if consuming them at all. I was doing this to some degree but not enough in particular due to having my digestive weakness which greatly inhibited me from doing so as I could not handle heavier foods well. Usually, one does compensate unconsciously to some degree as the body always tries to find balance and will initiate the desired cravings. Unless, of course, if one has a belief system that says not to do so thus acts mentally rather than listens to the signs the body is telling which was the case with me. I simply did not comprehend nor accept the magnitude of this topic which is understandable as almost everyone seems to be confused as well, however can get away with it to some extent when the digestive system is well functioning.

Let's discuss briefly some aspects that are involved in the subject to make sure we all understand what is being referred to here. When one eats an apple or any other food, this has an effect on the body in mainly three ways:

(1) **Nutritionally** would be the effect the food has on the nutritional level and overall on a chemical level thus things like minerals, sugars, fats, etc.

(2) **Energetically** would be the effect the food has on an energetic level such as by supporting and promoting cellular function. Or suppress parasitic action. This can be from chemistry or vibration of the food. It might be better to compare it to homeopathic which do have an effect even though, chemically speaking; the substance is not present any longer but only its vibration.

(3) **Toxicity wise** goes for the effect of the food on elimination which then triggers side effects such as an increased need for electrolytes which can arise if greater amounts of waste and toxins are released at once. This would be the case of an apple and other fruit. Other food that adds, blocks or suppresses elimination, such as dense cooked food, will not likely promote any effect regarding elimination but rather create more toxicity especially due to suppressing the lymphatic system in its functions which needs to constantly cleanse the body's created cellular waste no matter what food is consumed.

The apple is an interesting food to look at as it affects the body strongly in all three different ways. However, **what is mainly referred to here in this chapter is the nutritional effect** – what I was experiencing had nothing to do with elimination in particular as the effect reached its peak after two small bites of a banana which is one of the least astringent and cleansing fruits there is.

The point that I am trying to show here is that the common apple is not a balanced food and must be consumed with other foods to prevent throwing body chemistries out whack. It is best to practice a properly compensated diet on a daily basis. If proper compensation is not practiced, the body will have to compensate using its own chemistry such as from its teeth, bones or other structure to maintain the chemical equilibrium, most notably of the blood. This happens every time one eats food that is imbalanced in relation to the body's own equilibrium. The blood needs to maintain its ratios as such have a strong influence on many functions of the body like for example the heart rate: An excess of potassium in the extracellular environment does reduce heart rate whereby an excess of calcium (in contrast to potassium) results in spastic contractions. To make sure we don't have heart attacks after each meal, among others, the body eats its own tissue to maintain proper physiological function, and it is usually very effective at doing so. However, the weaker one gets in each pillar of health,

particularly nutrition, the less effective the body becomes at compensating. Thus, pacemakers have come to exist. This is just one example, and there is much more than just this one, but it should suffice to clarify the topic. The time involved until one develops any concerns varies greatly from the overall condition each of us have and how well one compensates, but mainly we are talking years if not decades here to get to such a state.

When I first read about this subject I did not start to fully implement it into my dietary practice and eventually ended up in trouble until I weakened my body and damaged my teeth to such a degree that I found myself in intense pain and was forced to let the belief go. It is well known among dentists that apple juice damages teeth, which it does and so do apples. What usually is held responsible is the excess sugar, which is somewhat true, but I prefer a complete view – it all comes down to the mineral balance and density of the food. This can be clearly seen when one does not only eat apples but the appropriate amount of greens additionally thus compensates nutritionally correctly by supplying the lacking minerals. This then eliminates the teeth issue as well as similar concerns that mainly come to happen due to an improper mineral balance and saturation, if the body can handle the greens. It's about consuming sugar together with the necessary nutrients to metabolize it.

Interesting enough, though – **the closer one eats to the correct mineral balance, the less one eats, thus also reduces the artificial sugar load on the body.** This is a good thing because little sugar is needed. The calorie theory will be discussed later on but in all honesty, the way it is promoted does not hold any water.

The degree one imbalances the chemistry of the body by eating incomplete foods results in the magnitude one craves other specific food, which serve as compensation for the body, to get back into nutritional balance. This is the case, For example, with bananas or apples, which are greatly hybridized and altered foods. Thus one likely overeats just to end up even more imbalanced. The body then will need some time to rebalance leaving the individual with the side effects – physical, emotional and mental interferences. We usually are not aware of this effect as we consider it to be normal hunger, among others, rather than a need for compensation. Other common effects are the desire for activity as well as 'subtle' effects on one's emotional and mental behavior - this is very real and directly influenced due to a diet of unbalanced foods. It is also commonly misunderstood that large quantities inhibit the healing and cleansing process which is usually not aimed for as it often is accompanied by a feeling of fatigue or discomfort. Much of our imbalances, on all levels, arise due to this effect as most of us eat incomplete food pretty much all the time. In addition, there are our weaknesses, toxicity levels, and our current nutritional state which have a very strong influence as

well. Again, the stronger one is, the less impact the effect has as the body is much more effective in regaining balance.

I was fortunate to have gone through a lot prior to this experience, such as a 42-day water-only fast which produces complete inner equilibrium after a few days, even though the pace of healing is very high. I mention this as the effects of bringing the body out of its equilibrium are often misinterpreted as a form of cleansing or healing event, such as 'emotional healing', which however almost in its entirety is due to an imbalance of the bodies chemistry, mainly its mineral balance. This does not count for all healing events by all means – as For example, eliminating toxicity brings its symptoms. Also, the more nutritionally poor one is, the greater the effect. If one has a somewhat full nutritional tank, is nutritionally saturated, this effect will likely not be noticed in particular when one has never experienced complete balance. If the comparison thereof is missing one simply won't realize it. I had the awareness of true balance from the past, and then facing a situation of being nutritionally very poor while also being very familiar with the cleansing process thus was able to experience and identify the effect first hand at its fullest magnitude. I actually took myself some weeks to experiment with different foods, inducing different degrees of teeth pain and emotional and mental imbalance, among others, to see the extent of the compensation topic. To me it has always been about figuring the mental jigsaw out as much as possible and being in this situation was like a kid being in a candy store, what a wonderful position to learn and grow even though it was accompanied by physical pain and emotional & mental instability. After this experience, I then remineralized my body and restored the nutritional balance which removed the sensitivity. After not even two weeks of doing so I was able to eat several bananas in one sitting without any pain or massive impact on me. Either way – I still can notice an effect even to this day, the effect is always there; food either imbalances the bodies chemistry or not thus creating a feeling of hunger and similar effects or not. These are just the symptoms; the main concern is that the body gets taxed energetically, and this understanding helps greatly to recognize the most potent and effective of all dietary practices.

Understanding this topic helps demonstrate how compensations show up in cravings. Our body tells us in many ways when its chemistry needs adjusting. Ultimately it is best to consume food which is balanced and is compatible with our blood chemistry.

Balance = energy.

## What I've Learned

Hybridized fruits such as apples, bananas, dates, and persimmons have a fairly strong unbalancing effect physically, emotionally and mentally within seconds of consumption. Moreover, food cravings occur which can take hours to normalize. Also, the higher the quality of the food, the less severe the effect but don't make no mistake - **apples are extremely imbalanced even if organic and ripe.** In contrast; greens, herbs, and berries would narrow out the effect once hybridized fruit has been consumed. It also does not matter how strong one is or how toxic, the effect is still there as the apple - in and of itself - is imbalanced. An ineffective body due to weaknesses, toxicity, and present nutritional depletion & imbalance logically does increase the effect.

Berries, such as blackberries, raspberries, blueberries, etc. have no negative effect, even when strongly depleted, imbalanced and weak. In fact, just three days exclusively on berries would get me out of my own down-state that I was in, into a high level of joy and peace. Such intense that it would make me dance randomly throughout the day without any reason for it but inner equilibrium. I would also get massive amounts of energy, and all signs of depletion or deficiencies would fade away as long as I kept consuming optimal balance. To further clarify, I was extremely sensitive to such a degree that one bite of a high-quality apple or banana would severely influence me on all levels – one bite – and I was also physically weak suffering with daily liver pain. However, just after three days of consuming berries exclusively all pain would completely disappear, and I could skip rope easily for half to one hour while being full of joy and excitement, why? This illustrates that the nutritional topic as commonly taught is limited – focusing on the nutrients of food rather than its interference with the body. How one feels in reality has to do with the present equilibrium the body is in each given moment which gets destabilized the most by ingesting imbalanced chemistry. This is the main reason for why we feel 'off', next to our present weaknesses, toxicities, and nutritional level & balance. A saturated and strong body is more effective at adapting at consuming imbalanced food. The most critical factor that makes up for the highest energetic expression, as well as greatly inhibits deficiencies, is to maintain inner equilibrium.

Raw nuts would also not interfere with my own balance but strengthen me. While eating nuts though I could never achieve the level of joy such as on berries – nuts are energetically much more taxing but seem to be very balanced nutritionally (raw nuts should be soaked and preferably fermented).

Dense Nutrient greens do supply excess amounts of nutrition and are the other extreme. These are used to compensate for foods which do not supply enough minerals.

However, too much nutrition also energetically taxes the body ... it's about the ideal amount. One cannot get the same amount of energy eating high amounts of greens compared to berries as an example.

Next come animal products which generally greatly interfered with my balance. The effect would hold on for a long period, and the pulling on the teeth could be felt for multiple hours (yes I indeed was weak & sensitive).

Of all the starch foods, the least taxing are the root vegetables. These seem to be quite well balanced, but neither is perfect and obviously usually is consumed cooked.

The moral of the whole subject is that there are very few complete foods that in and of itself totally leave one at balance and peace. By far the best effect has berries, whereby all hybridized fruit has a strong unbalancing effect thus, must be offset with greens. Either way, one will never achieve the equilibrium or effectiveness of eating truly balanced food by playing the game of compensation, eating one imbalanced food and then its counterpart. This is in particular so as one is prone to overeat due to induced cravings and as one can never achieve optimal equilibrium. Walter Schaubé researched and tested this effect for years if not decades and also comes to these conclusions. It's not that it is suggested only to consume berries as this is most likely not possible for most of us as it is simply too powerful. The lesson here should be to be aware of the effect and use it to one's advantage. As far as I am aware of are most berries, lemons, and possibly other heirloom fruit as well as herbs the only truly complete food. When consuming hybridized fruit one should compensate using enough greens while berries seemingly are also the most powerful regarding the nutritional level. Animal products or other highly acidic food should always be eaten with vegetables as they are greatly imbalanced. The other suggestion is to make sure one's nutritional tank is full not to be sensitive to the effect thus limiting any fluctuations of the physical, emotional and mental body. If one is nutritionally saturated, one will hardly feel the effect. And, that when one wants to speed things up, it might be wise to use berries rather than hybridized incomplete and even worse, unripe fruit or similar imbalanced food.

It's quite interesting how the apple, 'considered the perfect health food', was being changed over the years, and we think that it is the original fruit, but this is not so at all. Apples have been much smaller thus being a much more nutritionally dense food. All the original fruits are smaller, much more nutritionally dense – so dense that we often reject the taste due to being too strong for us.

The Book of Genesis addresses the fruit of the forbidden tree. Walter Schaubé points out that the fruits that leach out minerals and imbalance the body to be of the 'devils' work. I do agree with him as it is a very tricky and devastating trap one can fall into with very

serious long-term consequences. Unbalancing one's chemistry affects not only the physical but also emotional and mental states to the degree the imbalance are initiated. This effect always takes place it's just that the body starts getting less effective at restoring balance thus the effect has much stronger consequences. I ended up so severely ineffective that just two small bites of a banana left me in so severe tooth pain and inner imbalance, and took hours to completely fade away, that the body would react noticeably for many days when I would spot a banana – the body had 'banana-phobia' and reacted to it physically like it would be a fatal threat. Imagine entering the kitchen and seeing a banana and at once the body goes into shock. On one side, this was very humorous to me but on the other the effect was indeed very real. This experience might sound crazy to you but keep going; it's not about what I have experienced but about you profiting the most out of this information.

The importance of this subject can be experienced when one compares a mono-diet of berries to a mono-diet of apples or such similar fruit. The hybridized fruit diet will weaken connective tissue including teeth which will lose solidity as minerals, among others, are being leached out of the body. Each unit of sugar needs a certain amount of nutrients to be metabolized, and if these are not supplied with the food, they will be taken from the body. This can be seen over the course of months, but might take even longer in particular until any issues are being noticed. On the other hand, berries will build, repair and strengthen teeth including all other tissue. If one only eats little amounts of hybridized fruit each day, the body is usually able to tolerate and will 'merely' be taxed energetically. And overall: the higher the quality and nutritional density of the hybridized fruit & the stronger and cleaner one is & the more one uses herbs, greens or supplements to counterbalance the effect, the less severe consequences will manifest. Nevertheless, this is the main reason many fruitarians have bad teeth but also why anyone else damages their teeth, they are just using other foods to imbalance themselves nutritionally or chemically such as acidic meat or pasteurized dairy. Still, as stated above, it's not only the food as weaknesses and toxicity levels do increase the effect manifold by making the body less effective.

Considering this whole topic, once the full scope is understood, one might ask why some of us are trying to alter even the genes of food. If hybridization already has such a tremendous effect on us, what are we getting into here, there is no way anyone can even fathom the long-term consequences. In fact, it's plain dangerous. In particular, as these advocates don't have any understanding of health whatsoever. If hybridized fruit is of the 'devils' work, what are GMO's?

I want to clarify here what I consider when I use the term hybridized fruit. What I mean are fruits that have little nutritional density – For example, more sugar in relation to minerals as are needed to process the amount of sugar, among others. I refer to these fruits as ‘fake fruit’ in contrast to truly complete fruit such as most berries that actually provide excess minerals, among others, compared to its sugar content thus the body can build up its nutritional level. Fake fruit also imbalances the body’s own minerals as the ratios are way off while complete food does so the least of all foods and actually helps greatly to achieve and maintain nutritional balance. The less mineral density and the more imbalanced it is in its nutritional ratios compared to the body, the faker the fruit.

With all this said, considering that we are most suited for eating fruit, the fruit that we would have had originally available to us are not hybridized bananas or apples but rather very original, nutritionally dense foods that we can tolerate in any instance, like berries. This might very well not only be the case for berries, but the original fruit that is available in different latitudes whereby living in different climate zones might change the body’s need – original bananas did look very different also and might be part of this, I don’t know yet. Walter Schaub points original berries to be the only perfect food while lemons are very close to it. Nevertheless, he has not tried all available fruit either. The concern that arises is that these original fruits are very powerful; induce strong elimination processes as well as an increase of awareness in such a pace that makes it not possible to handle them for most of us at full potency without any form of self-sabotage unless we properly prepare ourselves. Also, one must first convince the mind that it is not a restriction to cut out all fake fruit (and all other imbalanced and fake food) but rather an enormous benefit. Play with it, no need to rush. It’s about awareness.

The more original, properly grown & ripe, as well as in relation to our true dietary needs the better the food is and the less the need for compensation arises. The body has the capacity to narrow out this effect depending on its strength and on how much one causes imbalance. Either way, every effort the body has to do cost energy. Maintaining proper chemical balance directly influences stability on all levels as well as the pace of healing dramatically. It is highly suggested to either only eat complete food or else compensate incomplete food properly with other food on a long term basis. Failing to do so makes the body weak and causes strong nutritional deficiencies and imbalances long-term.

We can now complete the nutritional topic. In actuality, maintaining nutritional balance is much more important than the nutrients food contains. An apple does not supply the body with minerals as the nutritional density is too low to match the amount of sugar, among others, and as the mineral ratios are out of balance influencing our own ratios. So, apples leach out minerals and imbalance the body's chemistry thus the need to counterbalance arises using either minerals, next to other nutrients, from the body's own tissue or other food like greens. The same applies for all acid forming food.

Inappropriate application of the compensation factor of one's food, next to our weaknesses and toxicity levels which make our body ineffective in regaining balance as well as interferes with assimilation of nutrients, are what lies behind most nutritional deficiencies. Any incomplete food in regard to our optimal needs leeches out nutrients potentially causing deficiencies & imbalance.

There are just over 90 minerals, which all must be balanced to each other as well as match the rest of the nutrition of the foods such as sugars, fats, and amino acids. With this said, almost the entire nutritional theories are mainly looking at the effect. Consume truly balanced food and you might likely be amazed at the difference.

To clarify ... one additional possible interference and/or limitation of the nutritional concept; All of us have different degrees of toxicity stored in our tissue and regarding this topic the most remarkable to look at are the minerals, or what is referred to as heavy metal toxicity such as calcium, cadmium, sulfur or fluoride deposits. If we ingest minerals in rock form such as by eating foods with additives like the sulfur that can be found in almost all wine and often in dried fruit, or by altering the chemistry of the food by For example, heating it, these minerals will often result in heavy metal toxicity as they are not easily dealt with by the body and commonly get stuck within its realm. Again, it all depends on the quantity and especially the kind of mineral, such as its size, and the situation the body is in. The point that I am trying to bring across here is that those minerals stuck in the body do have energetic and chemical influences on us, also in a way that they interfere with the minerals we do ingest. How precisely this works

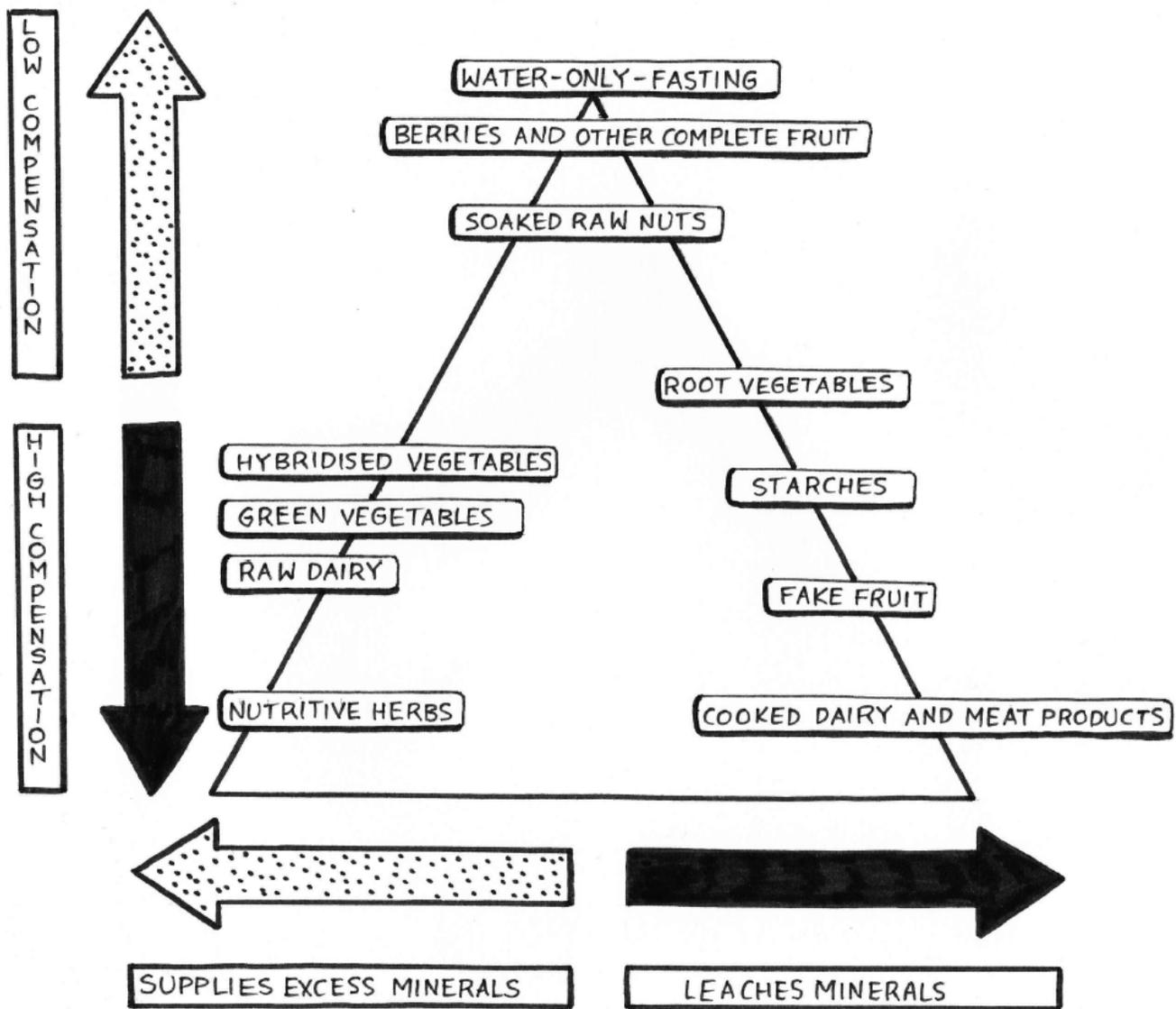
will be difficult to figure out if it's at all possible. However, it's quite clear that overall the nutritional topic is so much more complex than most think. To get rid of heavy metals one can ingest the very minerals in a proper form such as they are being found in plants like herbs and fruits which push the heavy metals out. I have found that eating plant-derived, 'active', sulfur chelates out stuck sulfur and so forth. This is the reason wild garlic, for example results in smelly gas if sulfur deposits are in the body that are being eliminated. I had eaten pounds for pounds of wild garlic at times and did hardly smell whereby I have in the past before I eliminated massive amounts of sulfur. This is another reason why one should consume a full spectrum mineral diet either through food or through supplementation, to chelate all the heavy metals out rather than try to force it out through pressure such as with highly astringent diets or to fast. I have to clarify here that I am not fully sure that consuming minerals in plant form will push out / replace heavy metals ... it has been my observation so far, and others mention it too. I mention it here as this is something I want to know through direct experience and do not so at this point. Some of you might be able to assist here. Another point, some minerals are held on to in the body, even if they are partially toxic, as the preferable mineral is not present in the correct quantity and the body can use the 'toxic' one instead even though only to a certain degree. Better low physiological function than none. Once the preferred mineral is ingested, the body will let go of the toxic one and replace it. This has a lot to do with the antagonistic and interrelation between minerals.

### **Suggestions**

- On whatever level one eats, one should emphasize on nutritional balance and compensation or one will most notably end up mineral imbalanced and deficient.
- Eat berries, these are the most balanced and powerful foods and one can notice improvements in teeth, and pretty much everything else, especially when eating them exclusively. Lemons are also very good but do not contain the same nutritional density.
- Consider one's current nutritional status and restore proper balance as well as nutritional saturation through compensating for what has been created in the past. For example, a low bone density should be compensated by overconsuming on nutritional balance by supplying 'excess' minerals through greens or better even through berries, the king of foods.
- Always compensate fake fruit, such as apples, by using enough greens on a daily basis (pretty much all fruit excluding berries, lemons and possibly some other heirloom fruit belong to this category as all other seem to be incomplete, let's find out – we are talking about perfectly complete in a way that they supply excess nutrition on all levels while interfering with the bodies equilibrium the least.)

- Don't eat unripe fruit. Limit or avoid fake fruit and always compensate them appropriately if you are not doing so. The quicker you want or need to make improvements, the more critical this point is.
- Compensate animal products, and other acidic food, using green vegetables and salads.
- Use nutrient dense food and lots of greens, or high-quality mineral supplementation, to fill up and maintain the nutritional tank. The more one strays from a balanced food intake, the more one should focus on this topic.
- Practice water only fasting to rebalance the body's chemistry, this is by far the most powerful method to maintain and regain nutritional balance as blood chemistry is not being interfered with which is the reason teeth, among others, grow the quickest while water-only fasting, and even more so when dry-fasting. Please read about water-only fasting in part 2.
- Listen to the body and let its cravings guide you in eating and understanding its needs rather than to eat with the mind – the body know what it needs\*.

*\*That last point needs to be discussed as there is a whole movement that focuses on this theory which, however, is limited. The body does know what it needs if it is strong as well as one knows how to interpret cravings which is not the case with most of us. We are depleted, toxic and have strong cellular weaknesses which leave the body in a weak state. This can result in one's digestion being compromised which can show itself in an inability to produce stomach acid. This circumstance can, for example, render one unable to handle greens even though greens might be what that person could benefit from. One could also have parasites including fungus and candida thus cravings are highly interfered and do not match the bodies true needs. It's also almost a given that one has chronic cellular weaknesses for which the body will crave stimulating foods. In this particular example, consuming the stimulants would actually be better in some scenarios than to 'not give in' to these cells, in particular glands, have certain key functions to fulfil and would be left in hypo mode (under function) thus the body would not perform at optimal physiological function. The trick here is to use specific herbs and similar tools to promote cellular function while restoring the gland or other tissue at the same time. Healing won't take place, in particular quickly, when one consumes stimulants. Stimulants are substances that cause enervation such as coffee or hormones and transmitters in animal products. Most herbs are not included in this category because the targeted tissue is strengthened. For this to happen the full program obviously needs to be correctly made up thus some come to other conclusions. We will go over all such questions in further chapters.*



The higher up on the pyramid one eats, the less has to compensate thus the more energy is available for healing or other tasks as constant eating and high amounts of food taxes the body's energy and balance greatly. If one eats imbalanced food without compensating appropriately from the opposite side of the pyramid, the body will develop nutritional deficiencies and imbalance. Remember this; whenever you don't eat berries and other complete fruit (if there are other food that match this category) you will have to compensate or you will be affected short term by energy loss and long term by nutritional depletion and imbalance. The rule of thumb considering the way of compensation is to eat enough nutritive herbs and greens to compensate for the mineral loss (and other nutrients) of all food that leaches out nutrients. Best case scenario is only

to consume food that does not have to be compensated and/or supplies excess. This will greatly reduce the food intake which speeds up healing strongly. Please be aware that this is not the only aspect of food - For example, fake fruit still has a quite powerful astringent and cleansing effect on the body not comparable to starches or even vegetables.

As the general rule; nutritional deficiencies occur by eating foods from one side of the pyramid without properly eating foods from the other side and most importantly, the further one moves to the bottom, the more likely deficiencies and imbalances develop as the pendulum is higher. Cellular weaknesses and toxicity levels, and their effect such as parasites, have a strong part in the overall topic of deficiencies and nutritional imbalance as well. It is also critical for you to understand that it is wiser to 'over nourish' For example, by eating more greens than truly necessary, instead of taking chances not to compensate enough and end up deficient and imbalanced. The body does select and help to maintain balance and saturation by flushing out excess and so forth – this also depends on the degree of physiological function. Nevertheless, overdoing on nutrient dense foods will result in an energy drain as it is not needed and must be dealt with.

This is only an illustration for you to better understand this topic. Foods vary greatly in their nutritional state, such as their density, due to the way they are produced and handled. Cooked or raw, strong or poor soil, from nutrient saturated animals, degree of hybridization, etc.

For example, fresh raw dairy from cows that are grass-fed on nutrient rich grass is vastly different from the commercially produced dairy which is full of chemicals, hormones, pasteurized as well as a cocktail from hundreds of cows. Still, health is not only about nutrients and its compensation but has a lot to do with toxicity and cellular weaknesses which need to be compensated additionally – this is only one important part of the puzzle and even raw dairy will add to toxicity as it is chemically too dense and due to suppressing lymphatic action. Overall, if one eats only from the top of the pyramid, ALL is taken care of considering food intake (excluding the body's state according to its present weaknesses, toxicity levels, and current nutritional state).

We can also argue for what one needs to compensate more, such as for starches, fake fruit or animal products. To my experiences, starches are more complete than either of those but this all depends on the food and quality one eats and not only about the category.

## Summary

### True Nutrition is compensation.

- Compensation for consuming food which stray from the ideal of the 'paradise-food'. Those fruits that are complete in and of itself thus positively affect all the three pillars of health; toxicity, cellular strength, and nutritional level & balance.
- Compensation for our current cellular weaknesses, toxicity levels and nutritional state which all together weaken digestion, absorption, utilization and elimination.
- Compensation for external stressors
- Compensation for internal stressors

Take a few minutes and study the following statements of Walter Schaube, they are among the most powerful ones you will ever come across in the entire health field. It might take some serious experiences to understand truly the depth of these.

*"Compensation is the chief activity of men for their short life span! He is not aware of it as he thinks the consequences to be his necessities."*

*"What is human food? There are many books, opinions and discussions about this topic. For me, it is clear: All the fruits that don't disturb the equilibrium of the body, berries! Everything else is a waste of energy!"*

*"Hunger comes from eating."*

[Walter Schaube in, Perfect Health Without Detours, a German book, he only consumes one pound of berries per day, or similar, according to his book, and has done so for years while enjoying a state of health "that has not been seen for a long time on this planet"]

# Fruit, what is it all about?

You have now just read about one of the reasons that lie behind fruit getting a beating but there is much more to this. There are many different theories and arguments one can find blaming fruit for this and that. Overall, this subject can only be understood with a unique view.

- A. Most importantly one has to understand the scope of toxicity and cellular weaknesses we face. All food does have a different effect on us whereby fruits strongly promote elimination which we tend to misinterpret thus we end blaming the fruit for creating symptoms of elimination. Due to the increase in elimination, and little stimulating properties of fruit, cellular weaknesses will show itself such as weak kidneys which are being overwhelmed by the onslaught of waste thus one could feel lower-back pain. The adrenal glands are also classic for being exposed to their true strength as fruit does not stimulate them thus their true state, which is almost always one of hypo (under) function, is exposed resulting in low nerve energy among others. Also, the elimination process requires the additional effort of the body which includes higher nutrient needs such as electrolytes as toxicity is stirred up thus the need for neutralization arises. Especially the modern fake fruit does not supply these nutrients.
- B. The next concern is the poor food quality in which fruit suffers the most. Fruit is very sensitive and for peak nutrition must be picked ripe. Unfortunately, almost no farmer does pick fruit ripe as this will make transport, storage as well as the picking process much more complicated. And as very few consumers actually do understand the importance and full magnitude of this subject, including how truly ripe fruit taste like, the farmers won't make profit by doing so as there is not enough demand. In addition, there is often poor soil quality resulting in even less nutrient yield. Therefore, overall almost all fruit in supermarkets and from many farmers are not of great quality which does create many issues by itself.
- C. Last but not least; we changed fruit. Hybridized it from a tiny apple into what we refer to as apples today – it's all about sugar content, sweetness and profit isn't it? This might satisfy our taste buds for a while, but not our bodies demand. We created fake, and unnatural food and most fruits are included, in fact, fruit is among the top foods considering hybridization, very real.

Hybridized fruit, I call it 'fake fruit', or 'modern fake tech fruit' as there is much more involved than just hybridization due to the additional poor quality, have a very tricky effect that is not mainstream knowledge by all means but is critical to comprehend as they are the food which is the most affected by all three points, (A) & (B) & (C). If one

eats cooked food – or better overall lymphatic suppressing foods - one will not promote elimination. This means that additional nutrient needs which possibly arise are not present. Also, other food's quality is not that sensible to our modern world, and fruit might very well be the most hybridized food present. It must also be understood that raw fruits are very active meaning that For example, the minerals immediately start affecting blood chemistry upon chewing, just after around 5 seconds and one can feel the effect if sensitive enough. All cooked food, even cooked fruit, has lost some degree if not all of this active principle due to being altered in its chemistry or electromagnetic nature making it possible for the body to 'select' the desired minerals without letting all of them interfere, and especially not so quickly. Raw fruits are active, and minerals do enter the blood quickly affecting the body's own mineral matrix almost instantly. Let's now look more closely at what happens in hybridization.



Apples are a great example thus let's elaborate using that fruit. Original apples have been much smaller as well as grown on a standard-fruit-tree. The hybridization process has gotten us much larger apples as well as smaller trees that are easier to harvest. Most of these apple-trees also yield more fruit than originally in comparison to its size. It's all

designed for productivity. With all these changes, the tree is still a tree and does not magically produce much more energy on its own nor can it suck out more minerals out of the ground creating the same complete fruit as originally was present, in fact, the opposite is true. With all these effects, the worst one is that the mineral balance seems to be affected which does not match our own blood levels any longer at all. Minerals do occur in our body in certain ratios to each other, and each food does have its own ratios as well. The closer the ratios of the food match the body's ratios, the better, as otherwise energy needs to be spent to regain proper balance. The true issue arises if one consumes the same imbalanced ratio over and over again without giving the body a chance to restore its balance and reserves by compensating with the reverse ratio for which, usually, a different food group must be consumed. The body will help with its own efforts to maintain balance, but its abilities go only so far. What now happened with the hybridization process is that these ratios and nutritional density have been influenced to the degree that it seriously affects our own equilibrium. Short-term this means energy loss and long-term this means mineral deficiencies and depletion as the body needs to compensate by using his own mineral reserves to maintain its own mineral balance. Again, calcium and potassium levels do affect the heart rate and by consuming them constantly greatly out of balance this will result in the heart beat becoming 'funky', among others. Excess of potassium in the blood does slow down one's heartbeat, and so does too little calcium. Also, fake fruit does not yield enough minerals to compensate for its overall nutritional content (such as sugars) thus will deplete mineral reserves including calcium, in the long run, making one sensitive to any imbalanced interference. I personally took this as far as to end up noticing an effect on my heart beat. Obviously there are many factors involved for one to get in such a chronic situation and for some it will take many years if not decades to get there, depending on the strength of the cells, toxicity levels, present mineral deficiencies and balance as well as to what degree one does compensate the loss.

*"Hybridized fruit of today has on average 30 times more sugar than its ancestral origin."*

~ Hippocrates Institute, Brian Clements

Briefly, mineral (A) to mineral (B) to mineral (C), and so forth, are not present at the same ratio in fake fruit, in addition to the decreased overall nutrient density. On the other hand, berries are seemingly the most balanced food available matching blood chemistry very closely. This affects the whole matrix of 90 x 90 minerals and as stated in the 'compensation-factor' chapter; I do believe that most deficiencies do occur through consuming imbalanced food which pushes out / competes with one's reserves.

Walter Schaub wrote a whole book focused on this topic, [Perfect Health Without Detours] and referred to berries as 'the original food of man, the paradise-fruit'. It's the

only food; he claims, that one can eat without having to compensate using other food. So far I do agree with him as the only food that I was able to eat at a certain time have been berries, and they do strengthen teeth, and other connective tissue, in a way that does not happen with any other fruit. They do create an amount of energetic current in the body, sometimes also referred to as conductivity, due to creating mineral balance and saturation like no other food does. At least I never had the chance to experience anything this energetic, not even close. At this specific point of my journey, I did also tolerate herbs but that was about it. Even vegetables, which are also hybridized, did leave me with noticeable effects. And yes, this excludes any other food. Let me repeat this, I was in a situation in which I could **only** consume berries and herbs, nothing else. What does that tell about other food? If an apple would truly be the perfect food, I would have been able to tolerate it, the same as I did with berries. In fact, my body loved berries and just after three days I would be full of energy and joy whereby the apple put me in massive pain, imbalance and suffering within seconds of taking one bite, I was that sensitive. We are talking about perfect equilibrium here thus the most effective food one can consume.

With all that has been said up to this chapter and paragraph, we have totally lost touch with our true food source as well as understanding of what we should be consuming in the first place. One might ask himself that these tiny apples or other original fruit will never support the caloric need of us but this is what it is all about, we got so out of touch with reality we cannot even fathom what truth is. We did not only go astray; we totally lost ourselves and now are creating theories to support our misbehavior. Think about it – how many of these tiny apples could you eat in one sitting and how many modern bananas? Of course, the way we are programmed we would eat one of these apples, if at all, as these are so strong in taste, and then follow with a couple of modern bananas on top due to our programming as we need the calories to sustain ourselves, don't we? What about the nutrients that are missing in contrast to all that fuel? And what about the elimination effects which we suppress by consuming all that fake fruit? How many perfectly grown berries do we truly need to thrive, once the body has adapted? And, who are we feeding?

Quoting Walter Schaub again,

*"Compensation is the chief activity of men for their short life span! He is not aware of it as he thinks the consequences to be his necessities."*

Don't get me wrong – I am not living on five of these apples per day as I have to deal with my own situation myself including the physical, emotional, mental and social component. And, I like berries much more anyways. However, I experienced first-hand all of these concerns and had proven them to be very real over and over again. My intent

is to create awareness of the full picture rather than to put anyone on an 'original-fruit-diet' or demonstrate how 'perfect' I can eat. Also, it's just plain logic, and you can do your own research or better proof it for yourself through direct experience, don't believe me but use this work as a reference for yourself. For example, consume berries for a month and then apples until you feel the difference. Check the fruitarian story's on the internet about losing their teeth. It should not take you too long to figure this out. As previously noted, not everyone that consumes fake fruit loses their teeth, not at all – some do quite well. It all depends on how one eats, For example, too much food makes it much worse and/or if one does not compensate for it by eating greens or the activity levels needed. Nevertheless, the single factor that makes for the greatest chance of running into concerns is a weak digestive system, having such one must pay close attention to this topic. If one has strong cells, it is very difficult to get into troubles with any practice. Still, even if one does seemingly well on a high percentage of fake fruit ... how would they do on complete and original fruit?

Due to all these aspects; our toxic and weak bodies, our species needs, the nutritional topic, the fruit quality and the hybridization we can now put together an approach that will promote health and not let us get lost some path down the road. Also, this understanding will help us to satisfy all the mental confusion and different theories in order to let us enjoy our journey whatever dietary level we will choose.

- Support elimination using different techniques
- Systematically and continuously strive towards superior health
- Address individual weaknesses
- Consume only the highest quality of produce (and other food)
- We need to be aware of hybridization and original food, and compensate when necessary with greens.
- One of the powerful ways to start a detoxification process, which includes cleansing, nourishing and strengthening, is fasting intermittently. One only consumes food for a certain limited time period each day while fasting on water or liquids the rest of the day. This will give the body the chance to maintain equilibrium for a longer period which brings many advantages.
- Whenever we want to increase the pace of healing, berries or other complete fruit should be used. There are other techniques and practices that have its place; this is the fruit chapter.

The most critical factor behind warnings and issues about fruitarianism and detox involves **consuming too much fake fruit while lacking proper compensation**. If all fruitarians would correctly practice this, especially focusing on eating complete food, this aspect would eradicate almost all issues that are present creating a huge promotion

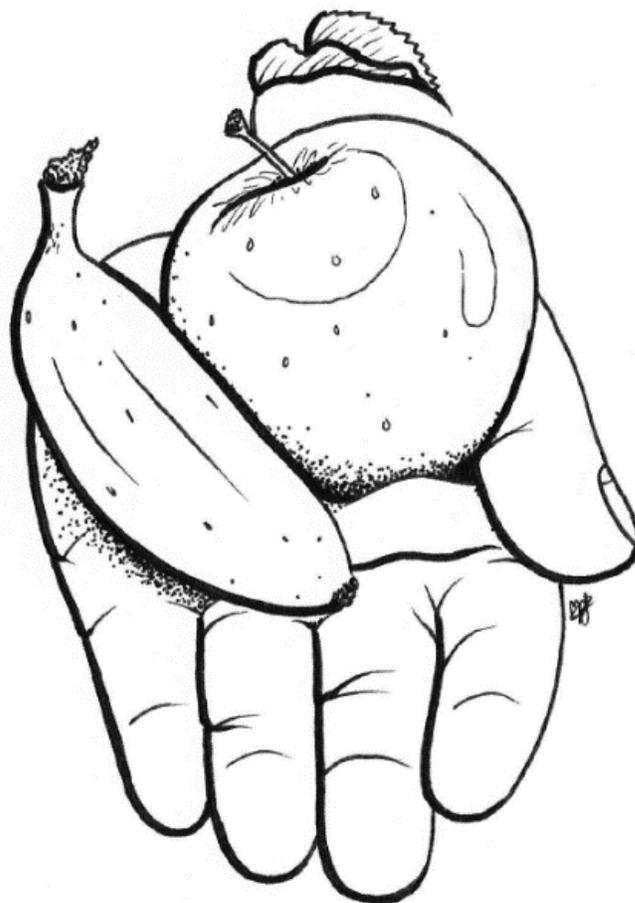
for this lifestyle. The result of not doing so is that one gets demineralized and nutritionally imbalanced which also affects one's behavior and so much more. It creates a massive doom loop one can get stuck into and, depending upon one's situation such as degree of physiological functioning, get seriously harmed. The weaker, more toxic and deficient one begins with, the much greater and quicker the negative effects appear: mineral deficiency & imbalance and weakening of the body. This then inhibits the healing process. The result, one looks desperately for a way out of his dilemma and possibly starts to get more aggressive with cleansing due to thinking that this is the issue, this likely ends up in a disaster. Exactly this happened to me at a certain time of my journey and here are possible symptoms that arise due to this effect reaching an advanced stage – usually after many months if not years of not practising the compensation factor correctly. Time depends on one's nutritional saturation at begin as well as is heavily influenced by weaknesses and toxicity levels and how strongly one deviates from proper compensation:

- One will eat much more, up to having constant feelings of hunger. The body tries to (1) fill up the nutritional tank and, more importantly, (2) restore the nutritional balance which however both get worse by eating fake fruit. This is sometimes referred to as 'pica'.
- The nutritional imbalance and deficiencies result in the body becoming weak and sensitive making detoxification and other tasks a struggle. Most notably, as digestion becomes weaker due to mineral deficiencies, there is a strong ripple effect.
- One's connective tissue, such as bones, teeth, and fingernails, become weak and damaged.
- Mental and emotional instabilities arise due to the body being in a 'defense' mode as it desperately tries to get back to balance and strength. At a certain point of depletion and imbalance the body will do anything to reverse this thus the nervous system goes into overdrive which stresses the adrenal glands among others. This can result in a crash and burned out adrenals once the individual starts addressing the nutritional situation at its roots.

The trickiest effect about consuming incomplete fruit is that they not only taste very good but will still result in a strong cleansing as well as overall energetic increase thus one can overcome many challenges initially depending on one's situation. However, it will slowly create nutritional deficiencies and imbalances that will catch up with one and can create strong issues which can become difficult to recognize. It indeed is a very subtle effect that shows itself slowly and is not easy to recognise at all especially if one does not have any comparison to what true, complete and balanced healing, using

complete food or water-only fasting, feels like. The worst part about it is that one initially gets improvements but then starts to decline, but due to the improvements one will stick to the program until one often created some harm. In fact, it's possible to get rid of lymphatic build-ups or similar conditions, using fake fruit, to clarify the magnitude. We are talking about eating excess fake fruit without compensating for it correctly, For example, by using greens. I personally had to undergo a 42-day water-only fast, in which I experienced complete equilibrium, as well as then even hit rock bottom – nutritionally speaking – to experience this effect first hand and fully comprehend it. This was due to my strong desire to discover the mechanisms involved in order to understand the whole health field. If you stick to complete food for a while, you should be able to experience the difference quite quickly. The most dangerous aspect of it is that digestion will be weakened due to mineral deficiencies and imbalances, which can result (depending upon genetic digestive strength) in one only being able to digest fruit and even loose instincts for greens as the body becomes unable to handle them. Due to all of this one might better understand why Walter Schaub uses the comparison that hybridized and incomplete fruit, fake fruit, is 'of the devils'. Due to eating imbalanced food we overeat and ingest more food than we actually need or our body can process on its own without the help of microbes and parasites. We do so because we imbalance the body's chemistry, misinterpret or don't want to go through the cleansing process, and as we tend to enjoy the stimulating effects of overconsumption.

The other critical points to succeed on a fruit based diet are to transition correctly, support and strengthen one's cellular weaknesses as well as support the elimination process to make sure all that is 'stirred up' does leave the body. Either way, these topics are directly influenced by the food one eats and the main reason most actually don't find their balance in transitioning is due to getting mineral deficient and imbalanced due to eating fake fruit without properly compensating for it which results in interfering with one's overall balance and state of being. If you 'take the risk' and get yourself both, the fake fruit, and complete fruit experience, sufficiently, you will understand what I mean. For many which do have chronic issues and are in need of healing sticking to complete food can be critical whereby stronger individuals will 'merely' be affected by energy loss and reduction in clarity and so forth - as long as they compensate correctly for doing so.



# Chemical toxicity

It seems that chemists have enjoyed the last decades a little bit too much, resulting in created and added chemistry all over the place including our food sources and drinking waters. Some of these chemicals are less harmful and others detrimental in particular when consumed over longer periods.

There are tolerance levels but since when is 'a little' toxicity okay, and often it's more than that. And particularly, as most of these chemicals have been created in the last years or decades, nobody truly knows the full magnitude of this subject. It's also interesting that some countries have much stricter guidelines whereby others seemingly like to take greater chances when it comes to the health of their people.

Some of these chemicals are ingested via food additives designed to either increase shelf life up to the degree of being able to enjoy one's burger in the next year - no wonder there is talk that our bodies, once buried, do not decompose anymore. Others are specially designed to tickle one's taste buds which are not surprising as most of these foods are designed for profit and not health reasons. I know, it tastes great - but what are the consequences? And, are there not better options such as mineral-rich foods which have a much more intense taste.

There are so many various toxins and hidden chemicals everywhere that it might be wise to pay attention to this topic. All the hormones, plastic residues, heavy metals, chlorination and so forth of the water supply suggest that it might be better to use a filtration system for one's water supply. Or the heavy metals in vaccines are also quite interesting. When one starts to dig a little and read about some of these substances, and in which scenarios they are being used and have been used, one truly starts to ask what all of this is all about.

Nevertheless, I suggest you do your own research on this topic. Most love to advocate and focus strongly on toxicity as it gives great publicity, making it even worse by emotionally affecting everyone - but we seemingly all love to blame external and hidden things rather than our own actions which truly are much more important and with this subject the solution is called 'avoiding'.

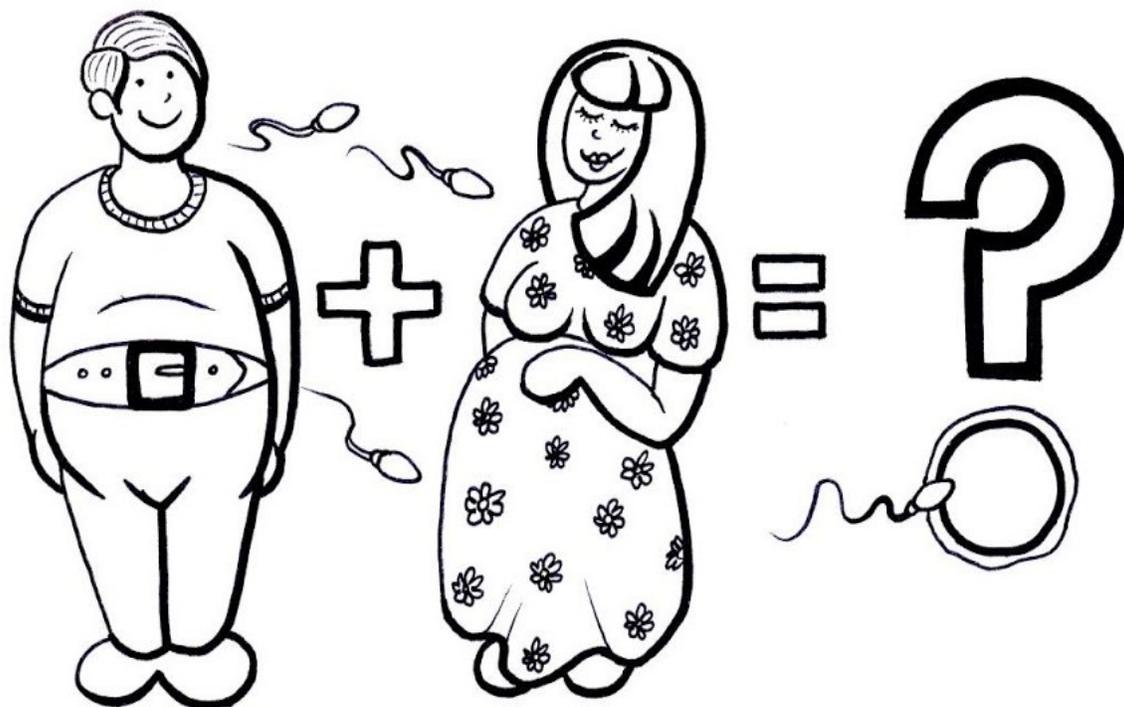
To me the solution to all of this is quite simple: properly filter or choosing the drinking water as well as to only ingest real, whole, unprocessed & non-toxic food. Don't play with this, some of these chemicals are very harmful.

## Genetics

To fully understand our true health issues, genetics must be included, at least in simple terms. Genetics is a term generally used to explain that 'there is nothing you can do about your health situation' and this is utter nonsense. There is also talk that genetics doesn't matter that much, and that is also very wrong. So we'll skip the rationalism and step outside the box for a moment, in order to gain a better understanding of what genetics is.

To understand the reality of genetics, one only needs to look at individuals, their conditions and then the connection to their parents, children, and other relatives. Observation is the key to understanding how nature works.

By now, we have covered why someone has trouble regulating his or her blood sugar levels: The individual's pancreatic beta cells are amongst those not functioning properly and not being able to release enough insulin due to obstructions, compromised neurological function or due to being damaged, thus weakened over time. Weak adrenals can even further contribute or be the sole concern with unstable blood sugar levels. It's also critical to mention that there are nutritional deficiencies that can cause



or deepen the same condition, such as a lack of vanadium and chromium, which can hinder insulin being properly used in the body.

We give this condition a name: diabetes. It is possible to get this ailment from birth, but it is also possible to develop it at a later point in life. Is there a difference between the person who develops the condition halfway through their life and the person who is born with it? No. It's precisely the same: the responsible cells are not able to fulfill their tasks or deficiencies become present causing a malfunction in the body. This is one of the greatest examples to see what really takes place in the world of genetics: In the case of the new-born with diabetes, the weak pancreas (and/or deficiencies) has been inherited from his parents (*or the weak adrenals or nervous system and as such the missing control of the gland, etc. to mention other possibilities*). This does not implicitly mean that the parents also had the condition, but simply that a weakness in this area was present and now has manifested itself to the point of visibility in the child.

Dr. Joel Wallach proved clearly that nutritional deficiencies during pregnancy cause birth defects and malfunction in the child. If there is not enough raw material to create the new body it simply cannot be done optimally and nature seems to be very precise disregarding – each nutrient has certain tasks and each one missing will cause a certain scenario to occur. It is quite well known that a folic acid deficiency increases the chance to create a split spine. Guess what, there are over 90 essential nutrients, and all of them have their tasks – nature is precise in how everything works, and there are individuals that understand this very well, no matter what the public is being shown. When one adds to the deficiencies the degree of toxicity as well as the degree of cellular function of the parents to the picture it gets even much clearer. Both (toxicity and cellular function) also do affect the condition of the child as Dr. Robert Morse has shown over and over again. Ultimately, we might never understand how this all works fully but this is already a deep level of understanding and is much more precise than what is currently being shown publically. There is always some kind of risk involved in everything, but our health field takes chances all the time, most being totally unnecessary. This is just how it is – we all have a different level of awareness about any subject which is okay and all fine. Nobody is wrong ultimately but for the seeker of truth, its best to see reality for what it is to the degree one desires to. The solution to our issues always is right there and has always been, but one has to be able to see it. Some special and very aware individuals (like Wallach and Morse) have shown truth over and over again, but our system does one thing very effectively – suppress it. If there is anything that my own journey has taught me then that we must be smart ourselves and not stay stuck in the same box as the standard 'expert'.

The strengths and weaknesses of all the cells of the parents as well as their toxicity levels, in particular from the mother, and deficiencies and nutritional imbalances are passed on to the child and with that all the effects such as from weak glands and nervous system or lack of nutrients.

Of course, the processes are very complicated, so complex that we might never understand them fully. And by all means, don't think that the author understands all of this. But we don't have to – we don't need to 'proof' everything when we, in fact, can see truth happening in front of our very eyes. Nature always favors the strong. To me, it's all about getting healthy and vital, as well as to give birth to healthy children for which we already know plenty. The question lies somewhere else – are we going to learn by seeing reality for what it is, adjust and do what is necessary or are we going to stay trapped in the mind?

Some say that genetics is not important, I disagree with this statement. Our glands, organs, even nervous system and overall all cells can either be weak or strong from birth, and this makes a dramatic difference. A good example can be found in animals such as with bulls and cows. A bull with strong sperm makes for much healthier and stronger offspring and vice versa. And this even though all the cows consume the same food. I wonder what someone would say who is born with one kidney or two very weak ones. Or someone with chronic blood sugar. Also, this whole talk and focus on DNA, as shared in mainstream, is not what is referred to here – it's about the cellular function each cell has in the present moment which can decline or improve depending on the choices we make.

One could now rebel against these statements and think that this conclusion is way too simplistic. What is very clear is that our children are not healthy anymore. From concentration issues to high levels of toxicity and strong cellular weaknesses even in infants are starting to get the norm and accepted. This was not the case decades ago. The reality is that we are unconsciously weakening and numbing ourselves by listening and acting upon false information, and this is very real. Unfortunately, the reality is a little bit more serious than the media puts it. However, this is no reason to panic. Cells, weak or strong, can be strengthened, thus inherit issues can be dealt with. Deficiencies can be nourished, and nutritional states rebalanced. Toxicity can be cleaned out of the body. We already have everything available we just need to see and do it. Fantastic, isn't it?

# Beyond Physical

We tend to forget that we are more than just of physical nature. Let's simplify this approach for better understanding as always.

We all know that we have tendencies to become emotional; be it laughing, crying, and being fearful or shy and similar. Let's pack all these emotions together and refer to it as **'the emotional body'** thus if a person is highly emotional she or he is using the emotional body which, most likely, is not balanced. Restoring health in one's emotional body balances it out as a whole thus one becomes much more stable considering emotions. This does not mean that one will not laugh or cry anymore, but it simply results in all these aspects getting more balanced and controlled thus won't have a hold on one anymore.

In addition comes the mind or mental states such as depression, mental confusion, unhealthy thoughts, lack of overview of one's life, not seeing the forest for the trees, not being intuitive or following one's purpose, putting emphasis on unimportant topics or making totally unconvincing decisions and most importantly - accepting theories as reality rather than life itself. Let's pack all these areas or states together and refer to it as **'the mental body'**. This body can also be unbalanced or not thus has a great impact on our overall life. Restoring balance in one's mental body is key to healing.

*"The mind is a great servant but a terrible master."*

The emotional and mental body have a tremendous influence on our lives and seem to be much more difficult to 'clean' and restore a proper balance in then the physical one. Even though we have put our focus mainly on the physical aspect up to this point, one should know that emotions and thoughts can bind to physical obstructions like glue thus will be removed by removing the obstruction. On the other hand, one can also induce physical healing by restoring balance emotionally and mentally such as by removing emotional stress up to deep emotional and mental cleansing thus best is always to work on the whole.

In a nutshell; we have a physical, emotional and mental body whereby the physical body has the smallest impact on health; the emotional body somewhat a greater one and the mental body the strongest. All of the bodies are connected, can be unbalanced or not and together make up our state of health. Usually, emotional and mental healing must take place first in order for physical healing to truly show itself. Often one is so blocked in these subtle areas that no option out is even recognized. One needs to be in the correct mindset, sort of speak. Please be aware that this is a simplified approach.

## Sick? The Options

You may desire to regain the health you've lost, or to achieve a level of vitality that you've never had the opportunity of experiencing before in your life. Or you may find yourself in a difficult situation. Either way, there is a decision that has to be made. But first and foremost, one must be aware of the options that are available and their results. The options available are aplenty, and overall can be categorized into four main and separate groups or modalities: modern medicine, homeopathy, naturopathic medicine and naturopathy. Further options do exist. Before we have a look at these, let me introduce you to these three heads.



Some of the characteristics the three-headed god represents are deception and manipulation. It could be said that this entity likes to influence us causing all kinds of negativity to come forth in the world. The reason I chose to touch on this is to state clearly that we all have duality within us, 'good' and 'bad'. It is **us** that can bring forth greatness or destruction. This is not limited to one group or community but to every single one of us, no matter where the individual has positioned himself. We either are truthful, sincere and pure or vice versa by giving in to one of the heads, the benevolent one, the evil one or the influential one.

## Modern Medicine

This is the most common approach in our society.

Conventional Medicine is a treatment-based modality.

Two main sub-categories must be considered

(1) Chemical treatment: medication (pharmaceuticals) and injections (inoculations, etc.),

(2) Physical treatment: surgical procedures, radiation therapy

Finally, there's the mixture of both: For example, emergency rooms.

### Chemical medications

All kinds of pharmaceuticals belong to this category; such as pain-killers, antibiotics, vaccines, cough medicines, statin drugs, blood pressure medications, etc.

Pretty much all pharmaceuticals are designed to **manage** the disease. Drugs do not address the root cause of our issues. This does not mean that all drugs are useless and do not have their place but; cellular weaknesses are, if at all addressed, only further suppressed, toxicity pretty much always increased while elimination is suppressed as well as deficiencies are not addressed either, but often interfered with. Drugs can't possibly cure any chronic disease as they do not address any of the three pillars of health beneficially. So why are they being used in the first place?

Due to either unawareness, fear or monetary gain. Let's assume that its unawareness or fear or something similar because the other part would place the medical community into a quite negative light. You might think that I am arrogant, disrespectful or outrageous.

Let's get this straight. I don't have anything against anyone. I am fine with everything. Seriously. No medical believer tricked me in the past nor do I hold any negative prejudgements. This is about being real and, as it is, the predominant health care system is the predominant issue in the whole healthcare community present.

Using antibiotics in trying to nuke out the bugs which are present due to weaknesses and toxicity, without addressing the root factors itself, does just not work and many times cause much deeper issues as the antibiotics themselves get stuck within the body suppressing elimination even further. A substance stuck in the body that is specially designed to suppress the lymphatic system – that's just not smart. This does not mean

that antibiotics do never have any benefit, but they mainly do and there is almost all the time a better option. We do not need to cause additional situations by trying to solve the very issue at hand. I have heard from many people that have gotten much worse from the antibiotics.

Statin drugs are another prime example, artificially lowering cholesterol in the body. Cholesterol is one of the main anti-acids and increases mainly due to high toxicity levels and inflammation. What's better; pay attention and address the cause of the blinking warn signal in your car or just tear it out and keep going as before? Nothing the body does is random. We must listen to the body and support it in achieving a better state of health which is the body's prime focus, always. Wrongly interfering and suppressing vital functions is never wise. Did you know that what your body produces, such as cholesterol, is actually important for the body (doh!) and that For example, your brain needs cholesterol as a great extent of the brain is based upon it? I hope you will remember as otherwise you might be suffering under Alzheimer which surprisingly has increased greatly since statin drugs are on the market suggesting highly that this might have some influence. Lowering cholesterol artificially with drugs causes ripple effects of which one is that the brain does not get enough building material to sustain itself. Over years, part of the brain will then recede, among others. This same effect happens whenever we try to control part of the body, its hormones, steroids, etc. through interfering with drugs. There always are side effects as (1) the cause, mainly weak cells but also toxicity and deficiencies, are not being addressed thus still present and (2) the weakness gets suppressed even further due to artificial aid of its own functions, often only one single function of the tissue is addressed, and (3) it's impossible to get the 'wrong numbers' into perfect ranges constantly especially as these numbers change during the day thus complications arise thereof. This does not mean that such treatments cannot give relief temporarily; it's that there are better options.

*"And I am the quack."*

~ Dr. Peter Glidden

Let's say a person has low cortisol levels. One way to treat this is with cortisone injections. This will temporarily grant some relief, which, however, comes at a price: Whenever one externally supplies a substance that the body produces on its own, the body's own production of that particular substance is being suppressed, leaving one more and more addicted to the substance. In this example of cortisol, the adrenal glands are affected. As the adrenal glands most likely were already the concern in the beginning (as cortisol was low), the issue has just been amplified, resulting in weaker adrenals. This will lead to a whole host of concerns, as the adrenal glands are responsible for many more functions. Hormonal treatment always results in further

weakness of the responsible tissue and never matches a restoration of the tissue itself. In short, the whole procedure is not wise in particular when one understand the other options that are available.

### **A general recap about chemical medications**

By using chemical medications and various injections, modern medicine attempts to foster wellness in their patients by suppressing and managing the symptoms that are the cause for complaint. There is, however, a drastic downside to this approach, apart from wrongly prescribed medications, and that is the nature of the medications themselves. The active principles found in these chemical compounds are most often of an extracted and isolated nature versus that of, say, the entire flower, plant or herb. For this reason alone, medications can yield disastrous effects on the human body, in particular, the organ known as the liver. This is by no means kept a secret from us, as one only needs to read the list of side-effects that comes with the medication or listen closely when these medications are advertised on television.

As you may realize from the above examples, this is not a viable option for eliminating the root of our health crisis. However, it would be wrong to claim that isolates have no positive uses. This is only due to the fact that we've degenerated in our health to the point that sometimes we become reliant on isolates (For example, insulin, inhalers, pain killers, etc.) in order to survive. But why are we facing this situation in the first place? And why did we get these individuals on the medications and inhalers initially resulting in deeper chronic conditions rather than addressing the root cause at discovery which likely would result in complete independence of anyone?

*"Dear medicals; drop pharmaceuticals"*

~ Dr. Robert Morse N.D.

### **Surgery**

Surgical Procedures should only be considered if absolutely necessary. Mostly this is the case in traumata but can also be helpful in very advanced conditions.

Surgery is generally undertaken to remove malfunctioning, petrified or hypertrophied organs, glands, lymph nodes or other tissues and, in particular, lymphatic deposits (lipids up to petrified build-ups) such as tumours and cysts are typical examples of things that are removed surgically. Sometimes surgery is the only approach that will save a person in the short-term whereas they must proceed to fix their body afterward. However, the individual will be handicapped to varying degrees (dependent upon their

condition), as they are missing the removed tissue and its function or as operations always cause damage to tissue to some degree, by cutting the body, and thereby create an additional burden to handle. Nevertheless, surgery can be very helpful in particular in traumata but mostly is not necessary or the best option that is available in chronic conditions.

Never let anyone remove any part in your body unless there is no other way which there mostly is even in chronic conditions. It's great to have a gallbladder and be able to enjoy some fatty meals or have one's lymphatic system being able to remove waste as still all part are present in the body (such as the very important lymph nodes like the tonsils which are greatly involved in draining one's hard drive).

## **Radiation Treatments**

Radiation Treatments, as well as Chemotherapy, might not be the best invention created. One may consider these treatments as another type of suppression or rather a top of ignorance. Remember the car from above with the warn signal; why not just put some petrol in the already smoking hood? Let's just burn the body – it might get better.

This might sound harsh, but it's what this approach focuses on. The symptoms might wear off for a while as the body seemingly is in shock while the initial condition remains. These treatments will exacerbate the very situation they were utilized for. Chemotherapy is a high acid. Radiation is a laser for goodness sake. The principle is to terminate the cancer cells which are mistakenly looked at as the enemy instead of the corrosive waste tearing apart the already present weaknesses next to nutritional deficiencies and imbalances creating a weak body. By adding more toxicity to the mix the weakest cells (cancer cells) are most likely finished off. However, all other cells are being weakened simultaneously as the lymphatic fluid is systemic. Don't we love always to blame the external such as bugs and whatever rather than focus on creating health ourselves? The body knows how to fix itself and always wants to fix itself, we just need to support it – not fight it.

*"If you wake up to the reality of what has and is truly going on considering chemotherapy and radiation your mouth will fall open."*

~ Dr. Robert Morse N.D.

*"My clinical experience is that in America, when people die from cancer, they are NOT actually dying from cancer, but instead, they are dying from the medical TREATMENT itself. They are dying from the chemotherapy, radiation and surgery. AGAIN: They are NOT dying from cancer--they are being killed by the medical doctors and their medical treatment!"*

~ Richard Schulze, N.D., M.H.

*"Most doctors have a tendency to believe that not only what they were taught **must** be true, but they also believe that what they were not taught **must not** be important! So you can rest assured that your doctor has likely been brainwashed into believing that the only viable treatments for cancer are chemo, surgery, and radiation. Poison, slash, and burn. The "**Big 3**." It is also likely that your doctor knows next to nothing about nutrition or alternative cancer treatments and fully believes that alternatives practitioners are nothing but "quacks." Go ahead, ask your doctor about vitamin therapy, or enzyme therapy, or ozone therapy. Be prepared to be chastised and/or ridiculed for your naïveté."*

*"The child of the marriage made in hell is the American Cancer Society propaganda machine that is tasked to make orthodox cancer treatments look far, far more effective than they really are. They are the makeup artists for the monster. You probably think the true cure rate of orthodox medicine is 40% to 50% and growing rapidly. Nope. It has been 3% for the last 80 years and it isn't going anywhere."*

~ Ty Bollinger

Again, I am not here to insult anyone but am simply presenting my truth. Everyone is entitled to his own opinion, but not to his own facts. These treatments have nothing to do with creating a healthier body, and this has been shown and proven over and over again, the information has just been suppressed. There are other options that work.

## **Emergency Rooms**

Emergency rooms and stabilization should be deemed necessary conventional approaches whenever needed. When I am involved in a car crash or experience a similar critical situation, then this is the place I'd like to be brought to. Pharmaceutical medications may have to be utilized here, not because they don't have any side-effects, but due to their high potency and precise effect which both can be very helpful in certain situations. Emergency rooms will always be helpful and at these times, this modality offers by far the best possibilities, though a more natural approach would be preferable.

## Summarization of modern Medicine

This should swiftly summarize the main options we can choose from under the umbrella of modern medicine, giving an overall idea of what we're dealing with. There are many other offerings of this modality, and not all are negative as such but this does not change the overall situation that is present and has been so for decades – modern medicine has not much to do with health care but simply focuses on **disease management**, with the fact that one usually remains at his level of health if at all. Modern medicine has its roots in takeovers and control and not due to being the best option by all means – it's the most profitable, for some.

It needs to be understood that under certain extreme circumstances one will have to take this route initially, but during one, say, recovers from surgery, it's suggested to proceed to address the underlying reasons that had resulted in surgery.

For the avoidance of doubt: Usually surgery or other forms of treatment of modern medicine are not necessary, and a natural approach should be preferably chosen, in almost any case.

When it comes to medications, and with possible exceptions depending on the circumstances, there are essentially a few medications one may need to use, temporarily, in case of emergency or as one works himself back to health while weaning off these same medications. These medications should only be used as long as absolutely necessary. It might also be wise to let a professional medical support this process.

Either way, I feel that the days of modern medicine, as we know it, will sooner or later come to an end. It's just not intelligent to harm people using pharmaceuticals or suppress the very condition that bothers one's clients to such an extent that it ends up greatly affecting if not killing them. We put all that waste in our bodies due to mainly practicing completely wrong nourishing habits thus end up greatly weakening, toxifying and depleting the whole body. Then, when we start to get symptoms noticeably, we try to reverse this by ingesting some isolated chemicals in the hope that this will restore balance, or we chop up and/or burn our own tissue to find what - remedy?!?

All of this just doesn't make any sense, has never made sense and ultimately we do it due to the very root cause of why we face any situations which are **being unaware / ignorance**. We all are unaware to some degree, which is fine as life is a huge adventure and learning experience. One could say that we all have 'attention deficit disorders' to various degrees. The fact that the situation at hand is deeply rooted in all areas of our lives makes it also more complicated to overcome. This paragraph might be very hard for some but once one understands what is and has truly been going on this will be seen for what it is.

*"The medical establishment works closely with the drug multinationals whose main objective is profits, and whose worst nightmare would be an epidemic of good health. Lots of drugs MUST be sold. In order to achieve this, anything goes: lies, fraud, and kickbacks. Doctors are the principal salespeople of the drug companies. They are rewarded with research grants, gifts, and lavish perks. The principal buyers are the public – from infants to the elderly – who MUST be thoroughly medicated and vaccinated...at any cost! Why do the authorities forbid alternative medicine? Because they are serving the industry, and the industry cannot make money with herbs, vitamins, and homeopathy. They cannot patent natural remedies. That is why they push synthetics. They control medicine, and that is why they are able to tell medical schools what they can and cannot teach."*

~ Dr. Guylaine Lanctot, M.D.

There is one thing that would solve it all, a free health market. We would think twice if we have to pay for it directly, and there would not be such an urge to sell.

## Homeopathy

The primary principle of homeopathy is to treat 'like with like'. Patients undergoing homeopathic approaches are generally treated with highly diluted substances. The purpose is to trigger the body's natural system of healing.

The method of treating 'like with like' in the case of heavy metal poisoning, for example, is to use a highly diluted form of the very metal. This will influence the immune response of the body. Thus, the poisoning and symptoms can disappear fairly quickly.

Homeopathy is not a curative, but a treatment based modality: the focus does not lie in the complete removal of the metal or rather a toxemia as a whole but in the immune response.

Homeopathy is a very effective and much safer treatment-based modality in contrast to pharmaceuticals - it can be very helpful in the short-term and should be used as such. A given level of relief can, therefore, be found here, but one should not rely on homeopathy to address the causative factors of why one's health is in decline or to find the way to vitality.



## Naturopathic Medicine

Naturopathic Medicine is a modality that favours holistic, non-invasive approaches to a general avoidance of pharmaceutical compounds and surgical procedures unless necessary - however - it has shown itself to be a predominantly treatment-based modality heavily influenced by conventional medicine.

Conditions are often treated with supplements ranging from vitamins and minerals to essential fatty acids and antioxidants. The recommended dietary regimens also vary from practitioner to practitioner, and one should not be surprised by being recommended to eat high protein diets thus truly only addressing the nutritive aspect, if at all, without emphasizing the lymphatic system or cellular weaknesses. Depending on what one is suffering with, and the level of expertise of the practitioner, this type of approach can result in seemingly great results. Nevertheless, it does not match a systematic approach addressing toxicity, weaknesses as well as deficiencies simultaneously. One might feel better and get stronger; however, there is so much more potential.

## Massage, Acupuncture, Energy Work

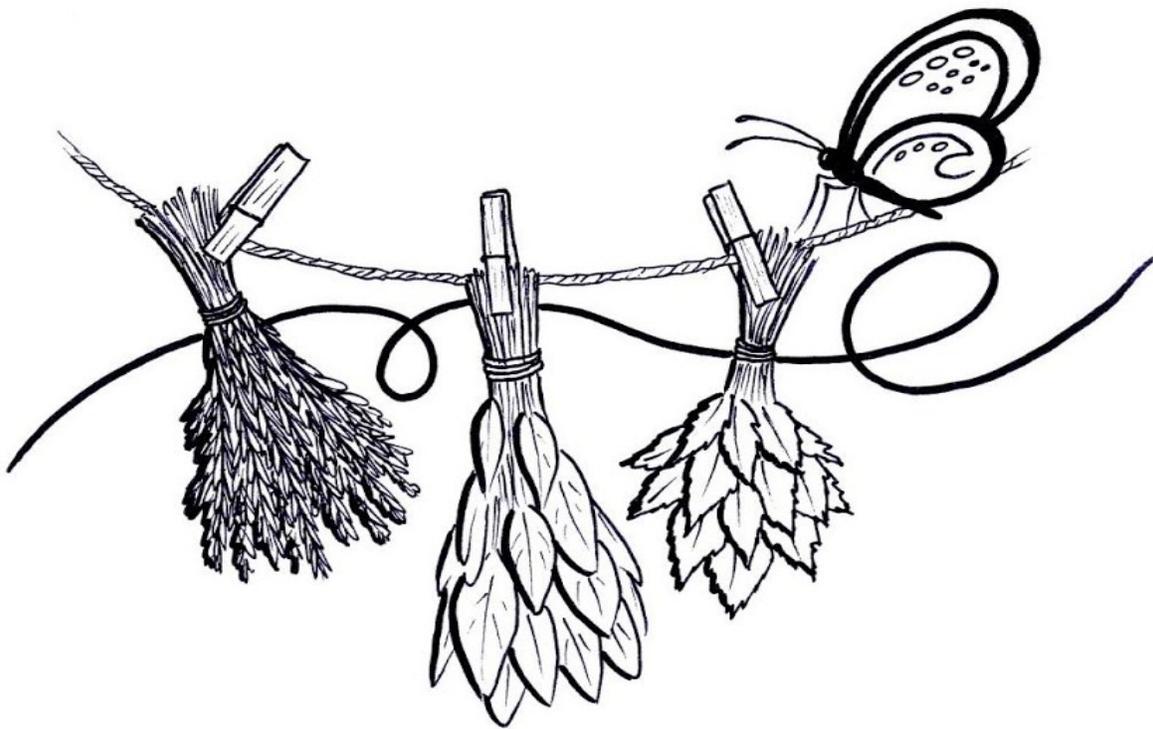
These modalities primarily focus on the removal of energy blockages in order to increase or reconnect the flow of energy in specific areas of the body. Such form of treatment can be of great use to help the body in its attempt to get well, however, will never fully remove the root cause of any conditions by themselves hence the patient must return for additional treatment sessions and in time still face consequences. Yes, it is true that these modalities will help to get rid of some obstructions; however, looking at the magnitude of our lymphatic situations they are only scratching the surface.

These modalities are of great use and offer enormous supplemental therapies that one shouldn't hesitate to use in a combination with a thorough detoxification program to make it even more effective and especially more comfortable, not only physically but also emotionally and mentally and can be the very reason one is able to go successfully through the process.



## Herbal Treatment

This form of treatment is an attempt at bringing the body into a balanced state with natural substances, primarily herbs. This is very helpful, in part due to the fact that no isolates are used, so no subtle harm is caused to the body. This form of treatment should be the main course of action when faced with emergency conditions next to homeopathy and surgery. But, again, keep in mind that it's still treatment based on herbs alone will not do the trick in terms of dealing with the root cause of any health concerns.



## True Naturopathy

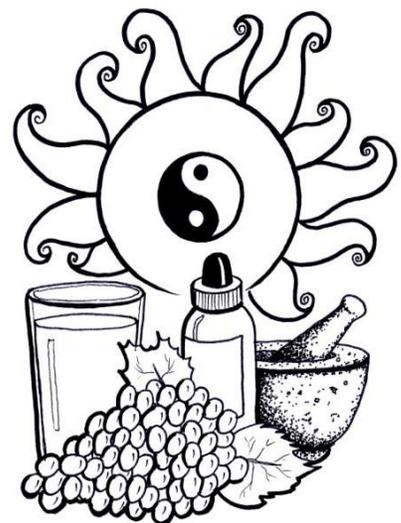
This modality is referred to as 'True Naturopathy' in order to distinguish it from naturopathic medicine and to make clear that this modality represents the way of nature. All animals use these techniques to foster and gain health. Natural laws and life principles are being looked at and combined in a way that facilitates natural healing. It's interesting how this modality took a backseat and has been labeled a so-called 'alternative' modality when it has existed for eons while modern medicine made its entrance roughly 120 years ago.

True Naturopathy applies the fine art and science of detoxification thus understands the connection between cause and symptom of our conditions. Questions such as 'Why are we sick?' 'What's going on,' 'Why am I suffering from XYZ?' etc. can be fully answered. The learned principles are being applied thus life is being lived according to the natural laws. As a result, the person becomes and stays healthy.

Diseases are not treated, and essentially kept alive. **Instead, 'dis-eases' are understood for what they truly are: non-existent.**

Disease symptoms are merely signals of the body that reflect the need for cleansing, cellular regeneration, and proper nourishment. Chemical imbalances are brought back to a homeostasis. Tissues are being cleaned of impurities as a result of targeting the lymphatic system, whereby cellular weaknesses are being addressed at the same time as well as deficiencies dealt with. The goal lies to restore a proper interstitial environment through correct nourishment and continuous removal of toxicity. Unwanted microbes and parasites will leave for good and return to balance as the culturing medium changes. Physical, emotional and mental blockages are being dealt with permanently thus overall health comes forth.

Generally speaking, only natural edibles are used in the process of detoxification and regeneration. This includes primarily and predominantly raw but also cooked, wholesome foods: mainly fruits, vegetables, sprouts, and herbs. Dense foods such as seeds, nuts, root vegetables and cooked foods have their place in particular in the beginning. Various forms of fasting do also have their part in this modality.



There are many levels of each modality and art of healing. It generally all comes down to the expertise and experience of the individual practitioner. There are great practitioners in each modality.

### **Conclusion to all modalities**

I have now expressed my point of view vehemently. Unfortunately, I can't do this without pointing with my fingers at others. However, this is not my intention; my intentions pertain to our increased awareness. Sadly, confusion dominates the field of health, and we have to find solutions together. But a realization of the nature of what is really going on must come first and in the case of our health it truly is our dominant health care system. Treatment based and various suppressing practices simply aren't the solution. When I initially was discovering some of these aspects, I got sometimes angry, sad or disappointed. For many years, I was confused and did not know how to address my issues at all as there are contradictions to everything. The main part of this whole health system is a massive catch-22 and supports itself unbelievable; there seemingly are 'proofs' for anything due to all the different levels of awareness and expertise of all the individuals involved as well as purposely created manipulation due to some form of control. Whatever, the truth is and does not need to be proven scientifically to be so – it just is and can only truly be experienced. Getting through the confusion thus stabilizing one's mental body is critical and part of the healing process and overall, all of it is ultimately fine. Everything truly is.

Neither do I like to say that I know everything, far from that – we are all learning continuously. Let us all work together. All modalities have their strength, and if we combine all of them, we can create a single, highly effective healing modality based on addressing the cause. There are no obstacles from my point of view; it can be done.

*"This is where man has come to; we can't treat anymore,"*

~ Dr. Robert Morse N.D.

## Too big to be true

You must have realized by now that understanding this knowledge is not really difficult but the digestion and grasping as it interferes with common beliefs. I have put it simple and not addressed this topic too much but – yes - it is really true: people are passing all over the place due to interfering with nature's laws, are numbed and weakened by low energetic foods and heavily influenced or even controlled by parasites and worst – very few are actually doing something about it. Seriously, little children are being harmed daily all over the world by the use of highly destructive forms of treatments, which, ironically, should save them

Books that bring similar knowledge to the forefront also usually put the system down by strongly going against today's medical community, the pharma industry, the political system that allows everything to happen or animal cruelty, etc. Even though all of them have their part – it is not the cause that is responsible for what is happening, and most of the individuals involved are not aware of what they are truly doing.

What is happening is that we are very unbalanced physically, emotionally, mentally and so forth while being unaware of what is truly taking place, what can be seen is simply the result thereof – we are a bunch of unaware beings stuck in weak and imbalanced bodies within a toxic world.

We are among others full of waste, chemicals, heavy metals, neurotoxins, pesticides, microbes – be it small or big - and have weak cells throughout all our body which also affects our emotional and mental body and so forth. In addition, we have greatly imbalanced and depleted our nutritional state. All of this has nothing to do with health, and you shouldn't even think for a second that you are close to a truly healthy state: we all have great potential.

Not only the ones labeled with severer conditions such as cancer or tumors have deep-rooted health issues but pretty much everyone. We all have weak cells and are overall high in toxicity, some more, others less. I stress the 'far advanced unhealthy state' many times throughout the book as it is a big one to digest due to being not a common belief: it took me a long time to really fully recognize this myself. Nevertheless, it's essential to understand, or one will not comprehend the situation one is in.

With this said, the message presented in this book is a very positive message once one sees the full picture as it means that we all have the ability to improve and get past our suffering as well as all have a massive overall potential.

The reason why our bodies are still able to function is their marvelous design, the heavy stimulation most of us use and the adaptation to our situation. However, the tendency of our health 'slowly' gets worse and worse by living this way as well as the comfort suffers tremendously.

One has to go on raw fruits and vegetables only, and experience - after a few weeks - how healthy one's own body truly is once the overall inflammation is minimized and external stimulants removed. Many signs or symptoms will 'pop up', generally speaking, and signal specific weaknesses (clear explanation and way of proceeding in part 2).

Unfortunately, it really doesn't matter what one believes in – there are natural laws, and we all will experience the results of our actions.

*“Even fully believing that milk is serving your health will still render you with a clogged up lymphatic system – look at all the milk drinkers,”*

~ Dr. Robert Morse N.D.

It's true that one can train the mind and emotions etc. to have greater control of them thus reflect the weaknesses not so much – still; why not strengthen all areas? Why not go beyond a physical, emotional and mental focus thus actually improve as a whole rather than suppressing part of oneself?

Modern 'health-care' has failed at identifying the underlying causes of our decline in health. We have to take the responsibility (ability to respond) for our health in our own hands. Let's not blame others for our condition (be it pharma industry, politics, parents, etc.) thus waste energy fighting anything external but simply focus on getting well and facing oneself. We can stop agreeing with what does not work rather than to go berserk – we will help ourselves and others much more this way. Pretty much everyone has the chance to achieve health and vitality, it all depends on the commitment.

We should also remind ourselves that we are in a place of duality in which negativity and positivity rule. The pendulum swings and it shows up in wars, dictators and genocides as well as wonderful beings that creatively demonstrate the other side. This negativity can place a seed or take a hold of every one of us, consciously or unconsciously; we either are part of it or strong enough to resist. Some of us might think that we are free of it, or that this could not happen to us, but this is very rarely the case – we are all subject to illusion, manipulation, deception, attachments, the physical position we have chosen as well as our physical, emotional and mental state which all have their hold on us and do test us constantly. Remember the three heads...

# Summarization Part 1

Let's elaborate and summarize the overall condition we face. All bodies of our being can be and mostly are greatly out of balance;

## Physically

- Cells can either be weak or strong. For example the pancreas, liver or the whole nervous system might be struggling and not able to do its job properly or even not at all. The bowels, urinary tract or skin can be totally shut down and blocked, lowering the overall elimination capability strongly. Even all of the above at the same time is not uncommon: all our strength and weaknesses greatly depend on our genes but one can be pretty sure of the fact that one faces a more severe situation that one is possibly aware of at this time, it's not rare – in particular for the younger generations – to face chronic or even degenerative issues in at least some areas of the body.
- In addition comes the toxic build up; overall acidosis including heavy metals and chemicals, very suppressive sulfur-residues and much more. The body is literally a sponge and the weaker the ability to eliminate and the more toxins one ingests and produces through the cellular & digestive function, the worse. The magnitude is huge; most of us have incredible amounts of residues stored in the physical body, and it takes years of cleaning to get it all out. One should also be aware that one can't effectively cleanse & strengthen as long as cells are weak, and high degrees of toxicity are present, as well as that emotional and mental states can strongly inhibit the progress - it all goes hand in hand.
- Deficiencies and overall nutritional imbalances are uniquely present in all of us to various degrees. It's quite obvious that one with, let's say osteoporosis, might have some more work to do than someone else.

## Emotionally

- Emotional states on a daily basis; being happy, excited, tender, scared, angry, and sad, etc. These states are strongly connected to the function of the adrenal glands and other tissue (For example, certain hormones, steroids and the influence on the nervous system). Nutritional deficiencies and imbalances can also render one emotional.
- Emotional baggage linked to past experiences; many of us are literally an emotional wreck and have much work ahead to let all these build up emotions run out.

## Mentally

- Beliefs from parents, school, job, society, religions, tradition, etc. Not all of these are in alignment with reality, and much cleansing and realization has to be done.
- Mental states such as lust, anger, greed, attachment and vanity have their root in the core of the mind. The healthier someone is, the less the mind is in charge but used solely as an instrument and attributes such as true purity, sincerity, humility and gratitude come forth.

We all are greatly affected by all our bodies and must focus on all of them in order to get healthy. The less control or negative influences these bodies have, the healthier one is. The goal is not to become emotionally cold but very balanced, stable and detached. As stated in previous chapters, this is a simplified view.

As you can see is the root cause the same for all of us – a weak, toxic and deficient physical body as well as emotional and mental imbalances. The various degrees make up the concerns and situation each one of us faces, ending up in each and every one of us having a different experience. The various unlimited conditions we all find ourselves in is the main reason for all the confusion and different theories present in the health field. Either way, the root cause is the same, and one can understand how to proceed once one sees the overall picture.

I believe that we all are inherently good and that our imbalanced bodies are the cause for our concerns. What we are, our core, are not these bodies but the awareness behind it (or whatever descriptive term you want to use) and restoring health in all the bodies, whatever method used, is what will bring forth our true self more and more.

## Finish

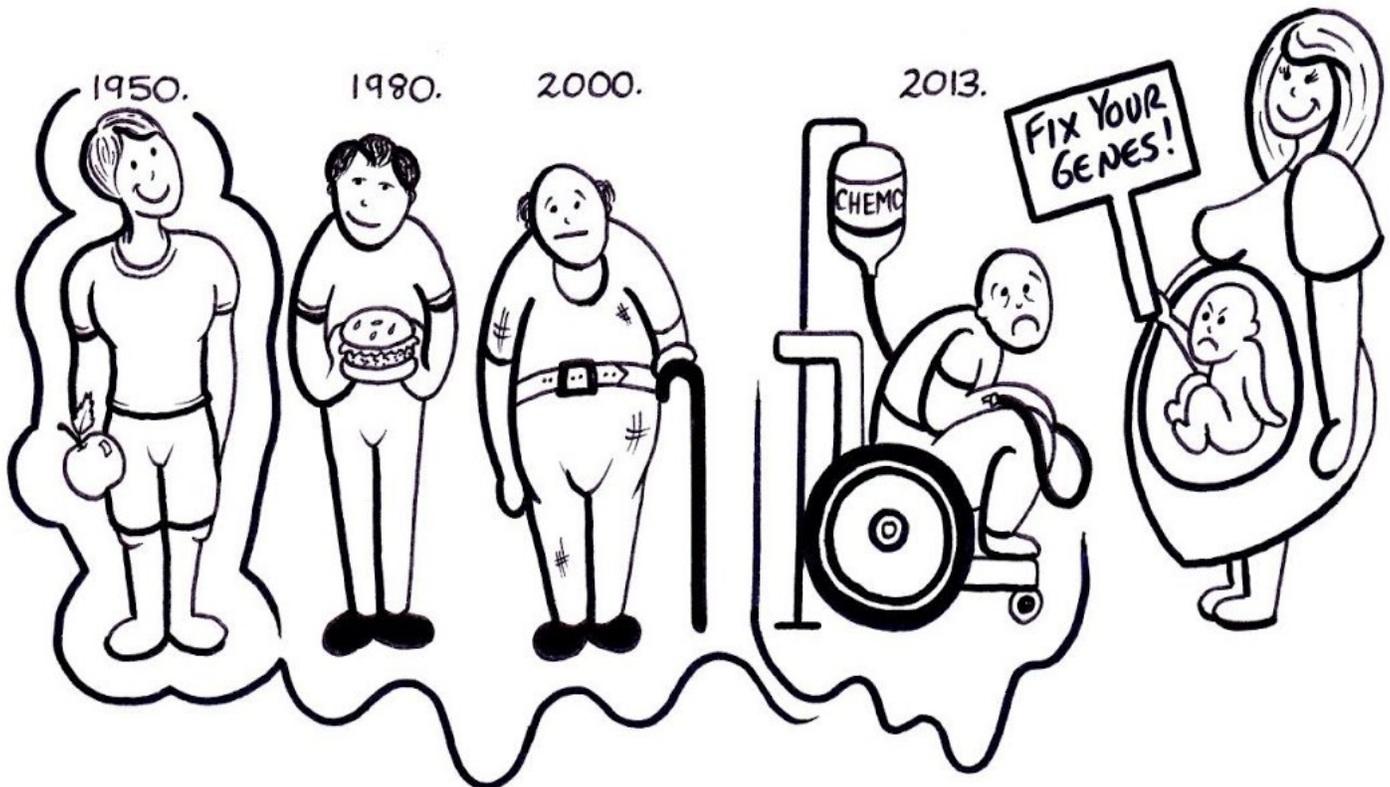
That wraps up [Part 1: 'Why detoxification'] and hopefully I was able to bring light into the darkness. You should now be aware of the fact that our modern lifestyle and that of our ancestors have been destructive – our health is a result thereof. Unfortunately, the weaknesses we create today will be the nightmare of our kids tomorrow.

In full honesty, we're bordering on the point-of-no-return in this regard. People are sicker than ever before; many children are born with serious health conditions, sometimes with body deformities, right out the gate. As parents, we must keep our responsibility in mind, as our genes, toxicity levels, and deficiencies will affect our child. We must also not forget the lymphatic system, especially the mother's one which has a huge influence on the state of the lymphatic system of the child, and our lymphatic systems are a mess as a result of our lifestyle and dietary habits.

Children are the future.

*"By the time our children have gone through the school system (the weak genes can't handle the toxic lifestyles at all), many have already got to a critical situation, some even earlier,"*

~ Dr. Robert Morse N.D.



**Q & A; I really like to change my eating habits towards raw fruits and vegetables but isn't this too extreme?**

Imagine a herd of cows. One day a cow – Brenda – sees an ape eating an apple, tries the same and due to the excitement the herd joins her. The next day Brenda sees a cat chasing and finally catching a mouse – she tries, succeeds and the herd joins her again. After many similar instances and generations of cows under which cooking and combining all kinds of 'foods' became the norm, Brenda's great grandchild suffers under strange diseases and finally realizes that eating fresh grass should be her primary food source. Unfortunately, the herd believes that she has gone totally nuts and tries to convince her in joining their routine again as this is way too extreme.

Please understand that it is usually not recommended to take extreme steps but rather a balanced approach in accordance with all external influences as well as your present physical, emotional and mental health. You might want to use this example to see our main social beliefs from a different angle.

*"Make no mistake. You eat bad, you pay the price."*  
~ Dr. Robert Morse ND



By having read [Part 1: Why Detoxification] you should have gained an overview of our health situation. Many different forms of treatments are available, but most of these only treat the symptoms and have nothing to do with true healing in the long-term. **When we have a desire to get healthy, we must fully concentrate on building health, not on disease.**

True Detoxification is a process of cleansing, nourishing and regeneration of the physical body, as well as all other aspects of one's micro cosmos such as the emotional and mental body, but also ones full macro cosmos, resulting in what can be referred to as a higher level of health. In fact, true detoxification is synonymous with overall development in all areas of ones being.

Detoxification is not a form of temporary or long-term treatment. Detoxification serves to address the root cause of any and all health conditions. The lymphatic system is progressively cleaned, cells properly nourished and weakened cells are strengthened. Some temporary fourteen-day program that one undergoes a couple of times in life and leaves it at that is merely 'fake detox'. Detoxification is a philosophy that can be practiced on many different levels with great potential. Most people should see great results in unwinding their situations within the first months, depending on their commitment while very chronic conditions may take longer, but ultimately it never ends – one can always improve more.

As mentioned, the potential is enormous, and **there is the possibility of taking it way beyond and experience vitality** – I'm not referring to a status of health that is the norm in our society, but beyond. Remember the functions of glands and organs - they will all work much more efficiently day by day and this is only a fraction of the whole as we are much more than just of physical nature - the potential is enormous.

We need to stop playing around wasting time treating our health concerns. Honestly, we cannot afford to do so any longer. Let's pull us together instead and get the job done. This is not any more difficult, however, much more interesting is that one makes progress.

There is no need to continue searching for the 'magic pill' or anything similar, that's all a scam. The healing system is already present, and it's so effective, that it becomes very difficult to bear at the highest level even only for a few weeks – especially in the beginning. The pace has to be lowered to keep the individual in balance on all levels.

# How can the body be brought back to a state of health?

So far, many of the fundamentals have been addressed. You now have a basic understanding of how the body is designed and what class of vertebrates (species) we closely are in alignment with and can pinpoint the internal system that the root cause of our health conditions lies in. However, there still is lots to go over for you to be able to go through this journey effectively without taking chances to run into some of the pitfalls.

Firstly, we should slowly and steadily realign us with our nature and nature's laws. Starting to adopt a diet that supports our own physiology to the best of its ability in the sense of cleansing, nourishing and strengthening as well as keeping us balanced.

We possess a body that is best adapted to consume **raw, whole and real foods**. Incorporating more and more of this focus into our lives is, in and of itself, a huge step in the direction of health. But as we've come to understand in part one we're facing and fighting unbalanced and compromised cells, a lymphatic system that has systemically clogged up throughout the body and likely a good degree of nutritional depletion and imbalance. For this reason, it's important to understand that a change of diet is often not enough and in particular not effective nor comfortable, if at all doable.

It's not as simple as to just start eating fruits and vegetables; there is no healing system to it, and one will very likely fail to try to do so nor reap the desired outcome. It's like constructing a building without a blueprint. It's the same with our health: our condition is so imbalanced that we have to progress systematically and wisely to be successful.

Most people are simply not able, even if they try hard, to just eat solely fruits and vegetables because they are way too weak, deficient and toxic to be able to do so. One of the strongest reasons of why we eat is to stimulate our cells in order to cover-up our cellular weaknesses. However, by doing so we can't remove toxicity nor strengthen cells thus healing on the cellular level cannot take place. Often the root cause of any of our issues is a chronic weakness of, For example, a gland or organ resulting in becoming or staying overweight, thin, addicted or deficient among others, and it is not as simple as changing one's diet as those chronic cells need to be supported. It is all about cause and effect.

As discussed in part one, the lymphatic system must be our main focus and long term goal. Whatever damages and hinders us must be removed. This is essential to our success. However, this focus in itself is not the only aspect. Let us have a look at the five most vital processes. All these processes together influence the cellular environment.

1. **Ingestion:** Proper chemistry needs to be ingested.
2. **Digestion:** The food needs to be broken down into its individual components.
3. **Absorption:** Further, the nutrients have to be absorbed into the blood.
4. **Utilization:** Once the substances are in the blood, they must reach the cells. Steroid hormones and other carriers are needed for this task. The adrenal gland, thyroid, parathyroid gland, and liver, among others, are heavily involved in this process.
5. **Excretion:** Finally, excretion must take place, or obstructions will build up. When excretion is impaired, the body will lose energy as a whole and clog up over time.

With these five core processes, the body controls the interstitial fluid surrounding all the cells. If those function adequately, the cells will have the right nutrients, and the lymphatic fluid is able to ensure cleanliness. If one or more of these processes is not maintained or weakened the body will have to compensate thus, the pace of healing is impaired, or the body is in or develops a state of disharmony.

Depending upon the degree of weaknesses, toxicity, deficiencies, the emotional and mental state as well as the macro cosmos of each individual the approach will differ / adapt. Someone facing a serious situation, whereby time pressure is involved, obviously should set a higher pace whereby someone without time pressure is advised to go slower and steadily move up the ladder, sort of speak. It is best to listen to one's own intuition thus not overwhelm the physical body but also all other areas in one's life. The key to long-term success is to improve systematically whereby the focus lies on years and not weeks. The cleaner and the stronger the body gets, the more aggressive the approach can become (and mostly automatically will) without getting overwhelmed.

*"Slow is smooth and smooth is fast."*

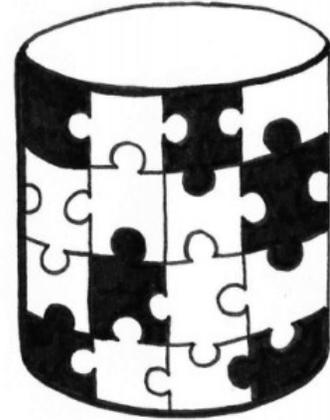
# The Three Pillars of Health



1. TOXICITY



2. CELLULAR STRENGTH



3. NUTRITIONAL LEVEL  
AND BALANCE

**Toxicity:** Everything stored within the realm of the lymphatic system such as uneliminated waste from cellular metabolism, the digestive process and microbial/parasitic action. Undigested food, heavy metals, chemicals, and so forth included.

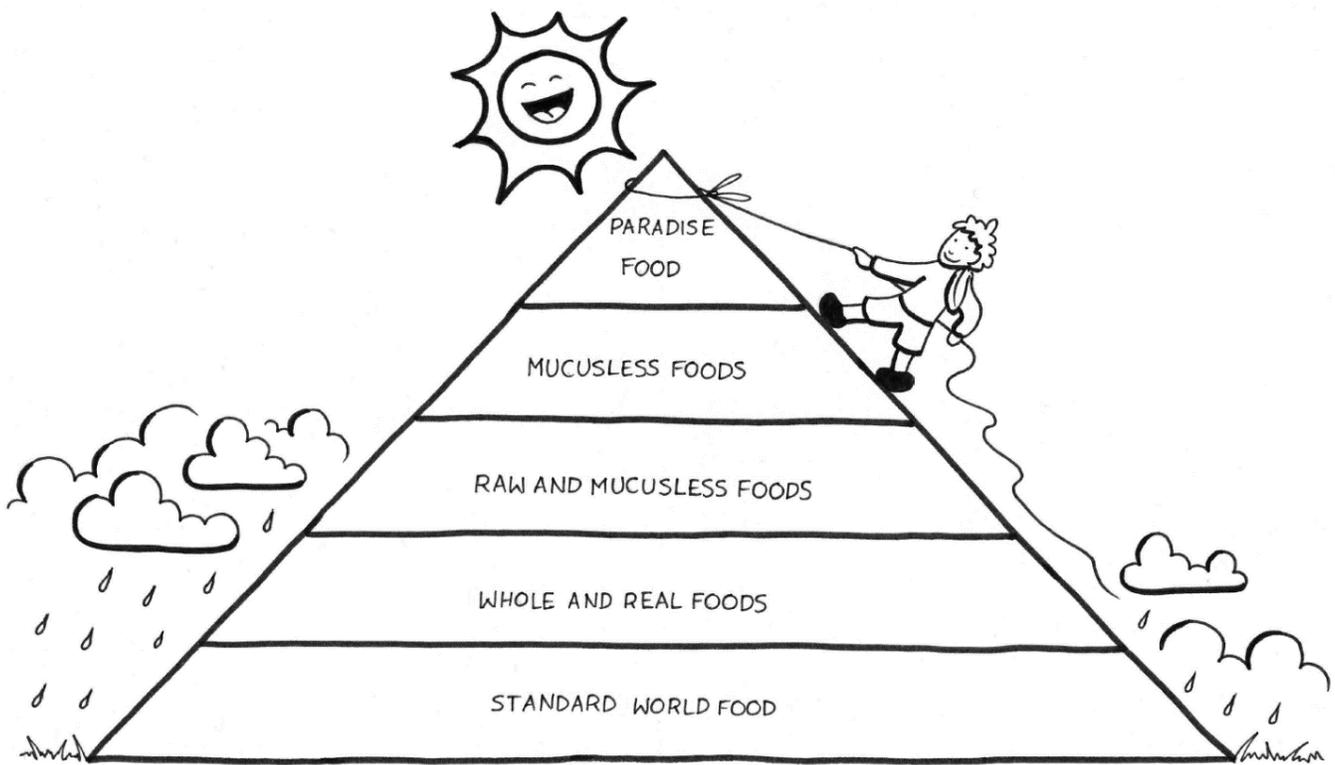
**Cellular Strength:** All cells have a certain level of functional ability; the degree affects the tissue involved resulting For example, in strong or poor glandular, organ and nerve function.

**Nutritional Level & Balance:** Due to toxicity and weaknesses the body becomes ineffective which in addition to poor diets results in nutritional deficiencies & imbalances. Low levels of minerals, among others, result in weak connective tissue and make the body sensitive. Nutritional imbalances like For example, too much of one mineral and too little of others greatly influence many areas of one's being. Deficiencies and imbalances make the body weaker and less effective, saturation and balance make the body stronger and more effective.

Let's now go over the dietary levels whereby we will cover further theory, specific tools and ways to support the detoxification process, as well as how 'one in need' can proceed later on. No matter what situation you face, it's suggested you keep going through the book page by page as it is designed this way.

# Different Stages of the Dietary System

The idea is to start at the level one desires, or the body tolerates, whereby not overwhelming oneself. Then proceed step by step adjusting to the next stage of the course one feels comfortable with. It is important to see the top as well as to understand the logic behind the way the different levels are set up thus not fall for limitation nor end up creating disharmony down the road. It is also helpful to understand that it's not wise to jump from the bottom to the highest to ultimately just fall back to the bottom again. It is only suggested to take a greater jump when a need for that arises due to present concerns that need to be addressed. How to support such an event will be discussed later on. Ideally one climbs up the ladder in the course of multiple months and years starting one level higher than one currently is at.



## Standard World Food

This stage includes all foods generally consumed these days. Including fast foods, chemically laden, nutritive poor, overcooked, all kinds of combinations and preparation methods, tap water, chemicals, drugs be it pharmaceutical's or other ways of anesthesia, etc.

The idea here is to get away from this stage as fast as possible; one might enjoy eating drugged food, which is the norm at this stage, but it definitely has nothing to do with health. Many prepared foods contain additives (drugs) such as MSG (monosodium glutamate), an excitotoxin, to increase taste stimulation resulting in overeating, addiction as well as nerve damage. Overall this type of diet is directly responsible for our very health concerns due to many reasons out of which most have been addressed in part one. Eating this type of food weakens the human body and ultimately is the very reason why the body is being destroyed. This diet negatively affects all the three pillars of health. This is not a question of **if** but of **when** and time involved depends upon the strength of the cells, the degree of nutritional saturation and level of toxicity and can vary strongly between individuals even when they undergo the exact same lifestyles.

## Whole & Real Foods

Processing is the big health issue. The way nature made it is what we were made for. Fresh, whole, raw and real.

One only consumes whole and real foods meaning nothing man-made including all refined and processed food. It also means that one mainly uses high quality nutritional dense foods. Preferably one also cuts out the worst foods, especially the ones that are not tolerated by each individual specifically. Either way, the key is to create a balanced whole & real foods diet that suits one's individual needs.

This stage is really the lowest level one might use for any extended period of time. If one has eaten everything all his life, it might look like a huge restriction but get sick is much more so. On this level, the lymphatic system (toxicity) as well as cellular weaknesses are not really addressed but more so only the nutritive side. Less severe issues can be remedied. In my opinion one should only use this stage with appropriate supplementation and other forms of compensation which will increase the efficiency many folds making it a great option to address deficiencies without having to deal with stronger elimination processes. If you don't have deep concerns you might want to

settle with this level for a while but ultimately it is suggested not to stay on this level forever. It's all in your hands.

The benefit of consuming whole foods are many; refining strips nutrients of food resulting in deficiencies and loss of energy as these nutrients are needed to process the food itself. This then causes many concerns weakening the body's function, such as digestion, which then makes everything even worse including creating high levels of toxicity. Following a whole and real food diet also stops one from consuming all the food additives, chemicals and so forth which are not conducive to health whatsoever.

## **What to Avoid**

**Wheat, Barley, Rye, and Oats.** The main concern with these foods is the protein referred to as gluten. You might be aware of celiac disease, a condition in which the intestinal villi gets damaged, drastically lowering one's ability to absorb nutrients. Gluten is likely the most difficult protein to digest and when entering the small intestines undigested, will cause havoc to the villi's thus lowers one's ability to absorb nutrients harming the body greatly. Celiac disease is just the end stadium of the process. It's estimated that more than 60-80% are affected by this depending on the degree of one's digestion mainly. Either way, if you don't feel great your chance to have a weak digestion is almost a given and gluten, not a smart idea. And yes, this includes bread and other bakery goods as well as beer. If one wishes to eat these items one can choose gluten free products but truly – there are other whole foods that are much better choices. You should also know that these foods often are treated with chemicals that might also be responsible for your sensitivity, still doesn't make it the best of foods.

**Fried food and heated fats.** Among the worst foods one can possibly ingest. Burned oils are very damaging to our systems in particularly the liver. Once the liver goes so does overall health.

**Oils.** This is not a whole food and has been oxidized mostly due to being in contact with air thus been turned into free radicals. If one uses fresh olives and presses them, this is a different story but not the norm. One might be able to find high-quality oils and use them sparingly, but overall it is better to avoid oils altogether.

**Cooked dairy.** Very congesting and, especially the commercial version, full of hormones and similar chemicals.

**Soy products.** This is not a health food. Hormonal influences etc. Often GMO.

**Carbonated drinks.** No sodas of any kind in particular within one hour before, during or one hour after meals as it interferes with stomach acid thus the digestive process. In fact, don't drink anything while eating.

**Stimulants.** Energy drinks, daily coffees, cigarettes, alcohol, etc.

**All FakeTechGMO 'food'.** It's better to smoke pot than eat this stuff... (Unless maybe when your nervous system / adrenal glands are chronically weak in which case any neurotoxin can have devastating effects)

## **Consume Whole & Real Foods only (raw or cooked)**

Rule; don't mix high protein foods with starches – this taxes digestion thus it is wise to eat starches with vegetables OR high protein foods with vegetables.

- Fruits and vegetables, cooked vegetables being an excellent choice
- Nuts, seeds, sprouts
- Quinoa, buckwheat, amaranth, millet, brown rice, legumes, peas, beans, potatoes, sweet potatoes, yams, pumpkins, squashes, corn (non-GMO)
- Chicken, fish, turkey, lamb and other meats. It's important only to get clean and farm or wild meat. No nitrates. Best meats are glands and organs.
- Raw dairy products, nut-yogurts or nut milk (no soy) are better choices.
- Fermented foods
- Seaweed and algae
- Honey and other bee products
- Dehydrated Foods
- Herbs and Spices (including Salt)
- Clean water (distilled, R/O or spring) for drinking. Add minerals to the drinking water via supplements (more to this later).
- Whole food supplements

Try to eat much fruits and vegetables overall. For example, start your day with fruit, a smoothie or juice. Or even better, don't eat anything for breakfast and fast intermittent which is a very good habit (more to this later). Eat a salad and steamed/cooked vegetables for lunch and have whatever of the above list for dinner. Snack on fruit or nuts during the day depending on what your body can tolerate well. Start incorporating herbs and proper supplements into your daily regime – it will make the whole approach much more potent, and you will very likely enjoy some great changes if you have been eating an ordinary diet. You might also want to choose a plant-based whole food approach. It's all your choice as always. If you feel drawn to this approach, get yourself

some books on the topic and study it. You should only choose this level if you don't have concerns that bother you, and even then, only temporarily.

## **Raw and Mucus free Foods**

A raw food diet including cooked and steamed vegetables

- Fruits, vegetables, nuts, seeds, and sprouts
- Cooked or steamed vegetables, preferably starch-less.
- Fermented nuts and vegetables
- Smoothies, juices, and dehydrated food
- Bee products
- Seaweed and algae
- Intermittent fasting
- Herbs, whole food supplements and certain spices (including Salt)
- Clean water (distilled, R/O or spring) for drinking. Add minerals to the drinking water via supplements (more to this later).

This approach is a great way to eat and for many it might be all that is desired. Either way, it is not the highest level and can be considered a stepping stone. Deeper weaknesses and toxicity levels won't be addressed with this approach. Nevertheless, it's often wise for beginners to approach the process gradually. It's all about matching individual needs with the approach.

## **Mucus-less – Foods**

- Fruits and vegetables mainly raw but also cooked. (excluding fatty fruits)
- Herbs, whole food supplements, and certain spices
- Bee products
- Intermittent fasting

The focus on this level lies on eliminating the toxicity within the lymphatic system or other build-ups such as stones or plague in the bowels while at least maintaining but better-building one's nutritional level and balance. Remember that 'fakefruit' depletes ones nutritional level as well as causes nutritional imbalances, only eat them sparingly and more importantly, always compensate for them nutritionally. The idea about 'mucus-less foods', fruits and vegetables, is to eat only foods that do not cause any residue in the body while they regulate the pace of the cleansing process depending on their characteristic and preparation method. Fasting (be it on whole fruit, vegetable juices, intermittent or water) is a common method used to enhance the process. This is the true and clean cleansing approach. One could actually start on this approach quite soon without going through all the other stages whereby the focus initially should be more on cooked and steamed vegetables. This will serve not to overwhelm the body with elimination processes as these foods have a much lower effect on promoting elimination.

## **Paradise Foods**

- Complete fruits such as original berries
- Herbs and whole food supplements as needed
- Intermittent fasting

This is the top level of the dietary pyramid shared in this book. The difference to the 'mucus-less food' level is that one only consumes foods that are complete in and of itself, non-hybridized or heirloom, not fake. It's not about the term used but the effect of the fruit itself, those fruits that least interfere with the body's own chemistry. Due to limiting the need for dietary compensation to the minimum this level is the most effective. This level most effectively promotes nutritional saturation & balance,

cleansing of the lymphatic system as well as strengthening of the cells. Supplemental aid through herbs and so forth are used to compensate for the current state the three pillars of health are in, the lower one is, the more support is needed to remain balanced and achieve optimal progress.

As stated many times. The physical body has its own pace, and so does the mind and other subtle parts of ourselves. It is highly suggested to move gradually at a pace the bodies are not being overwhelmed with. Ultimately, one cannot do differently anyways. The key is to be or become balanced and then move one step ahead at a time. One might also change gradually from one stage into the other, using techniques and practices from other stages. You might also want to see the focus of the next stage for the direction you might want to take. Instead of being rigid (which could be a great thing) have some fun – these are just guidelines, and I am sure part of you wants to see how much it can get away with. Life is not only about physical health, be creative with your own situation and also focus on your macro cosmos. Follow your heart. You, your awareness and your ability to remain focused on it (in contrast to the physical, emotional and mental), is the greatest healer. It's all part of it.

Each dietary level is a few times more powerful than the one below, especially in regard to long term health, but also momentary energetic expression considering dynamic energy.

There are three energy flows to the physical body; lymph, blood and nerve. The degree of lymphatic energy depends on the present state of lymphatic congestion, blood energy on the nutritional state, and nerve energy mainly on the neurotransmitter output of the adrenal glands including the health and organization of the nervous system itself.

Present energetic Potential = State of the three pillars of health

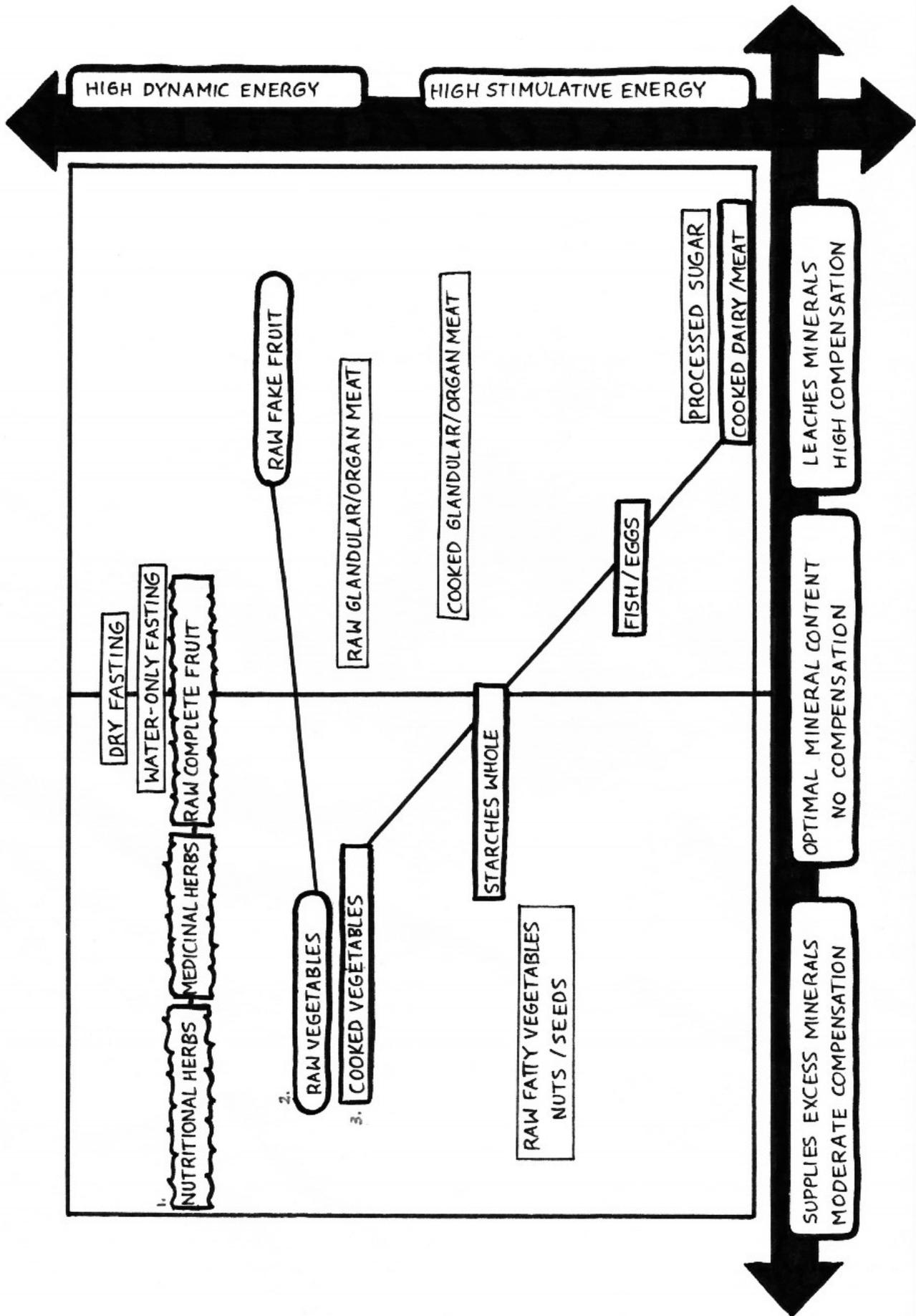
*"V = P - O, Vitality equals Power minus obstructions."*

~ Prof. Arnold Ehret

For clarification you will find an illustration on the next page demonstrating the different levels of dietetics. I highlighted three combinations as understanding those will help a lot.

1. The combination of complete fruit and nutritional & medicinal herbs sit at the very top of dietetics, and make for the most potent healing considering all three pillars of health.
2. Fake fruit and raw vegetables are often used in dietary suggestions. These two food categories balance each other out and yield a quite high energetic experience (dynamic). The difference to the first level, especially in initiated deep healing is quite high.
3. Cooked vegetables as stable, whole starches, fish & eggs and meat are often used. In case of healing cooked dairy would not be included but more so raw dairy products. This level focuses mainly on achieving a better nutritional status. Often some raw fruits and salads are also added to this approach.

Any additional supplemental practises and therapies can make any approach much more powerful (Herbal usage, hydrotherapy, massage, chiropractic, etc.). Often these approaches are also blended together into the various specific systems available.



# Food Quality

Many of us have eaten poor quality food for a long time which directly influences our health making it much worse. The overall food quality has dropped dramatically over the last century. On top of this, instead of fixing the issue and properly growing real and the correct foods – we started to make it worse due to unawareness. If we do use proper fertilizers as well as stop monocultures, we would have strong plants making pesticides and other habits useless which directly harm the natural environment. In the process, we forgot that we are part of the natural environment and in reality are harming ourselves. The food which suffers the most is all the produce, in particular, the fruit, as these are the most sensitive. The way and why fruit grows is critical to understand. Trees produce fruit to spread their seeds and this process goes through different stages: the seeds are focused on first while keeping the fruit at that initial stage unappealing if not toxic. This is critical as the tree does not want to waste resources. Once the seeds have reached a certain level of development, the tree focuses on the fruit, making it as appealing as possible creating the best possible scenario for itself. These last stages of development are the times when the fruit gets its most nutritional value as well as completing its nutritional balance – correctly manifest the ratios between minerals, etc. Due to the industries monetary focus we do not focus on high quality which is affecting our health. There are some that do understand this subject very well and produce great food. However, many of us have never been properly educated about this subject and do not understand the magnitude of the situation thus we are blinded by low prices and fake food with great labels.

Food quality does directly influence stability, strength, and healing and makes a dramatic influence, to such a degree that the same foods will either render one weak and unsuccessful to the level of creating vitality.

It all depends on how the food has been grown, picked, stored, moved around, sprayed or gassed and similar. For goodness sake – some produce is being sealed in boxes, gassed and placed in cool rooms increasing its 'shelf-life' many months. No wonder the food tastes the way it does and even makes us sick. We all must come to realize that we cannot thrive on mono-cultured, demineralized, unripe, stored, long-distance trucked, poisoned and manipulated food. This does not only count for produce but for all food; it's just that especially fruits and also vegetables are affected the most by their shelf life, and modern way of production are taking its toll. These are all reasons why you should focus on whole and real foods, get all foods locally from farmer markets. Don't just trust stores, the food industry is a BIG mess. Do your research.

A great hidden trap one can run into is to overlook the magnitude of the food industry. We must understand that the system is mainly designed for the standard world diet and not for raw food, vegan or a fruitarian diet – the system does not support and is not built around any of such philosophies. This brings complications with it as the cleansing process, overall cellular weaknesses, deficiencies, and food quality are misunderstood and not correctly considered. There is a vast difference between how we produce animal products and plants on the other hand. Produce and starches do need little nutrients to grow. Also, many plants do not go through different reproductive cycles but are often consumed in its entirety which means that weaknesses do not show up that easy in future generations of the plant itself. In contrast, animal products are more so dependent upon the health of the animal themselves which need much more nutrients to maintain health than plants (For example, wider spectrum of minerals) and we then consume these nutrients via the animal products. Briefly; many plants do grow on very little nutrients and often fertilizer mainly focused on NPK (nitrogen, phosphorus, and potassium) are being used which is the extreme but overall the point is that this differs strongly to the animal industry. Animals need much more nutrients than plants to stay disease free and as there is no health insurance to cover double knee surgery for cows another solution had to be found – supplementation such as alfalfa pellets containing all the nutrients known to support animal health became the norm. The reality is that any smart farmer supplements its livestock somehow as otherwise the profit would be very low let alone all the complications that would arise. This overall increases lifespan, strength, and productivity in the animals thus increases their value.

If one stops consuming animal products this will result in discontinuing the hidden 2nd hand supplementation – likely leaving one, most notable, with a lower spectrum of mineral intake simply due to the way of how we manufacture food in this day and age.

We should pay attention to this topic when one wants to stop consuming animal products as the lacking nutrients should be supplied via other sources – either through produce grown on mineral rich soil or proper supplementation. Don't just buy your food in local supermarkets and think that you are fine. This subject might also be the reason why one seemingly can't let go of animal foods – the body remembers where it can get certain nutrients from which it actually needs thus cravings insist. This concern is more one of availability and understanding and should not keep you away from letting go of animal products if this is what you want.

In addition come other nutrients that we have been consuming through fortified food. A prime example being vitamin D, which commonly, such as in the U.S., is put into milk or breakfast cereals and some brands of orange juice, etc. In nature Vitamin D would mainly be supplied by the sun but with our modern lifestyle many of us do not get

enough sunshine thus rely on the fortification. If a couch-potato changes his food intake in a way that leaves out fortified foods he will lack Vitamin D thus complications will arise. Salt fortified with iodine is another example. These nutrients, in adequate amounts, seem to be critical means of compensation for our present conditions and dietary habits.

To be fair, we must understand that we all - throughout all different dietary regimes - are not fully saturated with nutrients unless we consume very high-quality food grown on soil with all 60+ minerals or supplement these nutrients. Even more critically important is to compensate correctly any dietary intake as well as consider the body's condition. Either way, one should understand that food quality is very important as it will result in a weakening of the body if one neglects it. Remember – nutrient saturation makes for a strong body while poor saturation makes for all kinds of sensitiveness until ultimately something 'breaks'.

We must change our focus and start growing high-quality nutrient dense plant foods – supplement the plants with proper full spectrum fertilizer and grow them in permacultures rather than monocultures and finally consider the ripening process. Only so we can guarantee best possible nutrient intake as well as work with the natural environment rather than against it.

# Fasting

We all have read about fasting or even already practiced some form of it. The understanding of the compensation factor makes it much easier to see what actually is going on and why this is such a powerful method which it is. When fasting, the body saves digestive energy as well as is not disturbed in its own equilibrium which both grant lots of energy to be diverted to the detoxification process. Animals have a fasting instinct when they are injured or sick enough.

True fasting is either practiced on water-only or completely dry. Detoxification is sped up tremendously, more so than in any other way. Fasting is at the very top of physical healing considering the pace of elimination and restoring equilibrium within the body. This also includes the repair of tissue including teeth. With all that we have covered so far, you should have a better understanding why fasting is so effective and also be able to comprehend why, among others, teeth grow or deficiencies can be remedied. The reason we become deficient and nutritionally depleted, which results in weak connective tissue, is mainly due to creating an imbalance in our body. When fasting we do interfere to the least degree possible letting the body find and stay at its own equilibrium. We should also be reminded that there is a lot of 'unavailable' nutrition in our body such as minerals that are not in their proper form. As the body gets much more energy to his disposal, he is able to make use of these deposits and convert them into a usable form and also divert minerals to the most needed areas.

If one understands the degree of energetic need of the compensation factor, then one will better comprehend why fasting is so superior to anything else. That need is not little and in particular when one does not properly compensate as not doing so will create a manifested chemical imbalance within the body that makes it weak. The



only food that could even come to talk here would be a mono diet of berries and possibly lemons but even that does not match the pace of healing one can experience while undergoing a water-only or 'dry' fast. The body truly knows what it is doing when left alone to deal with its situation, which is an astonishing experience, and will take away the last amount of doubts one has. However, to my belief and understanding, fasting is not appropriate to the circumstances most of us presently face as there are often better options at hand to match our specific situations and conditions. Let's have a look at this.

I have come to realise that fasting is not the best method to undertake as long as stronger health concerns as well as an imbalanced life situation are at hand but rather has its strength in a more advanced stage whereby the person has gone through a proper preparation phase thus will enjoy and benefit much more from this experience.

Let's look at some points that I consider should be dealt with before going on a water-only fast, we are talking about a fast of the duration of weeks.

- Toxic build-up within the GI-Tract and extreme overall levels of toxicity such as certain heavy metal toxicities and drug residues should be dealt with. Best is to clean out the GI-tract with a proper dietary approach, herbs and also powerfully with enemas before doing a water-only fast.
- Nutritional depletion and imbalance, in particular, minerals, should be somewhat restored which includes bone density, enzyme functions and so forth.
- Chronic cellular weaknesses, such as glands and pancreas.
- Parasites gone or at least in control.
- Poor elimination potential – especially kidneys should be well functioning.
- No dependence upon most drugs.
- The desire to lose weight should not be the reason for a water-only fast.
- Fear of fasting needs to be dealt with.
- One should mentally and emotionally be ready.
- One's life situation should be taken care of, no financial stress or with family, job and similar.

Physically it's all about chemistry. For one who is extremely toxic and dehydrated, nutritionally depleted, full of worms with kidneys closed shut and other glandular weaknesses involved it is not wise, at all, to go on a water-only fast. Such a state makes for a weak body that is much better off by having external aid until a certain level of physiological function is achieved.

When fasting the body has to deal with the chemistry and weaknesses at hand, using his inherent intelligence to restore balance. Even being nutritionally depleted and imbalanced, by itself, is not a state one wants to undertake a water-only fast.

Overall, though, it's almost impossible just to suffer from one of these points as they all are connected and mostly it is a question of severity and not of which one's are involved. Take care of your situation first up to the degree until you have overcome most if not all your issues, in particular, the severe ones. You should be so well prepared that you can't wait actually to go into the fast. Then you will have properly prepared yourself and will now greatly benefit by doing a correctly conducted water-only fast.

Another critical point to understand is that a water-only fast (one of around three or more weeks) is so powerful that it will considerably change your toxicity levels and strength to such a degree that you will need to be ready for this change. If you still have a strong emotional and/or mental situation going on, and/or a very imbalanced macro cosmos, you might want to deal with it prior. It is much wiser to gradually improve up to the degree whereby you actually can go on a diet of mainly berries and herbs for the same amount of days as you are preparing to go on with the water-only fast. If you manage to get there by a proper transition, you will be ready for the fast.

Also, many of the so-called 'eating-disorders' are rooted in mineral deficiencies or glandular weaknesses, this is simply cause and effect and not because one has been cursed or 'can't control himself'. We all act blue if depleted enough, For example, horses that develop strong enough mineral deficiencies or imbalances (referred to as 'pica') start chewing on the wooden fence. Going on a water-only fast in such a condition is never the best choice, as there are much better options. Interestingly enough though is that it does not have to be that way. Some approach the situation successfully with water-only fasting. Why is this so?

The main reason is that deficiencies are mainly created by consuming imbalanced and poor food thus when one stops consuming any food this factor falls. Another reason is that most of us have 'unusable minerals' stored within our tissue which the body will use once enough energy is available to convert these metals and stones into usable minerals. How great the body's ability to do so, and how much one has stored greatly differs between all of us thus the overall effect is questionable, but it definitely happens. The body will also most effectively make use of the minerals which already are in a proper form, For example, he might use minerals from certain areas of the body to restore enzyme function and so forth. Either way, the body won't magically create huge amounts of minerals that result in complete saturation but rather does what it can by using what is already available. The only ways the body will be able to get some external minerals are due to the water one consumes (hopefully mineral rich) and the air one breathes but neither of those methods are enough to create saturation thus the root cause of the situation is not being tackled. Yes, it's true that some who have such an issue can get better following this approach but not all and most importantly, no one

will improve to the degree that is possible if one first restores mineral saturation, overall does a proper preparation and then undertakes the water-only fast. **It is about effectiveness, comfortability and most importantly – safety.**

Some of the initial pioneers that advised it to be much safer not to fast at the beginning of one's health-journey have been Arnold Ehret [Rational Fasting] and Johanna Brandt [The Grape Cure]. Both of them have extensive experience in long-term fasting as well as a transitioning approach and/or 'grape fasting' and came to the conclusion that it is overall safer and also more effective, in particular in depleted and very toxic cases. Dr. Robert Morse, Dr. Lawrence Wilson or the modern mucus-less movement all do come to the same conclusions. In fact, Dr. Lawrence Wilson has supervised hundreds of water-only fasts as well as has extensive experience with his method of 'nutritional balancing' and clearly states it to be the better choice initially whereby fasting runs the chance to weaken and harm certain individuals. I did experience and learned this fact the hard way as you will be shown later on when we will cover my own experiences extensively. What we are talking about in this whole chapter are longer conducted fasts of around two to six weeks and not just some intermittent 16-23 hour fasts which is a different story and can be, and should be, part of pretty much all transitional periods as it yields many benefits depending on the situation involved. You should also know that every day one adds to the fast adds to its potency, For example, a couple of two-week fasts might be even less powerful than one four-week fast. The longer one goes, the much more powerful it gets, it's exponential.

One very beneficial aspect about water-only fasting is that doing so in a professional clinic, which is highly advisable, results in complete withdrawal from the present environment. This is a strong plus as the environment, and all that it involves often has a huge impact on the individual and interferes with 'sticking to the program' as well as is often emotionally taxing. This is also one of the reasons why many struggle following a dietary regime, other than doing an ineffective one, and then get well going to a fasting center. One cannot compare such but must be fair and compare it to individuals undergoing their program at a professional facility center using complete and highly effective dietary regimes that are properly based on the compensation factor as well as herbal programs and so forth. Such clinics are rare if they do exist at all. Excluding environmental influences is one of the greatest pluses someone can have when facing a serious condition as the environment often has a great influence on why the individual is sick. This is an important reason one needs to consider when comparing any results of any fast to another method or approach – what would have happened if the same individual would have consumed berries, herbs, and other individually essential tools for the same period in a resort designed for such?

Overall, as stated, fasting is the most powerful way of detoxification, but only if the correct preconditions are given. Once one understands what can be achieved by using proper nourishment and a full spectrum approach one will see this to be truthful. Water-only fasting is an amazing tool we all have at hand it's just that it must be used wisely and correctly and especially at the right time. 'Dry' fasting is even more potent and only the ones that actually truly know what they are doing should do this for days in a row, and most likely if you 'think you do' – you don't. Dry fasting increases lymphatic pressure tremendously initiating strong eliminations and one should only ever do this if the body is ready for it such as by having strong kidneys and an overall high level of hydration which is equivalent to a somewhat clean lymphatic system. Also, please do yourself the favor and undertake your longer water-only fasts at professional facilities.

If you are interested to fast, once ready and properly prepared (which will take many months), it's advised to start with around two to four weeks and then slowly work yourself up to a more extended fast over the course of the following years. An example would be to add one week on top throughout the years up to at most a six-week period while at least maintaining, if not improving, your health throughout the year. Either way, always ask your professional about your individual situation and take their advice seriously. This would be the quickest approach I feel comfortable suggesting to anybody but in reality most of you should take it slower on yourself, this is more a suggestion for the one's that need to prove it to themselves in order, so they don't get hurt doing so. Remember, 'slow is smooth and smooth is fast' and 'better safe than sorry.

*"People come to me that have been on strict raw food diets for decades and, just after some days into the fast, are starting to eliminate chemical residues they have not come in contact with for multiple decades but long before they ever started any cleansing techniques and approaches."*

*"It's suggested to fast once every year."*

~Loren Lockman

You should therefore only fast after a few months (depending on your position) of thorough detoxification – especially, if you are of the younger generation, who is very likely to be affected by chronic glandular weaknesses. Additionally, I would not initially fast for weeks but rather short time (a couple of days). You might want to get a routine going: For example, start skipping meals on Sundays and/or fast intermittent (for 16-23 hours each day) until you have properly prepared yourself for a longer fast.

Whenever you fast thus detoxify rapidly, you should be very careful on how you break your fast. As soon as you experience strong cravings for food you should consider ending your fast. Such true cravings don't last just for a few hours but rather for days – at times when the body is focusing on certain areas while fasting, you can get a strong craving for all kind of food, which can be very misleading. Always start with eating small amount of fruit. The longer you fast, the longer you should limit your diet to fruit alone, and then add vegetables, before you eat lower energetic food. One day fruits for three-day fasting is the rule of thumb. The reason for this rule is the strong influence of the practice as fasting (either way) accelerates excretion via your lymphatic system: waste matter are loosened up and eliminated quickly. If you shock your body in such a condition with low energy foods (or acid-forming foods, such as unripe tomatoes) this will be at least uncomfortable and may be dangerous as you slow down the already loosened waste in the lymphatic system abruptly. This can result in the waste not leaving the body but settle at its current position, For example, causing pain. The body also gets used to high energetic food thus a sudden change to lower energetics can really result in a harmful experience. Getting cleaner also makes one more sensitive to acid forming foods. Starches and animal products are strictly taboo: those can really be harmful – your body will go into shock! Take this aspect seriously.

As stated, long water-only and dry fasts are not suggested for the beginner, efficacy and comfort suffer. Your condition might have its root cause in deeply rooted mineral deficiencies, cellular weaknesses, and parasites and so forth and you are better of fixing these first. True detoxification, as it will be covered shortly, is effective and sufficient to unwind most if not all situations we face as well as to reach vitality. It is also a safe approach. The most difficult and critical part is not to discover the most efficient way for a certain area of one's health or a specific timeframe but to make balanced progress without flipping back and forth. True detoxification, as is referred to within this presentation, means to steadily and simultaneously improve in all three pillars of health. Also, often relationship issues or financial reasons have a huge impact on one's health and it is better to use a dietary approach while still having the energy to clear other areas of one's health rather than to go to a clinic and fast. With all this said, I am not going to deny that many do improve dramatically as well as quickly on water-only fasts, even in the initial stages. But not all do, some get seriously harmed and most could improve more optimally. I just don't find it necessary to take any chances, and there are safer approaches that often are more effective. A water-only fast can be undertaken after some months once one is well prepared which would be a very good idea as it indeed is a physical effective and overall wonderful experience, I advise anyone to conduct at least one three weeks water-only fast in his life. Doing so will result in the most bang for the bucks in all areas.

# Teeth

What are teeth and bones made of?

Around,

- 15 % collagen (a protein).
- 65 % hydroxyapatite, which is an insoluble salt of calcium and phosphorus at the ratio of around 5:3.
- 20 % Water.
- And a small amount of other substances such as inorganic salts like magnesium and sodium.

It's said that 99% of the calcium is stored within bones and teeth and that an adult should have around 1kg of usable calcium in his body. Altogether around 40% of the bone mass is comprised of calcium.

So, why do teeth get damaged?

Pretty much solely because of the way we eat, due to improper maintenance of mineral levels most notably calcium. We do not compensate correctly.

- Acidic food such as meat, pasteurized dairy or sodas do deliver a negative value of calcium. Thus, they rob calcium from the body.
- Fake fruit like apples delivers a negative value of calcium.
- Alcohol and other drugs deliver a negative value of calcium.
- Creating excess acidity through activity, without being able to eliminate it, contributes to the concern.
- An aggressive cleansing approach that does not support elimination properly will use calcium reservoirs to neutralize the waste matter and toxins.
- Most greens and vegetables, as well as berries and other complete fruit, do deliver a positive value of calcium. Nuts, seeds and raw dairy is also included.

Very important to consider are also the body's weaknesses; a weak digestion and absorption does greatly interfere with calcium uptake into the blood and all other nutrients, including certain fat-soluble vitamins that are needed for calcium absorption. Also, the thyroid and parathyroid gland are both involved in calcium utilization controlling blood calcium levels. Without supplying enough calcium, not compensating correctly, thus being chronically calcium deficient, the parathyroid gland will become hyperactive and eventually burn out due to constantly being forced & stressed to raise blood calcium which eventually leads to concerns such as kidney stones as the

parathyroid will eventually malfunction. This suggests that proper calcium intake and/or a well-compensated diet is mainly responsible for the wellbeing of the parathyroid gland itself. Supplying appropriate calcium levels by applying the compensation factor correctly seems to be what remedies this condition, including the stones, and not solely focusing on parathyroid health as is practised in some circles. It is all about eating correctly and taking care of one's weaknesses and toxicity levels.

The body works very hard to constantly maintain proper blood calcium, which is critical for multiple functions, and will, as soon as one ingests food that imbalances its value, counterbalance using its own reserves by weakening its own connective tissue in order to maintain physiological function.

If you want to keep your teeth and bones, the most critical point to practice is to maintain proper calcium balance (and other minerals) within your diet. It's not as simple as to blame sugar for eating your teeth or feeding bacteria which then acidify the environment in the mouth, even though there is some truth to this once a mess has been created. It mainly is all about understanding and practicing 'the-compensation-factor' properly which can, and should be done on all different dietary levels on a daily basis. It is also critical to address any possible cellular weaknesses or toxicity levels that do make the body ineffective in regard to digestion, absorption and utilization thus increasing the chance of complications.

As stated in prior chapters, I was in a situation whereby my teeth got extremely sensitive. Just one bite of any incomplete food would leave me in intense pain whereby I could eat a whole bowl of berries and actually noticed improvements in my teeth right away proving the 'sugar' theory to be baloney. The concern is sugar that is not delivered with the correct amount and ratios of minerals. You can eat as much sugar as you want and still maintain your teeth if you get the minerals in the correct quantities and ratios needed to metabolise the sugar and not cause imbalance within the body. It's all about minerals, their quantity, and balance as well as how the body can deal with it.

Weston A. Price made some great observations disregarding, clearly demonstrating that teeth health is in direct relation to dietary habits and that proper mineral balance are key. Either way, he didn't know about the 'Paradise-Food' nor about proper water-only fasting, and especially dry-fasting which all build teeth beyond anything he mentions. Nevertheless, his x-factor butter oil combined with cod-liver oil truly is remarkable in improving and maintaining teeth health mainly as it delivers key nutrients that help in mineral uptake. It is especially helpful when the body has a stressed liver as this will interfere with proper digestion of fat including fat-soluble nutrients. The weaker and

more toxic the body is, the more he can benefit from external support – it is all about correct compensation...

If you are suffering from dental issues you might want to take this seriously as teeth are connected to your whole body via the nervous system and tooth pain shows up in a massive stress for the body. Having troubled teeth is also a hand on proof that there is a strong issue with nutritional saturation and balance. It means that the body has weak connective tissue – everywhere and that there has been something very wrong with your diet. This does not only affect the strength of tissue but your energy levels, stability and in reality your whole experience. Get a professional cleaning done, very important, and also properly remove potentially harmful material, such as certain types of fillings, and start taking care of your teeth through a proper daily routine. Certain fillings like mercury are very harmful especially as these heavy metals leach into the body constantly affecting toxicity and For example the flora in the gut. Get them replaced. Another good idea is to get yourself an electric water flosser which does wonder in helping to clean your teeth and can be used with the most sensitive of teeth. Use it after each meal. You can also use peppermint and spearmint essential oil in combination after each meal, and randomly throughout the day, which do suppress and kill any bacteria as well as create a healing environment in your mouth. Better even, use a green, black walnut hull tincture besides some pure herbal tooth powder. Overall, though, you can floss, pull and scrub all you want as long as the dietary habits are not taken care of. The reason the bacteria is out of control in the mouth is mainly due to the fact that the body does not have enough minerals to create an alkaline environment in the mouth. Altogether there are two issues at hand, (1) the microbes that are out of control and (2) the lack of minerals including the overall lymphatic situation. To fully overcome this concern, the minerals need to be restored, and possibly the head drained lymphatically, whereby one should also focus on point 1 and keep the mouth as clean as possible until the microbes fade away. Proper mineral intake creates ‘electric potential’ in the body which microbes do not like. Minerals in water make the water conductive. The environment also becomes more alkaline, and all of this eventually makes the unwanted microbes disappear, it will simply change the terrain.

1. Immediately start a diet with proper mineral intake.
2. Intermittent fasting, For example, eating for 5-6 successive hours only each day, assists greatly in compensation and overall healing which includes teeth.
3. If teeth are sensitive enough you might want to blend all your food and drink it through a straw, especially aggressive food like berries or lemons which are excellent to build mineral reserves and achieve balance while simultaneously lowering inflammation in the body, however, these are acid prior digestion thus

should not touch the teeth at all with such a condition. Take small sips and swallow the saliva that is produced continuously.

4. Professional cleaning.
5. Thoroughly cleaning with an electric water flosser after each meal.
6. Clean your teeth for around 5 mins each day, use herbal powder only. If your teeth are too sensitive just use the water flosser instead and follow all other suggestions.
7. Use the most potent green, black walnut hull tincture randomly throughout the day, hold for a few minutes then swallow. This is very helpful.

You might also want to use Weston Price's butter and cod liver oil formula. It's powerful in delivering key nutrients to initiate proper calcium intake. I experienced this first hand. There are other options, also vegan options if this is what you want, but Weston price needs to get his credit for his great work and most of the 'calcium' supplements, even the better ones, do not even come close to the effect of this oil. It's about complete whole foods with a full spectrum of nutrients, and most supplements are far from this thus have a poor up to negative effect.

You should be surprised how quickly the teeth respond to a correct, individually suitable, approach. Pay very close attention to the quality of your food, For example, if you consider eating berries and greens, raw and steamed, you might want to make sure that the berries are picked ripe as many berries are acid prior digestion and likely increase teeth sensitivities. Raspberries are the most neutral of all and usually work perfectly for teeth issues. Either way, if you can get your hands on picked ripe berries for this time, you will likely do very well and most probably you have to blend your food and use a straw anyways. If you have a strong teeth issue, you should take this very serious and clean your liver out, which likely is affected as the liver controls inner equilibrium. These two often go hand in hand. If your digestion is weak, you should fix this as it mostly will be the root cause of why you are finding yourself in this position.

Oil-pulling, xylitol mints, and similar other things don't work too well in my experience. The electric flosser and green, black walnut hull tincture are much more potent. If this is not enough you might possibly also use some essential oils like spearmint and peppermint, it should be, though. If you want to get your teeth white use activated coconut charcoal and/or turmeric powder (concentrate being the best), you might want to stay away from these though until your teeth are no longer sensitive as these are somewhat harsh, especially the charcoal, works great though. Lots of activity, correct amount of food and a clean lymphatic system do wonders for white teeth.

You should be able to restore tooth enamel with the correct conducted, well-compensated diet. It is even possible to grow teeth but for this to happen one must at least go on a berry and herb diet, or better, practice water-only fasting be it for longer periods or intermittent, also dry. Best would be to listen to Walter Schaube as he seems to have the most experience with this. However, once the topic of compensation is understood and practiced tooth-decay stops, as the root cause has been removed, and one can now gradually go through the rebuilding process if this is desired. Complete nutrition, intermittent fasting, a balanced transitioning approach, supporting one's weaknesses and proper activity levels are your best friends. Understanding the topic of teeth is likely the best lesson to understand how nutritional saturation and the compensation factor works, and how tissue can be strengthened while the body is still being cleaned.

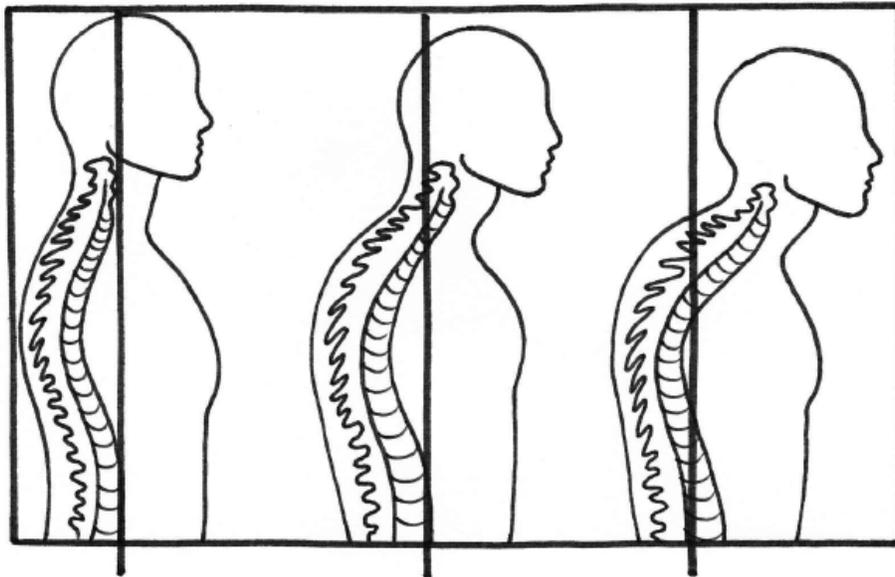
*“Especially in times of fasting (dry) wisdom teeth grow to such an extent, that one realizes how a baby must feel when it gets teeth. One must have experienced it! The process of growth stops when one eats again (too much!). It’s a very sensitive process.”*

~ Walter Schaube

# Spinal Curvature

- Lack in Minerals.
- Lymphatic congestion.
- Low nerve energy.

These are the reasons. Correct dietary approach will do plenty but in advanced cases is not sufficient, and especially not wise as chiropractic work often makes for much more effective progress. N.O.T. (Neural Organization Technique) is also helpful by adjusting nerve organisation. This condition suppresses nerve function greatly throughout whole meridians in the body. Best is to use a moderate dietary approach including cooked vegetables and several chiropractic adjustments before visiting higher dietary levels. Daily spinal twists and inversion tables as part of the program are very helpful.



## How much fat?

Most cooked food eaters, vegetarians, vegans and many raw foodists receive an average of around 40% of their daily calorie intake from fat. This is tremendously unbalanced and highly taxing to the body. We have covered that a frugivorous diet seems to be our optimal diet and indeed are optimally designed to eat almost solely original fruit.

The macronutrient ratio of the average fruit is roughly 90% of the calories coming from carbohydrates, 5% from proteins and 5% from fat. It deviates a little from this number but not very far. This is the macro ratio that we should eat, and it also represents the perfect ratio for us (if the body is healthy – more to this later).

When we start to eat a non-fruit diet, the ratios will no longer be the same and fruits are the only kind of food that allows to eat in the optimal ratios. As soon as starches, animal products or very concentrated food sources (For example, nuts, seeds or oils and even lots of greens) are consumed, the balance is impaired, and the body will be energetically taxed in contrast to the perfect meal. Nevertheless, as we are not at optimal health, we crave and also often need somewhat more concentrated food or other means of compensation.

**A proper 'low-fat' diet is of benefit to our health and clearly increases the pace of physical healing, especially cleansing** (which is just the ideal range: less than around 10% of the energy (on average) coming from fat thus not really 'low fat' but commonly referred to as such – a cow does not eat low fat when she consumes only grass, she simply eats the way she is designed to, and neither do we when we consume an original and complete fruit based diet).

Short and sweet, fats in general (also raw avocados or olives) are energetically a lot more taxing than vegetables and in particular fruit which can be seen if one tries a high fat meal after some time eating solely fruit and experiences the 'grounding-effect' accompanied by suppression in elimination. The reason one might feel better eating a higher fat intake is due to its strong stimulative properties and due to its suppressive nature on the lymphatic system, including the kidneys. Taxing the kidneys increases lymphatic pressure within the whole body stimulating all cells. Neither of these is conducive to true health and healing.

With that being said, it must be stated that nutritional balance is key and that by consuming low-quality fruit or cleansing too quickly and having no systematic approach one will get into trouble. In such a situation, it is better to compensate nutrition with, For example, a higher fat intake or other foods than to get deficient in

the long run. Nevertheless, a complete fruit based diet is much more superior. And so is one of fruit and steamed vegetables. Remember the dietary stages of the pyramid – the upper levels of the pyramid are strictly based on ‘low-fat’ as one, interestingly enough, will eventually plateau without doing so. Either way, don't get dogmatic about any subject including fat. Health is not only about food and if you force yourself to do anything without actually desiring it, you might very well shut down your heart chakra, which is one of the worst things that can happen. You should be dancing and singing while enjoying your life and not find yourself in the kitchen feeling bad because you ‘are not allowed’ to eat out of your set belief system. If you are craving fatter it might also be the case that you actually need more fat currently due to either physical reasons or emotional ones or whatever you are going through at this point. It’s also likely that you are not supporting / compensating for your cellular weaknesses thus your body craves stimulation, and you should not strictly deny this calling but address it properly. All these are reasons why it is highly suggested to go through a longer transitional period whereby one slowly and steadily starts to eat more energetically. You will be surprised, following a correct systematic approach, at how quickly and automatically you will get to where you want to be. Pretty much all of us, who got to a point of being able to eat a proper raw food or mucus-less diet, based on the true principles of health, have many years of development behind us, this is not an overnight thing.

To be successful on this topic, one must realize where the fat intake is coming from and how one can find the distance from the source. Oils, margarine and the like, for example, are very high in fat and should be avoided. One also might want to decrease the fat percentage over a period of time one feels comfortable with. It is suggested to progress slowly if the situation to do so is given. Coconuts, avocados, olives, durians, a few nuts and other fat sources that are whole foods are tasty options. You could also choose eggs or fish for a certain time. It’s all about your current position of the three pillars of health that determine how you individually will get back to balance. You could use these foods in combination with a proper full spectrum approach to regain nutritional balance initially whereby you then proceed to address deeper layers of health.

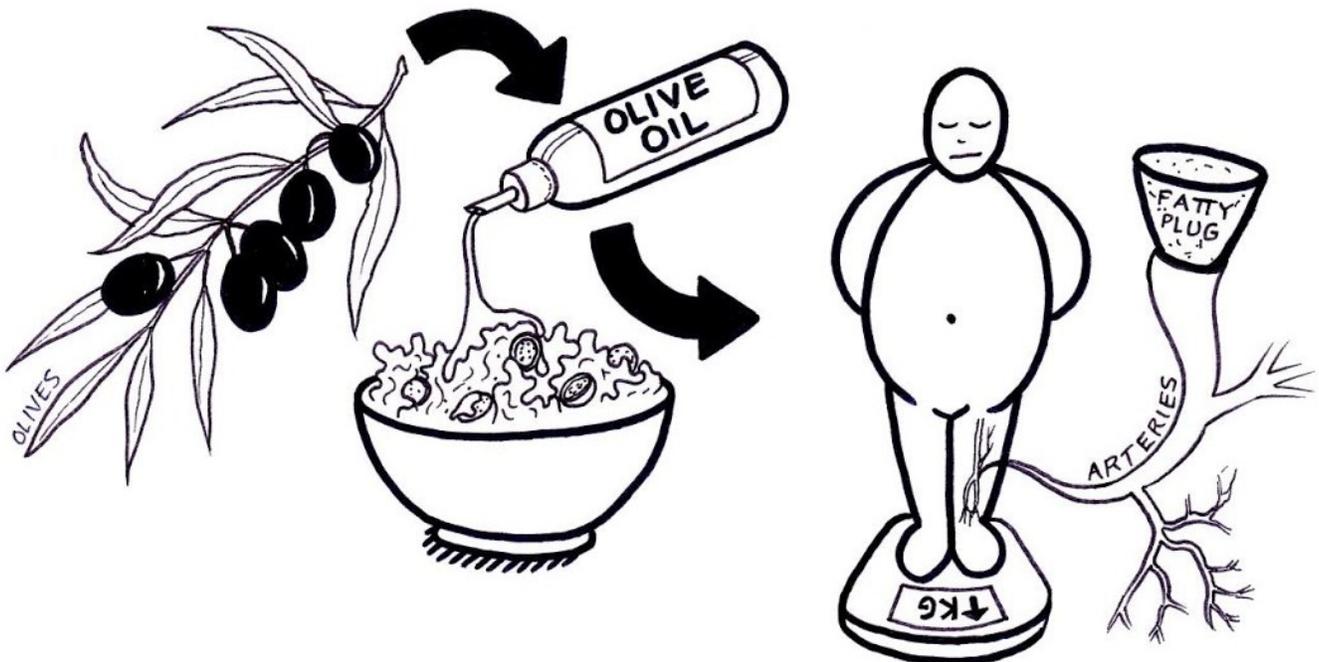
Still, even to all of these one can become addicted and as the mucus-less diet practitioners (a wise systematic cleansing approach) have come to realize; it is often a better choice to focus on **steamed and cooked vegetables**. I fully agree as cooked vegetables do not create residues in the body (if one is able to handle them), slow down elimination (in contrast to raw fruits) and also are highly nutritious in particularly mineral rich without having the effects of a high-fat meal. They also wonderfully balance out the fake fruit. All of these characteristics are desired at a certain time and part of the journey.

One might want to adopt this approach right from the beginning, or one might go with the whole and real foods stage as outlined in the food pyramid as the 2<sup>nd</sup> Stage. For some adopting these principles, as well as doing some effective body work and an herbal / supplemental program, are already enough of a change and might fit perfectly into their situation and state of the body. It also must be mentioned that there are many practitioners and healers successfully assisting others using a higher fat intake. But most of them do not have the true understanding of how our body and particularly the lymphatic system works thus ultimately one plateaus using their advice.

My intention is to clear confusion and put everything in its correct place and not to put anyone down; it's about knowing how one can constantly improve without reaching a plateau. All these individuals do great service and likely know more than I do in certain areas which is fantastic; let's all open up and let go and share/present our truth – this is how we all can learn new aspects. Again, and this must be stressed over and over again;

*"Slow is smooth and smooth is fast."*

It should also be known that the weaker your liver and gallbladder are the worse your body can deal with fats. Thus, you might want to stay away from it for a while. If you feel really bad after eating a high fat meal, this means that the issue is with your body and not with the meal itself. A high fat meal will slow healing down (in contrast to, For example, berries) but it should not 'knock you out'. The degree of toxicity, weaknesses and deficiencies can result in making one sensitive to fat.



Higher amounts of fats drastically slow down the pace of the lymphatic system and leave the kidneys impeded thus are not in favor of true detoxification. The effect of such a meal can be felt easily up to 24 hours, depending on how strong one is, and are especially noticeable when eating high astringent food (For example, fruit which accelerates lymphatic movement) in greater quantity during the following day as elimination is weakened – side effects such as kidney pain and in general increase of symptoms are notable (see following chapters). Remember that the lymphatic fluid is lipid based, and detoxification moves it aggressively; neither fun nor effective when there is additional ‘free-fat’ in the system.

Another negative fact is that blood sugar regulation is impeded to a great deal when ‘free fat’ is present in the system; when the adrenal glands and/or pancreas are weak, and/or nutritional deficiencies are present the effect of fat is worse. This is especially noticeable when high amounts of carbs / sugars, in any form, are consumed after a fatty meal.

To the nutritive side; one gets some fatty acids from fruits, vegetables and also herbs but to be sure one gets enough fatty acids it is crucial to support weaknesses in order for proper digestion, absorption, and utilization to take place, and to compensate with some higher intake as long as such is needed.

If high-quality fruit and vegetables are not available, and/or the body is ineffective, there is a good chance to run low in EFA’s (essential fatty acids) thus it might be wise to eat a little additional fat or supplement these such as by adding one tablespoon of coconut oil to your evening meal, also while detoxing. Also, there are better options with full spectrum EFA’s, don’t just use coconut oil.

There is the thought that sugar management weaknesses (such as diabetes) can be tricked into eating high fat due to causing almost no sugar spikes as the digestive process is very slow thus little sugar, at once, is being released into the bloodstream which circumvents the spikes. Nevertheless, when facing this kind of condition (pancreas and/or adrenal glands are highly affected, and/or certain nutritional deficiencies present) one should focus on tackling the roots and not temporary blood sugar levels which, in this case, can weaken the body even further in the long run unless the condition can be remedied due to a simple nutrient deficiency or other forms of treatments. But even if that is the case; if it is me, I would not take chances and just do everything simultaneously while going after the strength of the cells and overall toxicity levels including covering deficiencies. One should aim for achieving supreme health long term always.

Overall; Fat and fruit (carbs in general) do not mix thus if one chooses to eat more fat it is suggested to have the fatty meal in the evening while being active the next day before eating food again – depending on your weaknesses and toxicity this might not work though. In reality, how your body can deal with fat all depends on its strength, however, the pace of healing is still strongly affected if one consumes higher quantities of fat, in particular, the cleansing process. It is possible to nourish the body with a higher fat intake, to achieve a better nutritional state, especially with a well-balanced full spectrum approach, but not to cleanse deeply. Due to all the effects of consuming high amounts of fat it is recommended to restrict fat to a minimum (also whole foods such as avocados and olives) during the course of a strict detoxification period in which optimal progress is desired, and also long term as it clearly is not optimal to consume high amounts of fats over longer periods. If you need some means to ‘slow you down’ it is suggested to use steamed vegetables for this task. Exceptions always do apply as we all have unique weaknesses and situations.

# Combining

Dietary simplicity has been spoken of briefly in previous chapters. Let's take a closer look at this topic. Why is eating simple so much better for our health?

As pointed out in part one, different foods require different digestive juices and enzymes for digestion, as well as a varying acid/alkaline level in the stomach and small intestines. Also, different foods have different timetables for digestion: a melon will digest much faster than just about any other food and should never be eaten after complex foods or combinations of foods which can take several hours to digest.

It makes sense that for optimal digestion and assimilation, foods should be consumed in a simple and the most compatible combinations.

## Sugars

There are different kinds of sugars, with respect to their complexity level:

1. Monosaccharide ('mono' means one or single / 'saccharide(s)' means sugar(s)) are the simplest forms of carbohydrates. There are three kinds of simple sugars: glucose, fructose, and galactose.
2. Disaccharides ('di' means two or double) are sugars composed of two monosaccharides. Disaccharides must be broken down into monosaccharides before an organism can utilize the sugars. Sucrose (cane sugar), maltose and lactose (milk sugar) are common examples of disaccharides.
3. Polysaccharides ('poly' means many), also known as complex carbohydrates or starches, are composed of more than 3 monosaccharides. No organism can use this kind of sugar in its complex form. Like disaccharides, these sugars must be broken down into simple sugars first.

The breakdown of sugars is facilitated by alkaline digestive enzymes, which requires an **alkaline** environment in the stomach and small intestines.

## Proteins

- Amino acids are the simple constituents that comprise proteins.
- Proteins are complex amino acid chains. No organism can use protein in this form. Thus, it must be broken down into amino acids first.

Proteins, being very complex bundles of amino acids, call for digestive enzymes that can only operate in an **acidic** environment thus invoking hydrochloric acid.

Proteins could be considered a house and amino acids the construction material that comprises it (cement, bricks, lumber, etc.). If you wanted to build your own house from scratch, would you purchase an already built house, just to tear it down for you to build the house the way you want it to be or simply buy some land and material? You would need more time and effort as well as not even have the right material not to mention having to get rid of the resulting waste by-products using the old house. In terms of energy, the new build is far cleverer. This example points out the consumption of proteins: we need amino acids, which are found in an adequate amount in fruits and vegetables. Proteins tax our body highly and bring consequences, especially with a weak digestion.

Enzymes required for the breakdown of proteins require an acidic environment, while carbohydrate-digesting enzymes require an alkaline environment for digestion: proteins will invoke hydrochloric acid while starches call for the secretion of alkaline digestive enzymes thus they do undergo different digestive processes. Normal digestion gets taxed when consumed at the same time resulting in energy loss.

If one has a weak digestion, this type of combination ends up causing havoc in the digestive tract. Undigested proteins cannot be absorbed and cause harm to the intestinal lining – in particular, the villi's. The intestine gets irritated thus produces mucus for protection, these are mucus forming foods. Even with a strong digestive system, which makes a massive difference (some people can digest rocks), this type of combination is not wise, and it taxes the body. If you want to consume starch and protein dense products, it's suggested that you do so with vegetables or salads and separate them in two different meals, or do so at least until you have a strong digestion.

Another poor food combination is to combine fat and liquids. Eating high-fat meals should always be done with low liquids, including liquid foods, and preferably with the use of lemons or similar products that help to emulsify the fats.

## Digestion Time

The more complex a meal or individual food is, the longer it will take to digest. Mixing foods that require longer digestion time with easily digested foods will interfere with proper digestion. This often results in fermentation, gas and malodorous stools. An example would be to eat a slice or two of bread and follow up with an orange or orange juice. The weaker the digestion is, and the more energy one wants to gain from the meal, the more one should pay attention to this.

Fruits generally digest the fastest. The higher the water contents of a fruit, the quicker the digestion. For this reason, fruits should not be mixed with any other category of foods. When you mix different fruits, try to mix them with similar water content and correct digestive properties (sweet, sub-acid and acid) in order to not unnecessarily tax your body.

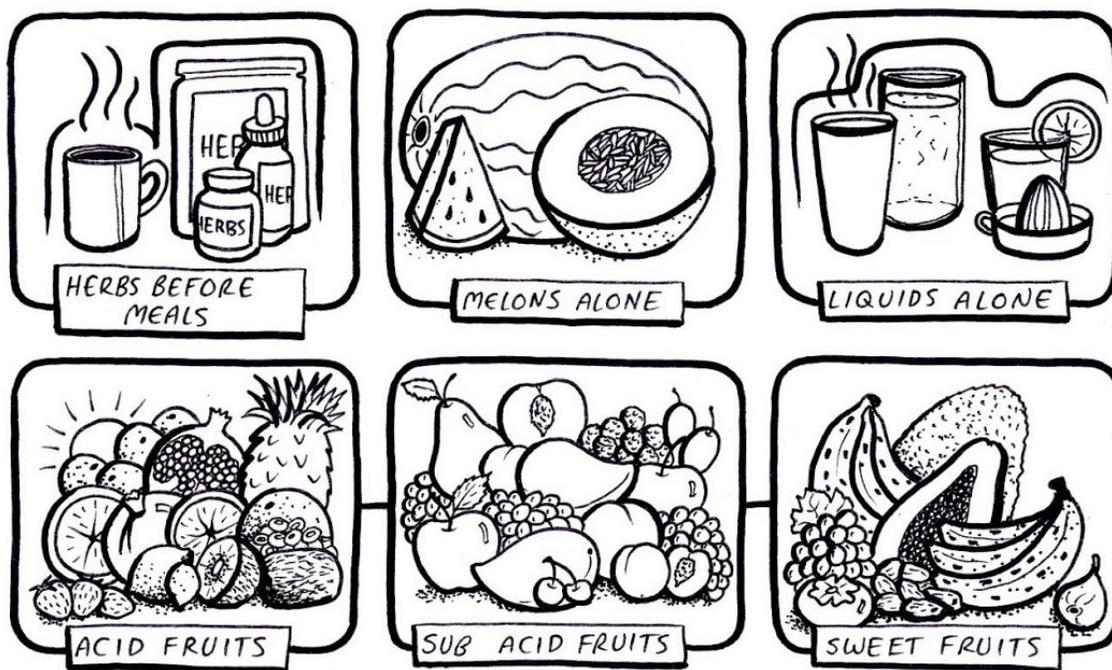
Vegetable Juices and Smoothies are a very healthy and a great way to consume your produce and are somehow exceptional to this rule as the blender or juicer will mechanically 'pre-digest' the food for you making it easier to digest due to changing the way of interaction with your body. There are not only benefits for this practice as by making a smoothie the oxidation process does affect the blend, and the cons of juices come with the removal of fiber which leaves the body with a decreased ability to eliminate and should be supplied otherwise, For example, with clays and intestinal brooms & additional fiber, to keep the body in equilibrium considering elimination. Juice fasting without added fiber is not a good idea and always not optimal.

## Confusion in variety

The digestion time, as well as the digestive juices, is unique for each individual food. Even if similar foods are combined, eating them separately (as individual meals) will be more effective than eating them together in terms of energy. To acquire a good grasp of this process try it yourself. There is a vast difference between eating just one type of fruit and mixing two or more fruits together. As you would have difficulties thinking and focusing on two or more things simultaneously, so would your body in terms of having to digest two or more different foods. More energy has to be diverted to digestion instead of cleansing and rebuilding.

To internalize this, practice mono-meals (just one food at each meal) for a couple of days and then consume a great variety of foods together. The stricter one eats, the better this can be felt.

There are a few beneficial food combinations. However, we'll not go into this too much as there are plenty of recipe books available, and I am sure you will find one for your dietary stage and have fun with it.



## Juices & Smoothies

I recommend you to make juicing and in particularly blending a daily habit, especially as a newcomer. It's fun to experiment with different foods and combinations. Smoothies are very easy and quick to make, without the mess juicing brings and everyone is able to incorporate this into his day. A few energy drinks and/or blends are a huge contribution to your health. Considering an optimal combination of produce one should eat fruits only mono (one at a time) and combine vegetables in a salad. However, juicing or blending allows mixing different fruits and vegetables together, and is more forgiving. Nevertheless don't just randomly mix different variations of fruits and vegetables as the digestive process, due to chemical reasons, is still considerably different. There are three different groups to look at when mixing fruits.

Try only to mix either acid fruit with sub acid fruit, subacid with sweet or each group among each other. Don't mix acid fruit with sweet fruit. It's really simple, just remember not to mix citrus and bananas.

Daily Green Smoothies is a good plan. The sweet, fake fruit, is compensated with the greens making for a quite complete and compensated meal. Use as many greens as you enjoy to drink. If you make this your daily routine, you will soon start to crave it and also enjoy all other produce much more. This is one of the best ways to transition initially and change your desire and attraction towards Raw Foods. Try to alternate greens and use many different variations on a weekly basis. Doing so you will get benefits and the individual characteristic effect from many greens as well as circumvent overdosing on one particular green. Most herbs and greens have a certain limit. You can also grow your own greens via sprouts or, even better, collect wild herbs for your smoothies making for a very powerful and healing meal. Please be aware of the wild edibles that you are picking as many wild herbs are very potent and some toxic.

Even much better and healthier is to blend berries creating the most wonderful smoothies. Remember, these are the 'Paradise-Fruits', and indeed they will benefit your health more than any other food. Berries are complete in and of itself and do not need to be compensated with greens. You might want to stock up your freezer with some good quality berries. If you start your day with a complete meal, you won't have to deal with the effects of compensation for a while. You might want to start with berries or a green smoothie which both are excellent choices. In fact, you could just skip the whole juicing part, get a high-speed blender and stock up your freezer with berries. Eat berries to cleanse and nourish and cooked veggies to slow you down and balance your progress. Doing so will save you money and a lot of trouble & hassle, and the best about

it is that consuming complete fruit and vegetables only (cooked and raw) is the most potent, effective and direct way to go.

Many vegetables are better for juicing than blending as their fiber is rough thus much more taxing energetically. Your body is designed for fruit fiber and not the harsh, non-electric vegetable fiber. Fruit fiber helps to eliminate through aiding peristalsis whereby vegetable fiber needs to be pushed through manually putting a higher strain on the body. It's not as critical to mix vegetables together as it is with the fruit; feel free to mix vegetables whatever way you desire. There is also the option to add some specific fruit to the juice. However, I suggest that you use apples or papayas which both have lots of enzymes thus help the digestive process. Lemons are also excellent especially as they aid the oxidation process as well as the sour property increases the flavor.

With all this said, juicing to me is a therapeutic means and not a long term practice. Green-Smoothies and especially blended-Berries are simply a much healthier and less time-consuming choice. Nothing beats blended berries, also therapeutically. Juicing removes the fiber of the produce creating an imbalanced elimination-scenario in the body. Thus, juices should be compensated with clays and other fiber products. Unless one does so the body will be stripped of a great part of its eliminative capacity which has many side effects among the worst being that the kidneys will get more load on their shoulders which is what we never want to happen. The kidneys are one of the key elements in health and should always be supported to keep as much pressure away from them in order to restore their function and to keep the lymphatic system eliminating properly. Practicing juicing correctly by using clays make for a great therapeutic tool which has helped thousands but combining berry smoothies and clays together, still makes for a much more powerful practice. Long-term blending clearly has the edge on juicing as it really is a hassle and berries simply are the King of Food.

Blending and also juicing increases the contact of your tongues surface area with the produce thus taste sensations are increased. Eat fruit and then blend some and you will taste the difference. Keep in mind though that low quality and unripe produce will not improve in quality by blending / juicing even though the taste might likely increase.

Don't let any of these statements keep you away from experimenting – juicing some fruits and vegetables together is far better than eating high amounts of fat or eating cooked food etc. These are the guidelines in order to understand how the system works – use it for your benefit.

Let's now proceed and have a look at different options one has to support the body in this process additionally to the main diet. One being the botanical kingdom. Herbs, which are non-hybrid and very powerful vegetables.

# The Value of Herbs

Each food has a specific individual effect on the body. Herbs are potent and original complete foods that do possess unique strengthening and rejuvenating properties and target specific parts and areas of the body. This includes leaves, flowers, barks, roots, berries, and so forth.

Some herbs strengthen the vascular system while others strengthen the kidneys, heart, brain, and so forth. Yet another group of herbs causes smooth muscle tissues to contract due to their astringent properties, causing lymph fluid to be pulled while aggressively breaking up tumors, cysts, and other blockages even calcified stones. It's astounding how one herb can do ten or even more things. Herbs can be tremendously helpful in particular when one is facing a serious condition.

We have also learned that cleaning out the lymphatic system lifts a heavy and restricting burden from all of the tissues in the body and fosters an alkaline and regenerative environment around the cells, allowing them to rebuild and function at peak capacity. The cellular environment must be our main and continuous focus, which can be

supported by addressing the endocrine glands as well as our kidneys with specific herbs thus enabling filtration of lymph waste. Herbs that do help to remove debris and lymphatic stagnation from the GI-tract including liver, pancreas and gallbladder can also be very helpful in this task. Without a healthy trunk, there are no healthy branches and leaves. There are also herbs with astringent properties for the movement and loosening up of the lymphatic system itself.



**This brings up the four core areas of herbal focus.**

1. GI-tract (including liver, gallbladder and pancreas)
2. Kidneys
3. Endocrine system (adrenal, thyroid and pituitary most importantly)
4. Lymphatic system

Properly targeting these four core areas with herbs, to the degree of one's individual needs, in combination with a successive and systematic dietary approach towards a complete frugivorous, raw food or mucus-less diet, constitutes already a powerful healing system. Already, as this is not the full system.

As briefly touched on earlier, there are herbs for just about any health condition. Addressing the core areas is effective but sometimes it is wise to get more specific and involved in dealing with our issues in order to make detoxification as comfortable and effective as possible. It is helpful to address chronic weaknesses of specific tissues by an appropriate blend of herbs for that area. One can simply use herbal blends that will target the four core areas while working on other areas of the body (For example, thyroid or nerves), which needs additional support. It is best to work on these four core areas as a minimum during any detoxification program, in particular when one needs or wants to get things accomplished while not experiencing strong side-effects.

Once weaknesses of specific issues have been addressed and strengthened (to the point that the cells comprising the tissue are functioning properly), one can stop working on these areas, and just continue with the core areas alone. With this being said, don't think that you can simply 'herb your health back'. Herbs are supportive and correctly used can be of great value whereby one can also use herbs the wrong way or neglect diet thinking that herbs will do it, but this is not true at all. This is not a free ticket to do whatever but a tool to fine-tune the approach which particular in critical conditions or generally at the beginning can be very beneficial. Using herbs one can get things done quicker, however, one can also cause harm as driving a Ferrari is more difficult than a run-of-the-mine car. Herbs do increase the potency of any program, and one should be aware of this and use them wisely. In general; the weaker and more toxic one is the more one can benefit from the proper usage of herbs. There are also other supplements that have other properties herbs do not have.

## Parasites, Microbes, and Their Role

Fungal overgrowth (including *Candida Albicans*), worms and flukes are best dealt with by creating an environment in the body that is not giving them the living conditions they need which will either end up in them being killed by the body itself or them leaving the body alive. Herbal parasite formulas can be used at the correct time. Depending upon the individual situation one might preferably choose a different option.

A deeper issue with parasites, microbes as well as larger ones usually originate in a weakened digestive system of liver, gallbladder, pancreas and stomach as well as poor adrenal glands and thyroid function.

*"Parasites are organisms that feed off the toxicity and weakness of others."*

~ Dr. Robert Morse

A poor digestive system will result in undigested food, fermentation and putrefaction which all are in direct relation to microbes including larger parasites. Weak adrenals, as well as thyroid, do also greatly affect one's digestion as well as overall metabolism which includes body temperature and sugar balance. When the adrenal glands are under-functioning blood sugar cannot rebalance quickly, and if the thyroid is affected the body's temperature is reduced, both of these conditions add to microbial and parasitic environments. One of the body's natural methods to eliminate parasites is to induce a fever, and it is the thyroid that controls this. The relation between microbes, parasites and our body is originally one of symbiosis, however, can get out of hand. These parasites are living beings and mostly care about their own survival and comfort, and they seem not to care too much about how our body's health is affected. Many parasites can become strong concerns due to their appetite, waste products up to mind controlling and emotional influence. Another reason for increased microbial activity is **sulfur-residues** in the body, which is a strong fungal proliferate that fosters an environment fungi thrive in.

Sulfur is, amongst other things, also a bacteria-suppressing substance that is widely used in the world of treatment. The concern with this is that what one puts into his body doesn't always come back out, which is exceptionally true for sulfur compounds (in particular when processed For example, through cooking or isolated such as in pharmaceuticals). You may recall from previous chapters that lymph nodes serve as holding tanks for lymphatic waste that is to be broken down by bacteria before being transported to the kidneys. The dilemma with sulfur is that it also suppresses the very same bacteria responsible for breaking down waste within the system that is supposed

to expel it which is the very reason most antibiotics are sulfur based. Thus, sulfur is a substance that is incredibly difficult to get rid of considering the time factor involved in doing so. Fungi will likely be present to some degree while sulfur is still in the body and does not simply leave, even after an initial kill. It is all about the environment.

Keeping fungi in check with the appropriate herbs until the glands have been strengthened, and the sulfur has been eliminated, is a wise approach to take. This prohibits the fungi from re-establishing once one stops ingesting the herbs. Let me explain in detail why such nasty things live in us.

Ultimately it all comes down to the body's culturing medium. If one offers them, so to speak, the conditions they need to thrive in the body, they will 'move in'. For example, the consumption of meat is the primary invitation call for worms (pinworms, hookworms, tapeworms and the like) in particular with a weak digestive system. As we are not designed to eat complex food (starches and protein) in the first place, we are not able to digest it solely by ourselves (especially if weaknesses are present). By-products and fermentation or putrefaction processes take place, thus creating a perfect breeding ground for microbes. Originally, the microbes serve to assist us in the process of digestion, however, when the toxicity level and the weaknesses become more serious everything will get out of balance and the 'helpers' can become an issue themselves. Additional waste, impairment of tissue – especially nerve tissue – and many other consequences will follow. If this is not already enough to scare you away, inform yourself about the characteristics of worms – pictures, which are easy to find on the internet, are very helpful. This is not a fairy tale but very real.

*"I would guess that about 40 to 75% of homo sapiens have the larger ones that you can see if you look for them,"*

~ Dr. Robert Morse

The above quote was written almost two decades ago. Things have changed since then as we have become much sicker, and these numbers should be much higher at this time. Briefly, if you are weak, toxic and deficient, which almost everyone is, you have 'bigger' worms.

*"Most people have mind-controlling parasites,"*

~ Dr. Robert Cassar

I am not going to blame meat or other specific food items for the creation of parasites as this is not the full picture. It is our overall state of health that is responsible for having parasites or not and by improving such we can make this a thing of the past. There are many techniques that are promoted to 'get rid of' parasites but often times it is not as

easy as shown. If you, for example, have parasites due to having a weak digestion, such as liver and/or pancreas, you can't simply take herbs and kill those parasites, as the root cause has not been addressed. Truly, trying to kill parasites without properly addressing your whole situation won't work – such critters can be extremely stubborn and even taking herbs for months at a time might very well not eliminate them but simply make them 'fight back on you'. All life wants to survive, and this also counts for parasites. Some individuals who have maintained raw food diets for years even can still have parasites. If one supply's them with food as well as maintains the condition for them to stay in the body – they won't leave. With this said, how general one can talk about this subject is questionable and sometimes one might be successful whereby another not.

What I have seen is that it is much wiser to focus initially on nutritional saturation and balance as well as strengthening weaknesses and taking care of some degree of toxicity before trying to get rid of larger parasites using the method desired. This way your body will become stronger, and the parasites simultaneously lose their hold on you which ultimately will result in them leaving by themselves or being killed by the body. Especially a clean liver is crucial for a correct environment throughout the GI-tract as bile acts as sterilization.

Trying to increase the strength of your body while 'attacking' parasites can be unpleasant and ineffective as you likely won't be able to get rid of them but create a scenario in which they will be threatened with their life, and many parasites actually can create harm to your body by, For example, secreting toxic substances as their defence. What is suggested is that you use suppressing parasite herbs initially, such as turmeric root, which do make parasites weaker and help to create a "parasite-free-zone" but won't attack them as harsh as For example, wormwood would. This gives you still the advantage of getting control over the parasites and microbes without strongly attacking them. If you are having adrenal glands, pancreatic and liver issues that affect your blood sugar metabolism and digestion, it would be very difficult to stay on any program without addressing fungus and similar parasites. The most important factor when it comes to parasites is not to overeat, as otherwise, they are called for.

Another interesting point is that most of us have strong cravings for raw meat but also starches like bread once we stop consuming such. Why should our species have such cravings? That's the right question – it doesn't make any sense. It's indeed many times, not your body, but the "cultured" small animals, which become hungrier the longer you don't serve them their favourite dish and, are crying for food. In addition comes the stimulative properties of these foods, their suppressing nature to the lymphatic system and overall deficiencies that also do create strong cravings.

Once you have strengthened, nourished and cleansed your body to a certain degree you might want to go on a parasite cleanse and use the strong herbs to get rid of any critters. Now your body would be ready to deal with the toxic die off. Best would be to stay on a very clean diet throughout this period, possibly just vegetable juices and clays, or herbs only or a water-only fast. Enemas should also be used. You can also simply continue to focus on the health and vitality of yourself until you will have such a clean and energetic body that no parasite can hide in there.

What is also very great to be aware of is that parasites do work closely in relation to the moon cycles. The full moon is the time parasites get much more active, and this can be seen clearly in individuals full of them, as cravings and other symptoms do increase quite remarkably. It's interesting how this affects society which can be observed at the increased incidences (such as crimes and emergencies) that happen at full moon times – what a great example to see how powerfully the influence of these creatures truly is. Use this cycle to your benefit and plan your program accordingly, you might want to do more enemas, suppressing herbs, liquid fasts or similar at these times.

## Adrenal Glands

These two small glands are on top of each kidney and likely one of the tissue you will get familiar with the most. The condition of your adrenal glands directly influences the energy you have. The reason we are eating the way we do has a lot to do with weak adrenal glands in order to stimulate them to be able to maintain our lifestyle. If you stop eating meat, coffee, concentrated foods and all other stimulants you will likely crash and experience the level your adrenal glands truly are at and for most this is a huge wake-up call. These small tissues have a tremendous impact on how you feel as well as in maintaining your body's health. Proper levels of neurotransmitters, steroids and so forth are essential thus have priority in your body's management. What happens when you leave your adrenal glands the way they are, and if they are weak, is that you will start to get different signals on how to stimulate them in order for your body to maintain proper levels of adrenal function. This includes cravings for meat, coffee, salt, lots of food, stimulation by high activity and so forth which also is accompanied by fatigue and low nerve energy. This is not because you are not eating enough food unless you want to describe one of the methods we use to stimulate them, but directly due to weak adrenal glands. We should not have to consume any food nor have to stimulate our tissue through activity and any other means to be able to remain proper chemical levels of hormones, steroids, transmitters and everything else if the body is healthy and strong which seems to be the universal concern. I would say that nobody has strong adrenal glands these days unless one has restored their function, the question is more how weak or chronic they are.

Most of us have chronic adrenal glands and will greatly benefit by addressing this issue at the roots. From the herbal perspective, this means that one uses tissue-specific herbs to address these glands thus increase momentarily functional ability as well as strengthen them over time. These herbs are not simply another form of stimulation but actually do increase the strength of the glands as well as don't leave one with a negative after effect. One well-known example of adrenal herbs is ginseng. Using the correct support for these two glands does make all the difference in one's journey and is often for many one of the most critical aspects to consider. Many can't move away from stimulating foods as they would simply crash energy wise as well as start to harm their body due to steroids and neurotransmitters being essential for, For example, proper mineral utilization as well as nervous system maintenance.

## Kidneys

The kidneys are the main eliminative organs of the lymphatic system – they are the doorway out of cellular waste. It is almost universally the case that kidneys have very poor function due to the toxic lifestyles most of us practice which often greatly overwhelm these fine filters.

Supporting the kidneys is for all of us, I would say, of great assistance to any detoxification program, in particular, the weaker and the more toxic the condition. An excellent formula can often alleviate kidney pain almost instantly due to increasing their function which aids in cleansing the lymphatic system thus taking a great toll away from the body. Most detoxification programs do not support kidney tissue adequately thus one ends up overwhelming them and shutting them down. Once that state has been achieved the cleansing process can't properly take place and progress comes slowly if at all – one can get worse and often does by doing so as waste is loosened up and stirred around without eliminated. This can be seen by the dark lines under one's eyes starting at the base of the nose with an angle of around 30 to 40 degrees outwards. This is what should be avoided at all cost. How this is achieved is by supporting the kidney tissue themselves as well as doing everything in a way to reduce any stress on these sensitive organs. This will result in an open pathway for cellular waste which slowly gains in strength thus the eliminative capacity increases over time. Ways to support the kidneys:

- A proper and clean diet, mucus less is the best for kidney function.
- Strong digestion thus little digestive waste as well as better nutritional saturation which strengthens the whole body including the kidneys.
- A dietary level that matches ones toxicity levels and kidney function (For example, going on all raw too early is often not wise if the situation to do so is given – rather strengthen the kidneys first as well as clean the liver and GI-tract and so forth).
- Enough fiber and/or clays.
- Low protein and low-fat diets, otherwise the kidneys are taxed strongly.
- No harsh chemistry such as a heavy focus on concentrated forms of nutrition like massive greens via juicing or lots of spirulina, excessive mineral supplementation, etc.
- A clean liver greatly reduces burden on the kidneys.
- Skin support with various treatments, such as saunas reduces burden on the kidneys.

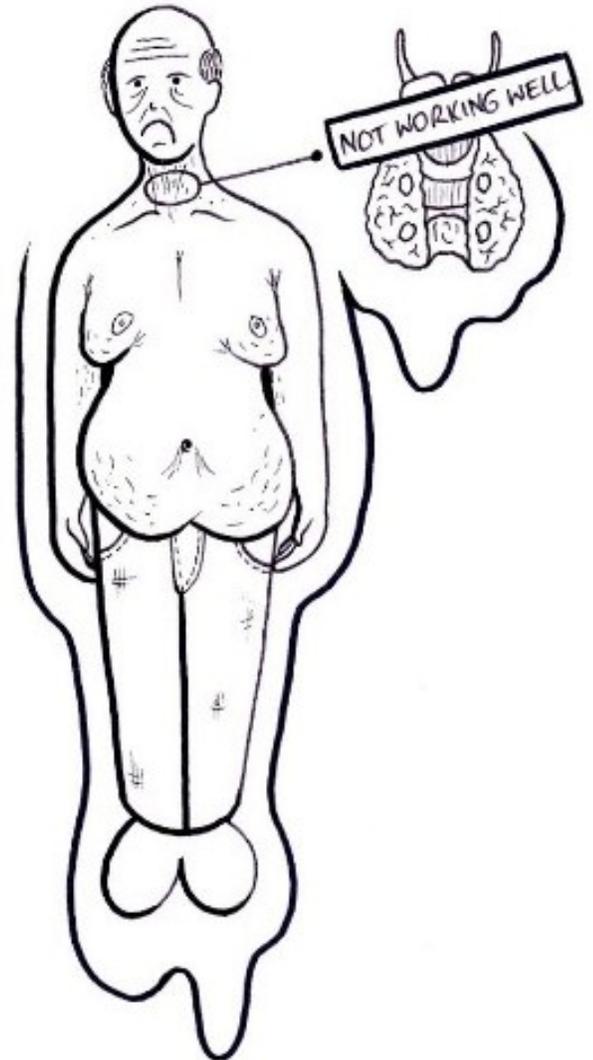
## Liver

The liver is another good example of a tissue that should be addressed with herbal formulas. When one starts to cleanse his body the liver will begin releasing some of its build-ups into the GI-tract – we all have heard of liver cleanses that help to get rid of liver and gallbladder stones. We'll talk more about this specific idea later on but overall it is not suggested to use any harsh method as there are better options which are much more comfortable as well as effective and most importantly, one cannot get harmed or end up in great discomfort doing so. What is likely to happen when you properly clean up your diet is that it will start to dissolve some of the stones in your gallbladder and liver. These stones do not have to be petrified but actually have their origin in toxicity. They do start to build themselves out of fats and get slowly harder the more salts, acids and toxins start to be stored and stuck within the liver itself thus only the very old and concentrated stones are petrified whereby most are in a lipid form. When such build-ups begin to break up this does usually not go smoothly due to the difficulty involved in breaking them loose as well as eliminating them well into the GI-tract. This can result in temporary new blockages that 'come and go' on a daily basis within the liver ducts, gallbladder or exit into the GI-tract - all of which creates discomfort and affects the function of liver, gallbladder and possibly pancreas to the degree that it can shut down digestion. One might also have the experience of digestion being strong one day whereby weak the other. Due to this process it is very wise to use certain herbs to help break stones up as well as help to expel them properly and smoothly a few at a time rather than try to "spit out" all at once and possibly run the risk of creating some harm or overwhelming weak and toxic tissue which is the case in the classic 'liver flush'.

Chanca Piedra is one of my most favourite herbs for this task as it is truly a masterpiece in existence; it does break up stones very effectively, relaxes the ducts thus helps in expelling the loosened and broken up stones whereby it also acts as a painkiller in a way that one does not really feel that all of this is taking place but rather can enjoy more comfort in the liver, gallbladder and one's digestion as the days go by. This is one scenario, and it might not happen just like that for everyone as there can be much more involved in situations of liver pain than simply stones. Deficiencies and overall nutritional imbalance tax the liver greatly and so does a weakened digestion. Also, the lymphatic system within the liver, where the cells are, does have to be drained throughout the lymphatic pathways ending in the kidneys and is not what is being referred to here – the stones are held and stuck in the liver ducts.

## Parathyroid / Thyroid

One of the functions of the thyroid and parathyroid glands are to manage the utilization – blood level - of calcium. This is important to note, considering the many things that calcium plays a part in. Calcium is primarily used for structural purposes (i.e. bones, teeth, nails, connective tissues, etc.), but it also plays a vital part in other somatic functions. As pointed out in part 1, this mineral is one of the body's primary antacids. The greater the acidosis is, and the more other anti-acid functions are inhibited (steroids, fats, water retention and, in particular, the excretion via the lymphatic system in general), the greater is the body's need to 'steal' calcium out of its own tissue to counterbalance the acidity. If the calcium is used to neutralize acids, the calcium will petrify, resulting in calcifications, which themselves can become of concern. As the mineral is drawn out of connective tissues and bones, it won't be long before one begins noticing it. The skin begins to lose its integrity, progressively prolapsing more and more as the years go by. Bones become more brittle and weak, and the integrity of internal tissues, such as organs and glands is also weakened. This is what results in 'prolapses' later on.



Properly managing one's calcium intake, due to the compensation factor, might likely be one of the most important ways to deal with this issue as it will remove stress from these sensitive glands.

Keep away from treatment-based thinking and address the root cause: if you suffer from symptoms of calcium deficiency, you should strengthen the thyroid and parathyroid gland through detoxing the body while also making sure to supply enough nutrients. Remember that one must ingest adequate amounts, then digest it, then absorb and finally utilize it. In addition, elimination can rob nutrients too. This all shows that it's

not only about what one puts into his mouth but in reality much more so about the degree of functional ability of the body itself.

Next to its influence on calcium utilization the thyroid is managing the bodies overall metabolism of all cells. How well the metabolism functions can be seen at the body's basal temperature which is an excellent test to reveal thyroid health and determine a possible hypo as well as hyperfunction, in fact, much more so than a blood test. The thyroid has more functions such as its influence on the heart rate. One excellent herb for thyroid support is kelp, a sea vegetable high in iodine which is needed by the thyroid to produce its hormones t3 and t4 to mainly control metabolism. Without enough iodine, these hormones cannot be produced at optimal levels. Thus, the metabolism suffers. This is a common concern these days as the diet does not contain enough iodine and as there are high toxicity levels or the toxic halogens of bromine, fluoride and chloride which compete with iodine and can take its place in the thyroid tissue. These other halogens won't do the job as well as iodine but better some low function than none, this is how the body operates.

Low iodine levels and/or high toxicity levels of bromine, fluoride, and chloride resulting in low metabolism are a great example to illustrate how the body works. Low metabolism will affect the body as a whole in case of body temperature, sluggish digestion, low immune function and so forth. One is generally fatigued and gains weight easily and has a very hard time losing it as the body simply runs at low capacity thus burns a little energy. Due to all these concerns the body moves into a defense mode and the adrenal gland has to work overtime – it's stress time. The adrenals will jump in to support the immune system via steroids and so forth until they eventually burn and crash. The thyroid and the adrenals can both be considered energy glands, and once both are shut down often, this results in a classic burnout scenario. As thyroid and adrenals do affect digestion the issue gets much worse from here on, food starts to only be digested partly creating high levels of toxicity due to fermentation and putrefaction whereby nutritional deficiencies increase as the body cannot get it from the food consumed. The flora, microbes, and parasites will get out of control and so forth – the doom loop continues. Unless, of course, one starts addressing the issues at its core whereby focusing on cleaning the mess that has been created such as the toxicity levels and burned out glands. And all of this started because one might have been chronically low in iodine in contrast to someone that took adequate iodine while even staying on a similar lifestyle. Indeed, kelp can have quite an impact.

## GI-tract

Addressing the GI-tract with appropriate herbal formulas and techniques is one of the most critical, if not the most critical, practices throughout any given detoxification program. The condition of the GI-tract has a massive influence on the digestive as well as eliminative capacity. When digestion suffers high levels of toxicity and deficiencies are the direct result thereof, and one will not improve unless this is taken care of.

As illustrated prior with Chanca Piedra – the liver, gallbladder and pancreatic duct should be free of debris, and function correctly to be able to digest food. Hepatic herbs such as chanca piedra, milk thistle, dandelion, ginger and turmeric but also lemons and beets help greatly to keep the passage open thus promote healthy digestive function which do increase nutrient absorption and lower possible risk of toxicity.

Another important factor is enough fiber in the diet to support elimination, especially when one starts to increase the cleansing thus more waste will be dumped loose in the GI-tract in order to leave the body. Often the fiber in the food is not enough, and one can benefit greatly from additional fiber supplied by herbs such as the most famous psyllium and several varieties of mineral clays. These herbs have high absorptive capacity thus help to eliminate waste matter be it from digestive and cellular waste, dirty bile and stones, heavy metals, parasites, chemicals and so forth. Properly neutralizing and eliminating any stirred and loosened up toxicity does make for a much more comfortable and effective detoxification process. If this step is not managed, well many symptoms arise such as migraines, fatigue, kidney pain, getting nauseous and so forth. Another very negative effect is the pressure increase in the lymphatic system as the waste cannot leave through the bowels. Thus, the body tries to get rid of it through the kidneys resulting in overwhelming them. This will impede healing of the kidneys up to shutting them down making any further progress much less effective and actually questionable. It is about appropriate elimination support. As you can see, quite a doom loop one better does not get stuck in. One should always either eat a diet with enough fiber or additionally add it through high potency clays in addition to one's approach. This is next to supporting the kidneys and skin for the excellent overall elimination of any waste that has the chance to leave the body. These circumstances arise at their peak in individuals that do practise juice fasting without supporting their elimination pathways which often results in a disaster such as edema, skin breakouts and kidney shutdown as well as a massive effort due to the complications involved that does not result in the desired results.

# Glandulars

Glandulars are raw desiccated animal tissue, mostly of glands. These tissues are normally dried and ground-up, and then encapsulated.

Theoretically, glandular can come from any animal, but most often, they are derived from cows (bovine). Glandulars should only be sourced from animals that were fed their natural, organic diet, and while living under highly acceptable conditions (i.e. a non-stressful environment, they are being treated well and so forth). An unhealthy lifestyle does (next to being highly unethical for the animal) also affect the health of animals and will weaken their tissue – not the best base for a glandular. As long as our society keeps slaughtering animals non-stop we can make use of this opportunity in particular due to its high potency and efficacy.

The focus of glandular lies in the strengthening of chronic tissue. Their ability to ‘wake up’ sleeping cells exceeds anything else that I’m aware of. They’re also useful when working with specific tissue we don’t have many known primary herbs for, such as the pituitary gland, pineal gland, and parathyroid glands. The working principle behind glandular is that of ‘like heals like’, so an adrenal glandular, for instance, will support and rebuild your own adrenal glands. This needs to be considered from an energetic perspective: Glandulars are ingested in minute amounts (usually not exceeding 1 gram per day depending on the tissue) and their strong effect cannot be explained chemically. The stronger animal cells (as animals have not declined as much as we humans did) are influencing our weakened cells positively. This fact has been known for decades and centuries, many old tribes and indigenous people have consumed internal organs in their raw state due to their many benefits.

Anyone that puts glandular to the test will likely experience the powerful effects that glandular can have. **Chronically compromised glands can be restored to acceptable levels of functional ability within a short period of time**, which affects the state of health of a person significantly to the positive.

Let me give you an example of the effects of this powerful tool from my own experience:

I had weak adrenal glands chronically. After around ten months on a potent herbal program with a strict diet mainly of raw foods including some fasting, I had achieved a lot in various areas of my health. However, my adrenal glands still did not show clear improvements. When I finally added an adrenal glandular to my program, the healing and regeneration of my respective glands sped up tremendously, and many of my dominant symptoms improved greatly in a short time.

This example signifies that although raw foods and herbs are powerful, getting chronically weak glands into gear can still take a considerable amount of time, and this slows down the entire healing process tremendously. I suggest using glandular only for a short time for chronically weak glands until they are running adequately. After a while glandular actually won't even show any effect anymore even when one significantly increases dosage whereby the gland has been strengthened.

The conflict regarding glandular, due to their origin, is very understandable. But we must also understand the situation we're facing as a species, with respect to the health of our glands and organs. We need our organs and glands to function properly to get healthy. Some people suffer from an advanced health condition to the extent that glandular are some of the few tools that will give them a chance of recovering. The children and new-born babies of today are facing such conditions due to the genetic passing of weaknesses. In such extreme cases, the use of a glandular can even be responsible for saving the individual.

Glandulars cannot be compared to common meat consumption – the effect on the body is different: firstly, the tissue is raw (energetic) and secondly, the quantity is very small. Also, glands and organs are very different compared to muscle meat. Complications, such as putrefaction or the strong acid forming impact on the body of meat consumption are not present.

There is also the thought that glandular are merely stimulants thus do not really induce / support any healing. These statements tend to come from individuals who have never experienced these effects and therefore are making up stories. Using glandular does increase the glands momentary function to varying degrees. It promotes function rather than stimulation, and most importantly, the tissue remains stronger after stopping any intake of the glandular. One could also misinterpret the strong effects as well; special attention considering dosage should be considered, and one should not consume glandular without any professional support. Don't play around with glandular as you could really get a kick in your behind by overdoing them or using the wrong glandular, side effects can be very unpleasant if not used properly especially if one has very chronic tissue. Glandulars are very potent and can speed up the healing process tremendously – also energetically, emotional and mental. These are the true reasons why glandular often are misinterpreted in their effect, but I can assure you – they do work very well if properly used.

In a nutshell, adding glandular to the systematic dietary approach as well as the herbs make for a quicker and more effective healing. In particular when glands are chronically weak it is suggested to make use of this tool. Common glands that are addressed are

the adrenals, the thyroid, the kidneys and the pituitary. Careful, though, glandular are very powerful and at times it is better to slow the process down (or wait and use them later) in order to make it bearable and more comfortable.

I'd like to take this opportunity and talk a little further about the vegan belief system. What is very clear and undisputable is that a proper plant-based diet is by far superior to those based on animal products long term speaking, the difference and potential are extreme. It is also very obvious that using animal products, in any way shaper form, is unethical, in particular with the modern animal-camps and treatments. However, what is also very clear is that an inappropriate or lacking vegan diet is not healthy and that a proper animal based diet is by far superior than such. And most importantly, health has mainly to do with the strength of the body, its cellular functions, toxicity levels and nutritional state and not only with what kind of food one eats at this time. The food will affect the individual in either making the state of health worse or better as well as support the momentary energetic level. In fact, in certain conditions and weaknesses some specific animal products can be very helpful until one reaches a point of strength that will change this – I'm not talking about muscle meat or pasteurized dairy products but more of a therapeutic means of mainly using glandular or For example, Weston Price's vitamin butter oil.

What we must also recognize is that the issue at hand is one of unawareness. We all do what we do because we choose, due to our current awareness, our actions. We all live on the same rock and in societies that are heavily influenced via manipulation, deception, propaganda and so forth. It is not easy to get through this and actually recognize and perceive a valuable option for oneself which includes the vegan realm, in particular when one comes across aggression and emotional instabilities. These are quite common when one gets more aware without maintaining balance but also due to eating imbalanced food such as too much hybridized fruit without properly compensating for it, which in my opinion often are one of the root cause of such behaviour due to the massive effect this can have on the individual – I had the chance to experience it first-hand myself. We must also understand that we often change our dietary habits due to the condition our body is in thus many of the ones that change dietary habits actually are on the weaker side initially. Life has always been the way it is and just because one starts to 'wake up' to certain things that are going on doesn't mean that one needs to go berserk or try to push it upon others. Life is wonderful and overall very fair; no one needs to try to push anything on others. Usually, it takes a long period of time to accept change and that's just the way it is. Most importantly, by being balanced and strong, in particular within, one can shine the most. If weak glands are present one will not have the ability to help truly others thus, also from the vegan

perspective, it is smart to kick start an individual which then will help many others to change their lifestyle. With this view, a glandular could actually save animals. If I find a way to more effectively promote glandular function I'll gladly change it but up to then I'll be using and speaking about the effects of glandular. I've seen it help tremendously hundreds of individuals.

The greatest obstacle to this topic lies in the understanding of the magnitude of our health and how one can successfully overcome this weakened state. The reason many of us feel drawn to animal-based products is mainly due to present weaknesses that call for stimulation which includes a weak digestive system that results in deficiencies thus concentrated food sources are craved. Having certain parasites also does initiate cravings for animal products but those are present in the body due to the weaknesses and overall toxicity levels. Once one is not dependent upon external stimulation any longer, due to having strengthened one's adrenal glands most notably, as well as is nutritionally saturated and balanced it becomes very clear why we have eaten these foods. In such a condition it truly gets ridiculous to hear others state that there is anything truly healthy about animal products, but first one must get there which can be a vast journey of first discovering and being able to perceive it and then actually walk the path up to that point. For many that have chronic glands, it is very difficult, if not impossible, to completely stop animal products and maintain a healthy vegan diet without strong cravings, binge eating and so forth. If you want to help others become healthy vegans – help to strengthen their glands and show them the proper way to maintain this diet.

# Nutritional Supplementation

The most important practice to maintain nutritional balance and saturation is to eat the most complete food possible. All consumed food should be of prime quality and as close to our true needs. A focus on some greens, cooked and raw, as well as ripe and nutrient dense fruit, as original as possible, are excellent. Besides properly conducting the compensation factor with one's food intake, intermittent fasting is a powerful tool to remain nutritionally balanced and strong. It is also critical to have and maintain a strong digestive system and glandular function, in particular, the adrenal glands for the steroids which are needed for the utilization of most minerals. Having a strong body compared to a weak one makes a tremendous difference with what one can get away with.

Besides all this and in particular in the initial stages of one's journey – whereby the body is the weakest, most toxic and nutritionally imbalanced and depleted – one should also focus on adequate nutrient intake which can be greatly supported by supplementation. The best supplements are from whole food sources as well as superfoods – highly nutritious plants such as kelp and similar. Liquid minerals with a full spectrum of the over 60+ minerals are also excellent. There are supplements available at this day and age that supply all essential nutrients and are mainly made up of whole plant foods. This does not exclude any usage of isolated chemistry as such might be needed in greatly depleted cases which are however not my area of expertise thus I skip this part at this time.

It is the rule that if one does not practice a lifestyle focused on achieving and maintaining nutritional saturation and balance that one is nutritionally depleted and imbalanced. This is not a place of strength as one is sensitive due to the body's low ability to fight off any kinds of external stressors. In particular the minerals, but also all other essential nutrients, are of high importance and lacking up to missing each single one of them will result in certain tasks and functions to slow down or even malfunction and 'break'.

Joel Wallach states clearly that all animals, including humans, pass due to nutritional deficiencies of one of the 90 essential nutrients. This is what eventually shuts down the body.

To achieve and maintain nutritional saturation and balance to the cell one must ingest optimal food / nutrition, be able to digest, absorb and utilize it whereby elimination and the toxicity level are a huge factor also due to its option to greatly suppress all bodily functions including delivering nutrients to the cells.

1. Eat complete food and correctly apply 'the-compensation-factor'. (Ingest optimal nutrition). This is the most critical factor in maintaining proper nutritional balance and saturation and effectively applying so will often bring the concern to a halt. This also includes appropriate supplementation that is individually needed.
2. Support and strengthen weaknesses within the digestive organs and the whole endocrine system. (Digestion & Utilization)
3. Clean the body to achieve high levels of absorption and elimination. (Absorption & Elimination)
4. Compensate nutritionally for the present depletion and imbalance due to the past lifestyle, For example, supply the calcium that has been sucked out of the bones and so forth. (Nutritional depletion and imbalance)

Any good program addresses **all** of these factors simultaneously creating the best case scenario due to supplying much-needed nutrients **to the cells** as well as focuses on cleansing the body – it's all about the cellular environment; food and poop, like in Dr. Carrels chicken experiment.

Preferably one always uses nutritional supplements of a full spectrum nature, and not isolates such as single vitamins, etc. However, in extreme cases and stronger depletion, in which the deficiencies are already having a strong effect on the individual, using such isolates might help to stabilize and boost one's progress. However, one should be very careful with any such approach as the high dosage of one nutrient likely pushes out / competes with another nutrient which could start a chain reaction that might do more harm than good. Focus on the nutritional concept outlined in this book; due to making poor food choices, including poor food quality, and having an ineffective body we end up getting nutritionally depleted and imbalanced. The best example for this is to understand that no Vitamin deficiencies occur in long-term water-only fasts but rather the opposite, such deficiencies go away, clearly stating that it has more to do with internal balance and strength in the long run rather than external intake. This statement is only for a theoretic understanding and does not suggest anyone, at all, to undertake a water-only fast when having any deficiencies. It's clearly beneficial first to achieve the best nutritional saturation and balance possible for one's current situation before embarking on a longer water-only fast.

Back to the methods of supplementation, what is suggested is to use a full spectrum mineral blend as well as a superfood blend containing multiple nutritive herbs and berries, among others. Whole food vitamin supplementation should also be used especially when being in a weakened state. Essential fatty acids should also be ingested via foods or supplementation depending on the individual needs.

On the other hand, I can't suggest using isolated chemistry as I simply do not have enough experience thereof and the opinions go in all directions. I do have heard, and observed, great achievements whereby I also did see it having no effect whatsoever as well as heard of people that got harmed doing so. Obviously it's all about the recipe, and clearly most supplements are completely ineffective and create more harm than good. Using a Vitamin D supplement in stronger deficiencies or in the winter time in countries of a little sunshine, might be a good idea unless one likes to be depressed and have weaker bones. In particular, if one goes on a raw food diet it's great to understand that one no longer ingests food that has been fortified. B12 is another one many talk about but overall if one understands that there are 16 vitamins, and not just two and realises to be greatly deficient in these two this might highly suggest that one could also be lacking in the other fourteen as well. As we all consume imbalanced chemistry in contrast to our true needs as well as have ineffective body's to various degrees – toxic, weak and depleted – suboptimal nutritional states are the norm. One cannot be, impossible, fully saturated and balanced until the body is perfectly healed, and only prime balance consumed, no supplement can make up for this. This is plain chemistry and physics and simply cause and effect, it cannot be otherwise unless maybe you are able to bring energy into the physical that helps to circumvent this, such as 'miracle healings' demonstrate, but also these go only so far. I suggest you don't bet your health on this. If you are interested in further information on the topic of nutritional supplementation, I suggest you to read the book 'Epigenetics' by Joel Wallach.

Also, if your intent does not lie in walking the journey in recovering and overcoming cellular weaknesses as well as toxicity levels, and if you are not eating a complete nutritional diet considering 'the compensation factor', you might very well be better of supplementing with the 90 essentials like Wallach recommends. I do suggest you to use full spectrum, natural whole food based, supplementation (such as a blend of herbs and superfoods) in combination with a full spectrum mineral and vitamin supplement. Doing so also addresses a much wider spectrum of nutrients as there are many cofactors and so forth. Also, isolates might very well be damaging, in particular when ingested for longer periods. It's up to you, it's all a choice, and you can invest the time to understand it all and become the expert yourself ... at least to the degree to know in whom you want to place your trust.

If you do not compensate correctly nor get rid and support your weaknesses, you will get deficient in nutrients as this is the very reason why this happens. **Don't make no mistake, nutritional deficiencies and imbalance is the greatest short-term threat to the body and not toxicity levels – this is what greatly weakens the body and eventually the reason why people pass!** Tackling one's weak cells and high toxicity levels is what makes the body much more effective until eventually the nutritional topic becomes less critical. Deficiencies are equivalent to high levels of suffering, and I can assure you, if you do not pay attention to this you will suffer. Once the body loses its ability to maintain balance, it can go quite quickly. Remember, the liver is what maintains inner equilibrium and its health and proper function is your buffer. Always make sure your liver is doing as well as possible and you will be able to get away with much more, don't just focus on a few nutrients but on your cellular environment.

It should also be clarified that most drugs highly contribute to deficiencies due to various effects, this stuff is not candy by all means.

I do feel that the future of supplementation belongs to using high-quality full spectrum minerals, in forms of shilajit or other plant derived ones, while supplying vitamins, amino acids and essential fatty acids via whole food blends using prime quality berries, herbs, and so forth. And all of this in highly absorbable form. The stronger the cells and the cleaner one's body becomes, the more one reaches nutritional saturation and balance, maintains a complete food intake in case of "compensation-factor" as well as uses intermittent or long-term water fasting to achieve prime balance, the less one is dependent upon any external intake. This also clearly means that the weaker and more toxic one is, the more one can benefit from proper supplementation.

*"In an optimal diet and clean body supplementation does not seem to be an issue,"*

~ Loren Lockman

## Body Work / Treatments / Additions

- Chiropractic's
- Acupuncture
- Kinesiology
- Touch for Health
- N.O.T. (Neural Organization Technique)
- Full body and foot Massage
- Rebounder
- Reiki
- Shamanism
- Energy Healers
- Magnetotherapy
- Hydrotherapy
- Oxygen Therapy
- Dental work

All of such treatments are greatly beneficial, in particular when the practitioner is of great expertise. Usually, the nervous system is addressed by realigning the spine or correcting its pathways by other means. The idea is to use such treatments in particular initially while being in the first stages of one's transition or detoxification program. Don't underestimate the power of such techniques as some can have a massive impact on your progress. Especially if you had a stronger accident or shock to your nervous system, you should let a professional have a look at your body. But also don't think that any of such treatments are a way to circumvent dietary changes as this is not so. Long term there is nothing as powerful as progressively cleansing and strengthening your body by correct eating. What I am referring to here is not simply a massage, one hydrotherapy session or some acupuncture but a progressive approach that implements the correct techniques for each individual. Using the right form of treatments in the initial stages that are individually necessary can enhance the recovery greatly, and this should always be made use of.

One very powerful form that I have experienced is the N.O.T. (Neural Organization Technique), a mixture of various bodywork treatments combined in a system that truly has a long lasting effect, meaning it corrects how the nervous system functions and actually remains to a fairly good degree. If you have a chance to do so, I highly suggest you find yourself a practitioner that is adept at it. You can find further information about this technique under <http://www.kinesiologist.eu>.

Acupuncture and chiropractic's are also an excellent form of treatments. I suggest you visit a chiropractor and let him look at your spine to see if you are in need of treatment. This would be very helpful in your progress. There is also the option of doing exercises to help the body regain proper position of the spine such as an inversion table, which does allow the body to get upside down using gravity to one's advantage and is indeed very helpful, or less effective, 'spinal twists'.

Rebounding is also an excellent technique to promote lymphatic flow and solid bowel movements. Rebounding daily for 15 to 30 minutes (or even more if possible and tolerable) is an excellent technique to assist the body in detoxification. This has many effects on circulation, tissue contraction and so forth. It's also fun – I use it with some music and bounce and dance on it.

Hydrotherapy is it professionally or at home using an enema bag is very helpful and suggested to anyone. This is one of the most powerful tool we all have at hand to help support and speed up the cleansing process. We will cover this excellent tool in a further chapter.

As mentioned in the chapter about teeth, one must take care of the mouth. There are some health clinics that don't help anyone if they do not include the necessary dental work. You must understand the connection between your mouth flora and teeth and how this affects the whole body.

Massages, be it the whole body or just the feet are also excellent and should be made use of. We all need to be touched, and this is especially so when we are suffering. One should never underestimate this factor which in and of itself is already a reason of why one should use massages not even addressing the physiological benefit. I find it amazing how the body is put together in a way that one can address all areas of the body just by touching the feet. Another great way to help the body is to massage the reflex points next to the spine, from head to the pelvis. These points lie around one inch / 2.5 centimeters next to the spine on each side. Some say that it's important to use clockwise circulation when rubbing the points, on both sides of the spine, in order to boost the reflex points whereby anticlockwise would weaken them. I don't know; it always does wonder though which is all I care about. Do it, play with it.

At times, it might also be very helpful to contact a Shaman, Energy healer or similar.

# Recognizing the facts

Up to now, we've arrived at the following conclusions,

1. We are mainly designed to eat predominantly original and complete fruits, next to some tender leafy greens, herbs, for healing.
2. The lymphatic system is the one system that deals with our internal waste regardless of origin.
3. Due to the fact that we have deviated from our appropriate diets and lifestyle we have created the following situation for ourselves,
  - Our lymphatic system backs up, resulting in systemic lymphatic congestion and acidosis and thereby creating a suppressive and destructive environment for the cells.
  - The cells have been damaged over many generations, with each genetic passing weaker than the previous.
  - Most humans are born with very weak and compromised cells (chronic glands, organs, nervous system, etc.).
  - We have become nutritionally depleted and greatly imbalanced
  - Our emotional and mental bodies are affected additionally.
  - Only by restoring a healthy internal, cellular environment will effective healing and regeneration take place.

We must realize that it has taken many years, decades and generations for our conditions to develop and that in most cases we have inherited chronic weaknesses. To expect our health concerns to be reversed and to arrive quickly at our full potential in a few weeks or months is wishful thinking. Don't lose hope, though. Getting out of the mess shouldn't take one too long especially with all the information you are being supplied with right now. You're on the right road and now have every opportunity of regaining and building your health to levels you have never experienced before. It should only get better from here.

At the same time, the situation is not always as simple as just changing your diet. It shows great eagerness on your part, but you also need to know, what you really are doing - you will likely get a kick in your behind as a result of just jumping into such a lifestyle without some forethought.

## What am I doing?

You should know a little bit more before jumping into this way of life,

By changing your diet towards a proper raw food diet, the systemic energy of the body will increase. The whole process not only entails changing the diet, but this change will also have a considerable effect on your whole life. Changes will come with the increase of energy. This is by no means something negative, but it can be frightening if one goes too fast, and senses suddenly get heightened. This is why it is beneficial when someone with adequate experience guides you through your journey and in particular when you take my advice and don't rush, but rather proceed carefully.

Ask yourself:

- How strong are the cells in my body currently?
- What tendencies can be expected with my individual weaknesses and strengths?
- Are there certain things I have to be especially cautious about?
- Can I take my time with the process or do I need to speed things up for a while?
- Are there chemicals stored in my body that can give me additional symptoms?
- What are other effects of such a lifestyle change, how can I prepare myself?
- Do I need assistance emotionally and mentally?

A practitioner that understands the lymphatic system, the depth of the situation as well as has experienced all the dietary levels and practises from cooked food up to herbal and supplemental program including water-only fasting will be of great value to you. He should also be familiar with various forms of supplemental treatments and other techniques thus is able to guide you through the process addressing your individual needs such as sending you to a chiropractor, N.O.T, and so forth.

All of this may seem quite simple to understand, and it is, but reading it on paper is nowhere near actually experiencing it first-hand. This is not an easy program. Especially when making mistakes and turning out to become highly unbalanced, can it become uncomfortable to say the least. As long as you do everything correctly, balanced; with the right support and pace for your condition, the process will be efficient and as comfortable as possible and actually very rewarding but this has to be learnt first and in particular when facing a severe condition one definitely should be guided.

Furthermore, external opinions may exceed the scope of your own capabilities and can be of great value. I mention this because I, unfortunately, know many that believe that they can do everything by themselves. However, they progress very slowly or not at all,

as they tend to ignore essentials. I made the same mistake, especially in the beginning. I failed to evaluate my weaknesses and my situation correctly nor did I approach the dietary levels correctly and have 'lost' a lot of time and gone through a lot of hardship. This was not overly dramatic in my particular situation, as I was not pressed for time and was doing it all to discover what you are reading now. I learned a lot from my mistakes, had to make the 'mistakes', which now help me to provide better advice, but it sure was not pleasant to go through the experience.

**In a nutshell:** The knowledge contained herein, once applied, will progressively start changing your life beyond what you could ever have expected. It's important, for you and your environment, to remain in balance on a physical but also emotional and mental level throughout the entire process, as it makes the journey much more comfortable and effective. I can therefore only recommend making use of external support and take my advice of 'slow is smooth and smooth is fast' as well as 'better safe than sorry' to your heart.

## Pandora's Box

Changing ones diet to a low-inflammatory diet of fruits & vegetables reduces inflammation (pressure) in the body exposing cellular weaknesses. Restoring and/or supporting kidney function reduces systemic pressure even further. This is a complete game changer.

Most of us are literally in a time bomb. Our physical body's lymphatic system has been suppressed for many decades and to open that doorway can best be described with opening Pandora's Box. This brings many changes, changes that are misunderstood thus not well compensated for. **Right here lies one of the greatest reason for divisiveness in the health field.**

The kidneys are the valve of the lymphatic system and control lymphatic pressure, which is the main pressure in the body. High protein and/or high fat diets inhibit lymphatic function by slowing the lymphatic system down, and by placing burden on the kidneys. Both of these effects result in heavy systemic stimulation, to all the cells in the body. Whenever a valve is blocked, pressure increases. If the valve is opened, pressure is released.

In order to cleanse the lymphatic system the kidneys must be opened, and any form of harsh stimulation put aside. This results in cellular weaknesses coming forth, their true nature is exposed. This is misunderstood as often chronic weaknesses are present and one has to go through a time of weakness, fatigue and rest until the body has healed to the degree of being able to function without stimulation.

Herbs and glandular are excellent tools to help boost cellular function, these promote healing and momentary function without enervating the cells. Making use of these tools correctly makes for a tremendous difference especially initially.

The dilemma is best understood when the energetic need of cleansing is looked at, this is a massive energy drainer. Thus the body has to cleanse while being cut of his main energy source, stimulation. It's a double whammy.

What is essential for you to comprehend is that exposed weaknesses will result in all functions of the respective tissue remain on low flame. Let's have a look at the adrenal glands as it is the best example, and the most common concern; low neurotransmitters & steroids are the obvious effect.

And here lies the wolf – the new dietary habit, the ‘better’ diet, results in weakness, fatigue and even worse, one can end up getting breathing difficulties as neurotransmitter output is too low thus the nervous system starts failing. There are three options available to circumvent this concern.

- A transitional period in which one slowly weans off stimulants, gradually reducing the fat & protein content (all concentrated foods) over the course of months and years while keeping the finger crossed that the adrenals will turn on. This is why it often takes years and individuals first start adopting a vegan regime until they finally end up on raw foods, focused on fruits and vegetables.
- A water-only fast of a few weeks, the body will have a lot of energy available to focus on detoxification. Also here, one keeps the finger crossed, especially if the adrenals are chronically weak as no external information is received from tissue specific herbs. There are many more complications with choosing this approach in the initial periods as discussed previously in the water-only chapter.
- A full spectrum approach that uses tissue specific herbs and/or glandular to address the weak adrenals at its roots. A proper dietary regime is used to simultaneously address all pillars of health. With this approach external aid can be adjusted. The less stimulative the diet, and the weaker the tissue, the more support is needed to achieve optimal possible progress and momentary function.

This is the reason why herbs and glandular often **MUST** be used in order to make a quick and drastic change in ones dietary level in the direction of dynamic energy. If not, suboptimal progress will take place and consequences follow. Often these are not even noticed, as the dietary advice one has been given looks at them to be of a necessity – such as eating large quantities of foods. Eating large quantities of food, also fruit, is a form of stimulation and suppression. Healing is slowed down, and tissue stimulated. Instead of using herbs and glandular to restore and maintain proper function the same has now been tried with other means, without the same effects. The body does not need this quantity of food, neither will it result in the same momentary function / healing of the adrenal glands. In addition such approaches do not understand dietary compensation thus make use of fake fruit, or other suboptimal foods.

**All of this makes a dramatic difference in the pace of healing.**

It is not easy to comprehend the highest of dietary levels; berries, herbs & glandulars and I am sure you are starting to see clearly why that is so. This chapter is for the purpose of understanding, but also a **WARNING**.

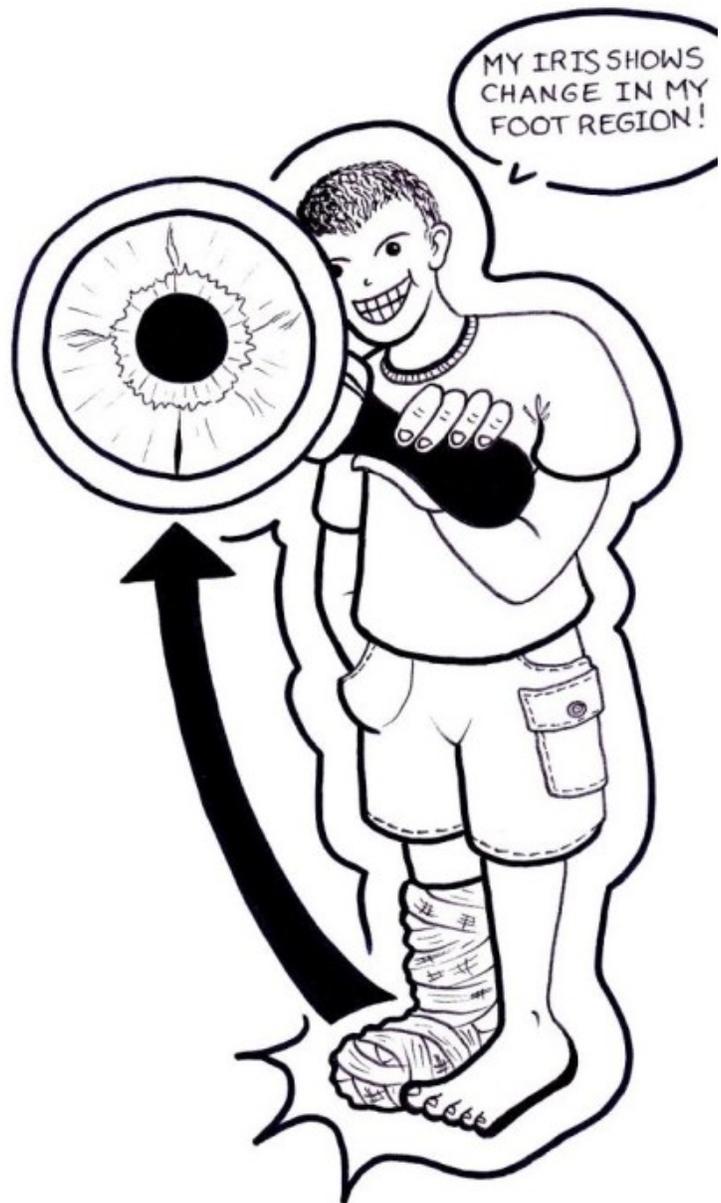
Failing to compensate correctly results in one getting imbalanced short term up to developing severe consequences long term as cellular function is not maintained.

# Iridology

This has been one of the topics that I struggled with the most in the beginning – how can something like this be true? Nevertheless, once I started to increase my knowledge and see the eyes of people around me, in particular, my own and from my loved ones – there was simply too much evidence to let this amazing technique be unfocused. The more I started learning and discovering about it the more I start to see its importance in (1) how all the theories and the efficacy of this healing system have been created and (2) how helpful it is as a diagnostic tool thus pay close attention to the following chapter.

Iridology, most likely the most efficient method of soft tissue analysis, was, in its modern form, discovered in 1853 by Ignaz von Peczely, a Hungarian surgeon. At some point during Peczely's childhood, he noticed a change in the iris of an owl after it broke its leg. A dark stripe occurred in the "6 o'clock" region of the owl's iris, and Peczely had taken note of this. Many years later, while working as a practicing surgeon, Peczely was able to identify correlating changes in people's irises and contributed greatly to the knowledge in this field.

Iridology has since been practiced, refined and perfected by various enthusiasts and practitioners all over the world; a very notable person is Dr. Bernard Jensen, who brought the scope of iridology to a completely new level. Although there are many branches of iridology, the science can be divided into two main camps: some say that the colors and patterns of the iris never change, and the others claim the opposite.



The idea of iridology is to read the characteristics of the eye (such as patterns, colors, and others) to make a soft tissue analysis of the individual. Each cell in our body communicates via nerves with our central nervous system in our brain. This information is forwarded to our eyes through the optic nerves and can be seen clearly. Thanks to our pioneers, especially Dr. Bernard Jensen but also Dr. Robert Morse, this form of diagnosis is perfected to such a degree that weak glands, organs and in particularly toxicity can be determined closely.

You have learned throughout this book that our body is mainly comprised of cells and that those can be strengthened or weakened. Also, the toxicity level can be changed via cleansing the lymphatic system. This simultaneously **changes** the image of your eyes; it's a momentary reflection of your state of health. It's, therefore, clear that changes in your health, for example in your tissue, are visible in the eyes.

If you have pictures taken of your irises before and after embarking on a proper detoxification program, you will see progressive changes in the eyes, which are quite impressive. Confusion regarding iridology is due to the fact that most practitioners are not working with their clients to the extent that would bring about truly positive changes in their bodies that would be reflected by changes in the iris. Another reason is that changes are not immediate. It takes time, many months on a good detoxification program, to get things started. It simply takes a while to wake up sleeping cells and to take them way beyond their initial capacity - not a high price to pay in light of the benefits.

*"If you can't get [people's] eyes to change, you're not a good healer,"*

~ Dr. Robert Morse N.D.

If you're interested in the study of iridology or just want to know a little more about this valuable science, I suggest that you read some or all published material on the subject by Dr. Bernard Jensen. This wonderful man spent almost his entire life working in the field of health and healing. He was the first person to practice iridology with camera systems and was able to monitor the changes thoroughly as they occurred. As he also used x-rays and other diagnostic methods, he was able to show the efficacy of this procedure and professionalize it.

Dr. Robert Morse N.D. was a close friend of Dr. Jensen's. Thus, he was able to learn iridology from the great man himself. The healing system discussed throughout this book is greatly influenced by Dr. Morse's astonishing experience and knowledge of raw foods and herbs; and Dr. Jensen's perfected iris analysis techniques.

Dr. Morse has since proceeded to refine Dr. Jensen's iridology work especially in relationship to the lymphatic system. The unique expertise of iridology (not only) gives Robert Morse such a sublime state of knowledge, where and how many obstructions are present – can be seen for the first time.

The lymphatic condition, as well as the strength of the cells, can be seen via iridology thus the diagnostic ability is very effective.

Before you embark on your healing journey, you might want to have pictures taken of your irises at the **very beginning**. Not only will this give insight into what areas and weaknesses of your body you're dealing with, but it will also serve as future proof that eyes do change and that you're making progress.

*"Iridology is that master science that helps you pinpoint where the toxins are, where they have migrated to and where they have settled in the body."*

~ Dr. Bernard Jensen

To give you a better understanding of the reality of our conditions, the state of health we are in as well as to get a better idea about iridology consider this: there are only two eye colors – brown and blue. In addition, the fiber should be straight, not curved. A too whitish, yellow or green eye does not represent a healthy state, but obstructions present in the body that show up in the iris. A great example is sulfur which is yellow/orange in color and mainly ingested via sulfur drugs, pharmaceuticals or also in food additives like with alcohol in sulfured wine. As stated, sulfur is very suppressive to the lymphatic system thus hard to get rid of. Nature is so genius to show the true color of the obstructions reflected in the respective eye (left body side in the left eye and in opposition). Sulfur being yellow/orange makes brown eyes look lighter / yellowish and blue eyes green (blue mixed with yellow results in green). The lymphatic system lies show up on top of all fibers and is clearly visible and responsible for the many different eye colors that can be found. Perfect health would show up in an eye being completely brown or blue (intensity can still vary as far as I am aware of) with the fibers merely or not at all visible as they are that straight. Performing true detoxification will bring one closer to such a state. Nevertheless, Bernard Jensen has not seen a single perfect eye in his entire career. Robert Morse mentions that it is possible to get from a very toxic looking eye to a pristine one, and we might be able to do so with the knowledge that is available to us at this time.

You should now have a better understanding of our condition – but again, not until you have experienced it you will truly know. You might have yellowish eyes due to sulfur deposits (or other forms of chronic congestion). Now consider this: when you detoxify that sulfur out of your body you will actually see it in your urine or better even stool

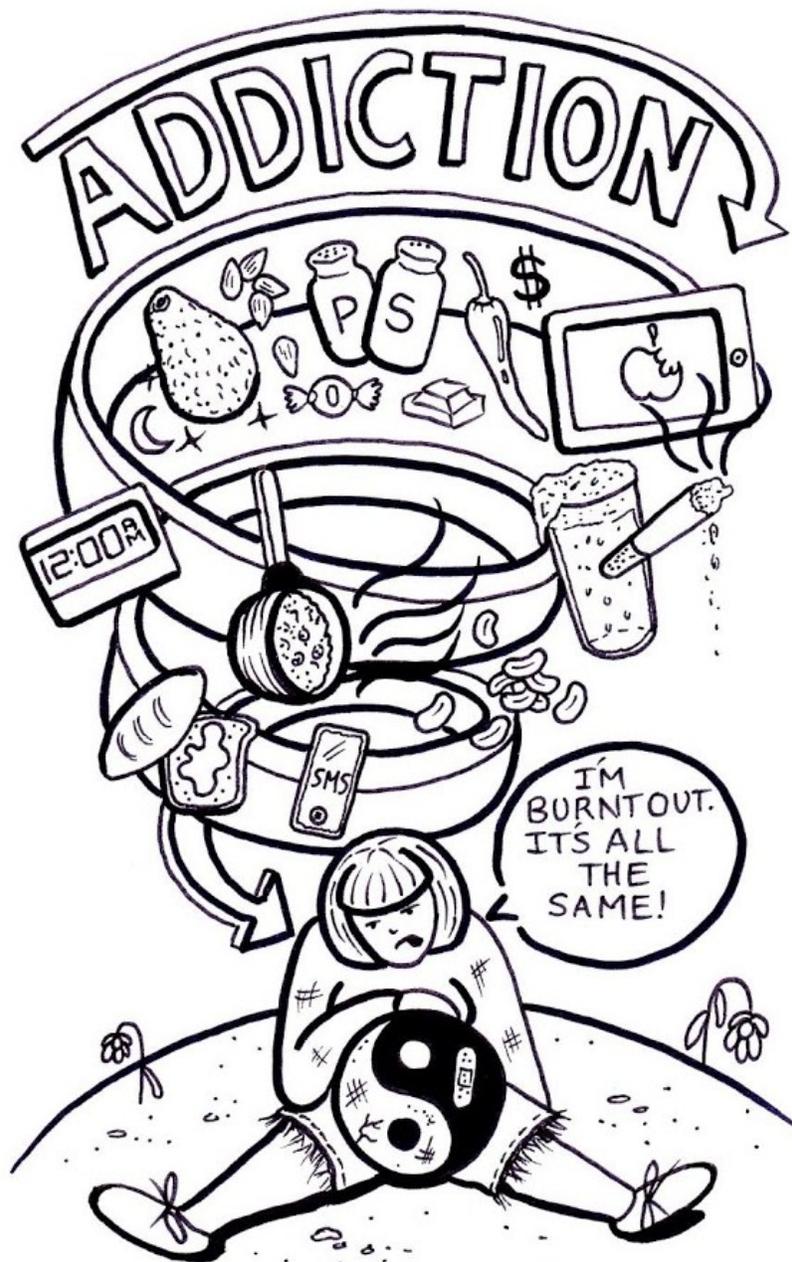
and see, simultaneously over the time period, how the yellowish part of the eye would fade away. This is how mainly Dr. Robert Morse and in particular Bernard Jensen D.C. have come to their conclusions – through studying hundreds of thousands of eyes, whereby some changed dramatically.

Nevertheless, I have not seen before and after pictures from multiple individuals doing at least 5 or 10 year-long focused and complete work on them so I cannot guarantee the exact reality of the theory as a whole. I ‘just’ have seen parts of the theory being proven, but ultimately this is more like a nice gadget to me. In order to fully understand this science one would have to supervise hundreds, and correctly take pictures at intervals, over at least a 5 year period. Either way, once one starts removing toxicity as well as stimulation of the body it will be quite obvious, due to symptomology, what kind of weaknesses or degree of toxicity are present and Iridology won’t truly have a huge impact on the program. With this said, I have looked at hundreds of eyes and taken thousands of pictures of myself and others but I don’t consider myself an expert in this art at all – much more would be necessary and in particular over a period of many years with multiple individuals following a strict program to make sure that I have enough experience to fully, without doubts, see the full reality of this art. Up to then what I can mention are mere observations of others that I have seen to be seemingly true. Thus, I prefer when you focus on getting better rather than getting lost in pictures and ideas.

## Food, an addiction – How to tackle it

If you're not fully convinced by now and still have doubts that you can change your eating habits, **which you can**, or are stuck in your habits, then read on carefully.

Cooked foods, unhealthy choices, too much fat, spices and even special designed chemicals make the modern diet extremely addictive. Not only on a physical level but often also on an emotional and mental level. In short: **if you're eating cooked food and would like to change towards a balanced raw food / mucus-less diet, you must overcome a strong addiction.**



## CATCH - 22's

Addictions are compensation. Food is one of the strongest addictions there is as it is used by all lower bodies as one of the prime form of compensation.

- Eating imbalanced food such as fake fruit, animal protein, and dairy products induce cravings for compensation of the opposite food spectrum such as green leafy vegetables. This cycle likely creates a scenario of overeating as the body's prime focus is to maintain nutritional balance. Depending on digestive and glandular weakness fermentation, yeast, candida and so forth start to flourish inducing a further desire for food and the circle starts all over again.
- Poor food quality, weak digestion / absorption and utilization cause poor nutrient intake to the cell leading to nutritional deficiencies and imbalance. The body responds by cravings which increase food intake but does not address the root cause. In time, the body got weaker, more toxic and depleted magnifying the trigger.
- Poor food choices that do not match the present state of the three pillars of health, toxicity, cellular strength, and nutritional level, will result in deficiencies. This causes the body to crave what is needed to restore balance.
- Weak adrenal glands require stimulants such as meat and other animal products, coffee, energy drinks, salt, cigarettes, constant food and intense activity to maintain a desired level of functional ability. However, stimulants innervate the adrenal glands in the long run. A low inflammatory diet, fruits & vegetables, exposes the true state of the adrenals, resulting in an energy crash.
- Sluggish thyroid results in low metabolism thus low body temperature as well as improper calcium utilization leading both to depression, desire for heat inducing (acid) food and easy weight gain. This results in creating a scenario for lack of self-worth and emotional eating which all makes the thyroid worse.
- Eating mucus-less foods, in particular astringent one's such as whole fruits as well as vegetable juice, promote or allow the cleansing process to take place which often results in weakness and desire to inhibit the process through consuming suppressing cooked, dense food and/or too much food. The cleansing process is mistakenly considered as hunger, eating is however not the answer to this as it will simply slow down or inhibit the cleaning just to make sure one has to go through the same scenario again in the future or live with the toxicity.
- Certain toxicity levels such as halogens toxicity (mainly bromine, fluorine, chlorine) and those of other heavy metals result incompetence / interference of nutrient intake. The body tries to compensate his own toxicity levels by particular

food choices that help him to remain balanced which are signaled by cravings. Unless the toxicity is removed by mainly replacing them with the correct minerals, such as is the case with heavy metals and the halogens it would be the proper form and quantity of iodine, the cravings do remain.

- Fertilizers such as NPK (Nitrogen, Phosphorus, and Potassium) create imbalanced mineral balance in the produce which interferes with our own mineral balance creating nutritional imbalance and deficiencies leading to cravings in order to compensate the effect. The hybridization process by itself and GMO obviously, do further change the rations.
- Consuming products that interfere with our hormones such as ingesting animal hormones by consuming animal products or other food such as soy results in imbalanced sexual behavior up to feminization and glandular weakness being contributing to compensation.
- Dense foods such as nuts and dehydrated food are compensated by liquid cravings.
- Candida and yeast overgrowth induce cravings for sugar which makes them multiply and ask for more.
- Being lost in the modern twilight zone, surrounded by nonsense, can initiate behavior of self-sabotage. There are many other scenarios that create emotional eating by inducing the **'escape mode' – hiding behind the smokescreen.**

Either our inside (all levels) is pushed out of balance and asks for compensation from external sources or the external appears and/or creates an imbalance which often gets compensated by internal self-sabotage.

Addictions are doom loops that either is addressed at the root or continue and get worse as time goes by. It's always the easiest option to address addictions & doom loops at the root and take care of such. It might appear harder but living with the consequences, which exponentially increase in potency over time, is much worse. It's indeed easier to evolve than to dissolve – we can't hide from ourselves. It's a mental illusion and trap. On paradise foods, one seems to be free of all doom loops once the body is brought into balance and appropriate strength, well worth experiencing.

Let's use the example of someone who is overweight. Most have already tried hard but simply don't seem to succeed no matter how hard they try. Often the issue lies in a weak thyroid and overall sluggish metabolism as well as an imbalanced diet that is being maintained to stimulate other weaknesses such as the adrenal glands. Nutritional imbalances and deficiencies, in particular in minerals, do also result in overeating which does not subside unless these are addressed. Supporting the glands adequately and helping nutritionally can and usually does change everything as the individual starts to

get the energy and motivation back to follow than the path to a healthier lifestyle. This results in natural weight loss that has nothing to do with a 'struggle' but is actually much easier than working with the body and its signals. Overweight people are not 'fat' because they can't eat less and do more exercise. What an insult. One is suffering and does not understand how to get out of that position and the 'expert' puts the burden on the individual telling him that 'you can't control your food intake which is the reason you are overweight'. Not only is the person misled but also personally insulted for supposedly being weak. The truth is that without addressing the true root cause, which is not well known nor advertised, it's pretty much impossible to permanently lose weight and likely more harm than good comes about. It's all cause and effect, and these are called doom loops for a reason.

The root cause of most addictions is poor glandular functions, nutritional imbalance, and deficiencies but also high toxicity levels. Facilitating strength and balance within the body must be the main focus. Doing so also many emotional and mental imbalances will be taken care of as their roots are deeply embedded in weak glandular functions and other physiological imbalances.

Doing so parasites and out-of-control microbes will also be taken care of as they feed upon weakness and toxicity.

## **Environment**

Affirm yourself – your fellow man will follow. I know that sometimes this becomes almost impossible, so try your best, become strong and be patient. You are the one that needs to change; everything else will follow. It is also suggested to allow everyone their preferences as they have a right for their own business; respect everyone's choices – we all will eventually arrive at our own balance. I learned that it really is best to focus on oneself and let others respond to our actions and example.

Nevertheless, if your social environment is suppressing your healing strongly (and in particular when you are in some sort of time pressure as well) it might be better you surround yourself with love, like-minded people and so on – you can get back to it all later. It would be a great choice to 'kick-start' your journey by going to a health facility that is so respectively. You also don't have to live with others that you don't want to have around you. It's all about choice. What do you want your life and overall experience to be?

Let everybody know about your change and what it entails. Not with the intention to convince anyone but to get their support – it will likely not always be easy thus support from family or friends is very much appreciated.

## **True Hunger**

A quote from Herbert M. Shelton's book *'The fine art and science of fasting'* to better understand how and why most of us actually eat (page 240). He refers to water-only fasting.

*"Let us try to arrive at an understanding of hunger by seeing what it is not. A headache is not hunger. Pain in the abdomen is not hunger. Gnawing in the stomach is not hunger. Lassitude is not hunger. Drowsiness is not hunger. Weakness is not hunger. Faintness is not hunger. A 'dull pressing sensation' is not hunger. Restlessness is not hunger. In forty-four years of conducting fasts, during which time I have conducted thousands of facts that have extended over periods that have ranged from twenty days to ninety days, I have yet to see a single individual in whom pain, headache, drowsiness, a 'feeling of emptiness,' etc., accompanied the development of genuine hunger. These observations should be worth something. They are certainly more dependable than those that are made on individuals abstaining from food for three to five days.*

*Dull ache in the epigastrium, violent headache, irritability, restlessness, lassitude, drowsiness, faintness and a decreasing capacity for continuous effort - how like the effects that follow the missing of the accustomed cigar, pipe, cup of coffee or tea, glass of whiskey, or dose of morphine are these symptoms! How did Prof. Cannon miss their true significance? The 'feeling of emptiness,' and the gnawing that he describes, are not accompaniments of hunger. Neither is the 'dull pressing sensation' which he has left as the 'central fact' of hunger any part of the physiological demand for food, which we call hunger. These are both morbid sensations. 'No person,' says Page, 'feels faint upon passing a meal, or has a gnawing stomach, except it, be occasioned by an irritated or unduly congested state of that organ. It is a sure proof of dyspepsia (using this term in its popular sense, as implying the condition of that organ). Strictly speaking the term is a synonym of indigestion (1883a, p. 28)."*

Mr. Shelton refers to the effect of cleansing which we almost every time misinterpret as hunger. In actuality, we have done so all our lives. I once fasted for 42 days on water-only and was not hungry during the whole fast except for once sometime in the middle of the fast in which I had a very strong 'hunger' sensation and activity in my stomach. I was so hungry I found myself on the internet looking at all kinds of pictures of food

and videos, this happened after around 30 days on water only. After some 4 hours, this experience ended as abruptly as it started leaving me totally at peace once again. This experience clearly demonstrated to me the misunderstanding we all have been brought up to. True hunger is a pleasant sensation in the throat and mouth that increases over time; if one goes hungry to bed and wakes up not being hungry what does this tell us?

Nevertheless, with all this said, I also experienced chronically weak glands, as well as a strong mineral deficiency and cravings that are accompanied with such a situation are very real. It is always best to listen to one's body, support glands and cover deficiencies and not just fight the body with thoughts. It is also suggested to conduct a water-only fast at an appropriate facility under guidance in particularly for the first time. One also should prepare the body properly actually to be able to handle the fast thus benefit the most from doing so. Nevertheless, I suggest to anyone to undertake at least a three week long water-only fast at some point of his journey, just the understanding about hunger alone is well worth doing so not even mentioning the amazing benefits it brings besides this.

### **Never give up**

Even if you're hurting, following this path will help you tremendously and place you in pole position against your addictions. Yes, addictions, as you will not only be able to do the diet but also change the very cause of why you have been addicted. Soon you will enjoy greater and greater freedom - **every single struggle along your way will be worth it, just keep going.**

# The Healing Process

## Unbalanced Healing

It is advisable that you peruse this chapter thoroughly, as it is easily one of the most important, yet misunderstood topics of health. What we are about to look at is a very delicate and important aspect of detoxification that you really need to understand. This is the very phase of healing that holds most people back on their path to health and vitality, and equally the very reason that many health practitioners are unwilling to take their clients through this process and method of restoring health - this part of your journey will often involve, what is referred to as the 'healing crisis'. There is no mystery to it; it's a very natural process. However, our health care misinterprets these crises. It's a "healing event" and the normal course our body takes to heal itself. One way of illustrating this is by looking at cold and flu. They are very simple processes but have been misinterpreted.

We have this belief that colds and flu are something '**bad**', giving us runny noses and hindering our daily activities. We cover ourselves with gloves and scarfs and try to protect ourselves from 'catching it' by meticulously washing our hands, limiting physical contact with other people and the like. Nothing could be further from the truth, as it actually happens to be something beneficial.

Any situation related to our health, arise from violating nature's laws. The unnatural habits we practice daily have led to a weakening of our bodies and a blocked lymphatic system. The concern is not external, it's **internal**.

An adequate acid-alkaline-balance is of essential importance – this is the chemical foundation of life. The waste stored in our lymphatic system is mainly responsible for the overall acidosis we face. Therefore, it's obvious that to reverse our issues we must clean our lymphatic system to restore a proper chemical balance.

And that is where colds and flu have their origin. Cold air has an alkaline effect on the body, giving the body an opportunity to get closer to chemical homeostasis. A cold or flu is the essential excretion process.

It's an effective way for your body to alkalize, thereby giving it a chance to purge itself. One can move towards homeostasis quite significantly through a cold and flu. I'm sure you are beginning to realize just how illogical it is to try to avoid it, and far worse, suppressing it. Suppression will simply stop the elimination process leaving one without the side effects **at this particular time**. However, it creates a much greater

difficulty: the purged waste will be pushed back and deeper into the tissues of the body including the medication used. The benign cold and flu becomes a greater issue, as the next time your body will try to expel it – the purging must be stronger to get rid of deeper congestion as well as the medication itself resulting in a stronger cold or flu. Continuing this game will eventually give you bronchitis or pneumonia. Thus the treatment itself leads to much greater concerns than the initial symptoms. Colds and flu are indeed beneficial processes that contribute to many days' worthy of thorough cleansing.

You've now been shown the process of what happens when someone lives an unhealthy lifestyle and suddenly gives the body an opportunity to cleanse itself. This effect can be described as a "healing crisis", but is somewhat different to what actually happens during a proper detoxification program. It represents an **unbalanced** course of healing and is usually uncomfortable.

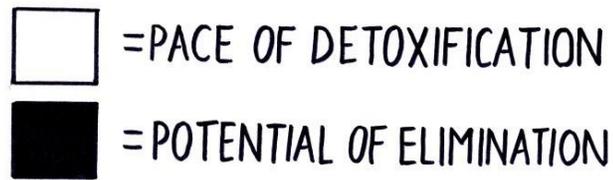
## Balanced cleansing

As a result of consuming an alkaline and astringent diet of fruits and vegetables, with and sometimes without herbs, or by fasting, one begins to break up and decongest mucus build-ups and other obstructions, while moving lymphatic fluids. The working speed of the lymphatic system and the ability to eliminate work in harmony, the chemical balance progresses slowly but steadily to homeostasis. One's ability to eliminate will determine how quickly one can move towards a greater chemical balance while staying in balance.

The above explanation is an example of perfect physical balance during detoxification. Nevertheless, for individuals with weak excretion pathways and high toxicity levels this is more of a dream scenario. When the kidneys, adrenal glands, GI-tract and other tissues involved in elimination are highly compromised, so is the ability to eliminate. In addition, most of us have a highly toxic body. As we learned at the beginning of this book, effective healing can only take place in an alkaline environment. The acid waste must, therefore, be removed. Yet for this to happen at an efficient level, the kidneys, adrenal glands and other tissues involved in excretion must be capable of doing their job. Do you recognize the dilemma here? If not, read it again.

It takes a long time to escape from this trap unless one makes use of the many tools available to support overall elimination as well as cellular function. Once the body's ability to eliminate and overall cellular function have increased whereby some levels of toxicity have been removed, one can accelerate the pace of healing and still remain in

balance without creating an uncomfortable and ineffective situation. It's all about using the right pace for each individual and the condition involved.



**If you're in a critical condition, pay attention**

If you're amongst the less fortunate and time plays a crucial role in your physical survival, you don't have the choice of slowly building up the pace for your comfort. The severity of your case will determine how aggressively you have to undertake the first part of your detoxification program. As your elimination pathways (mainly urinary tract, bowels, and skin) are not able to cope with the necessary pace you have to support them as much as possible with herbs, clays and techniques such as skin brushing, sauna, salt baths, massages, rebounding, etc. Nevertheless, you will likely experience some stronger eliminations – fight yourself through and alleviate the crisis as much as possible.

## The 'Healing Crisis' - Healing event

Whenever you stray from the dream scenario during detoxification and begin pulling on your lymphatic system too quickly - in contrast to your elimination capacity - you will create an obstruction in your lymph nodes, kidneys, liver and gallbladder, etc. and you will feel pain, pressure and so forth. The greater the obstruction and elimination the stronger the symptoms will be, varying from slight aches and pains to extremely severe symptoms such as pus oozing through the skin or numb body parts (acids cause inflammation thus pressure on tissue –including nerves).

A healing event (mostly described as a crisis, however, 'event' is a better term as it represents a positive process) can be described as a phase of light to very intense elimination, purging and releasing - the elimination and purging of mucus congestion, toxic build-up, tough mucus build-ups', acid waste and the like. Do not fear this event: understand and support it, or even promote it if needed.

A classic example of how such an event develops:

The body conserves energy by detoxing at a certain pace and builds it up to finally trigger a strong purging followed by heavy excretion accompanied by weakness and other discomfort. Especially when detoxing without properly supporting elimination this specific example is part of the daily routine: constant up and downs.

Nevertheless, such events can be influenced by using the right kind of tools and techniques and/or regulation of one's pace of detoxification as stated before. The idea is to 'use the energy constantly' and not allowing the body to build up over one's limit – **only cleanse at the pace your excretion pathways are able to handle**. An example for this would be to either cleanse while supporting liver function or not. Consuming a cleansing diet will likely result in releases of liver-build ups such as lipid and harder liver-gallbladder-stones into the GI-tract which either can be flushed out constantly by using herbs specifically for this task (like chanca piedra or turmeric) or left alone which usually can be felt in the liver going through cycles of being blocked and hindered in its functions making for a much less effective and comfortable process. The idea is to release and help eliminate blockages steadily in smaller quantities rather than less frequently in larger quantities creating more stress and discomfort for the individual.

It is also possible to cleanse too quickly which happens by neglecting one's ability to excrete or other factors that hinder the lymphatic system in general of moving freely (For example, stones, hardened lymph nodes, lots of chemical residues in particular sulfur, strong weaknesses, etc.) which can result in waste not being able to leave the body properly, however – getting stirred up. This results in little to even negative

progress and likely great discomfort and other side effects. Consuming an astringent diet without supporting the kidneys and/or adrenal glands would be an example as almost everyone has weaknesses regarding these tissues. This will end up in lots of lymphatic waste being pulled towards the kidney but left unable to be excreted. The kidneys will get clogged more so and worse – the waste has to be dealt with internally. This can result in tumours (lymphatic waste depots) getting bigger, lymph nodes swelling and in general symptoms getting worse (the tumour gets bigger as one moves waste from other parts of the body into the tumour). Make sure you always support kidney and adrenal function, as well as use other means such as clays to take away pressure from the kidneys, and don't jump on a level of cleansing your body can't cope with.

Don't be afraid of this last paragraph as we will cover in great extent how to undergo the detoxification process.

Imagine that you are the owner of a huge zoo full of lions which all have to move to another facility. In order to be successful – not cause any harm as well as get it all done efficiently and smoothly - you would have to be very careful in moving the lions; enough staff, the right tools (such as cages), adequate space (rush will lead to errors) and so forth.

Why are there healing events?

- A. Due to weak tissue being overwhelmed thus struggling; this one can be supported with herbs and/or glandular very effectively. Nutritional balance and saturation makes for strong tissue, systemic.
- B. As we all literally are full of waste; physical, emotional and mental. This waste has to leave. The quicker the toxicity is forced to leave, the more noise it will make and, simultaneously, the better the process is supported, the more comfortable and effective the elimination will take place.

We all must make sure that our strategy covers our individual issues and detoxify accordingly by using the correct intensity, pace, support of weaknesses and elimination, etc. as we all truly are full of "lions" that will start chewing on us when exposed uncontrolled.

Nevertheless, we will all have to endure some healing events, and the degree and quantity depend upon our conditions. In particular in the beginning stages whereby the further one progresses the easier it will become.

# What to expect & Tips for detoxification

Following are some listed expectations as well as tips for more specific areas / concerns. Always remember the kidneys & adrenal glands connection to the lymphatic system, and fiber & clay products that can help remove waste from the bowels which will make it easier for the kidneys. This will greatly make up your ability to eliminate as well as possible discomfort arises when these are not supported correctly, and/or strong weaknesses are present. Proper bowel movements have a massive impact on elimination, and this must be the main focus. The correct support for elimination makes all the difference in detoxification.

## Cold and flu-like symptoms

When you start cleansing your lymphatic system, your sinuses, and lungs, in particular, but also all other parts of your body can become active in cleansing - **don't stop this natural process!** This is the only true way to increase the functional ability of your cells and start the regeneration process.

You will likely eliminate mucus in various colors from yellow, green or even brown to black. The darker the discharge is, the more important that you got rid of it (older, deeper obstructions). You might even eliminate blood in addition to mucus. Don't panic, obstructions are of an acid nature and can be responsible for inflammation and bleeding in your tissue. You might also experience a sore throat, this is caused by mucus and toxins leaving your body in this particular pathway. It is best not to use any cough drops, as they mostly have a suppressing influence thus inhibit elimination. If you feel the desire, there are natural, herbal cough drops.

One can either experience mild detoxification processes, such as a running nose or a cough; however, it can also manifest itself in a strong excretion over the bronchial tubes or lungs. Those deep detoxification processes can be uncomfortable and scary. Don't panic - your body knows what it does.

The body can use any possible opening to get rid of waste: skin, ears, nose, mouth, kidneys and colon. If one cleanses too rapidly and is very toxic, the skin can even split open and release toxins that way.

Relax, and try to welcome those detoxification processes; they are an essential part of your journey to get well. It can take a few months until you have stabilized your body. Don't give up. Many of us have sulfur residues stored within our bodies which is very

suppressive to the lymphatic system and has to be eliminated before the lymph fluid can flow freely and efficient. Be patient and save energy to assist the healing process. It will be worth it.

## Obstructive lungs

Eliminating lymphatic obstructions can become unpleasant. This is particularly true for the stored waste matter within the lung tissue as the body will also make use of the throat as an additional excretion pathway. In the case of asthma, lung flatulence, and C.O.P.D, tissue spasms can be an issue as breathing can be suppressed, and it is a good idea to use an antispasmodic herbal blend. This will stop the spasm, however, won't stop the excretion over the lung tissue which is desired and the way to find a remedy.

If you make use of an inhaler during detoxification, your success will be very moderate as inhalers have a strong suppressing influence on the obstructions in the lung tissue. If you are in an advanced condition, you must use your inhaler for as long as necessary. Some people are even dependent on three or four different inhalers at the same time. The main issue here lies in suppressing the ability of the lymphatic system as the inhalers don't only open up your breathing capacity but also suppress excretion. However, excretion is necessary to increase oxygen exchange within the lung tissue.

Individuals with a chronic asthmatic condition and/or lung issues should be very careful and cleanse **slowly**. It would be better to start with cooked vegetables and some tonics or similar.

Don't forget your adrenal glands, they have a great influence on the spasms in your lungs. Hypoactive adrenal glands don't produce enough neurotransmitters, which will weaken the nervous system in time thus also the nervous system within the lungs. In addition, your calcium intake might be low, and your thyroid/parathyroid could be hypoactive (compromised calcium utilization). Thus, the tissue would have spastic tendencies due to connective tissue weakness. Clean your lungs and strengthen your adrenal glands, consume a diet well balanced by the compensation factor to get plenty of minerals as well as focus on the thyroid and parathyroid gland (check your basal temperature). It's suggested that you stick to the most complete and highest quality food you can find until you are out of this situation. Don't forget to seek the guidance of some health care supervisor – you'll need it as this truly is a sensitive position to get out of.

Suggestions,

- Make some lung tea and inhale the steam, this will help with the elimination process (For example, peppermint, eucalyptus, and chamomile).
- Use essential oils for lung condition (same as above) directly on your tongue. This approach is very strong and is great for crises.
- Castor oil compresses with cayenne pepper on the chest.
- Hot/cold compresses.
- A cup of peppermint tea followed by one to six teaspoons of a lobelia tincture around ten minutes later can be very helpful. Lobelia is an anti-spasmodic in small doses, though an emetic agent in high doses, thus, you should be careful or you might have to vomit (this wouldn't be negative as the lungs will find some relief. However, it is not comfortable - it's better when you detox in balance).

## **Bowel movement**

You should aim for at least one bowel movement per day; however, two or three are much better. **A bowel movement around thirty minutes after a meal is an ideal scenario.**

**Diarrhea**; some have three to six movements per day as the GI-tract is inflamed. If you have loose stool make use of herbs that have a gentle effect (neutralize acids) on your colon. A full spectrum mineral supplement is also critical as a lack of minerals results in such conditions as well as is being promoted by it and could remedy the condition quickly. Eating prime complete food will make a lot of difference; eat mainly berries, but don't overdo it or you will promote cleansing too much which would not be appropriate in this situation. Check pancreas and liver functions as these issues are likely involved, if not chronically weak and/or toxic. Diarrhea is serious business and must be focused on heavily as the consequences and influences on the overall state of health are enormous. Chamomile or peppermint tea has an excellent effect on inflammation in your GI-tract. Two other commonly used herbs are slippery elm and marshmallow root. Herbal teas with those herbs are very supportive. One cup three to six times daily would be an appropriate dose. The dietary approach outlined in this book strengthens and feeds the tissue of your GI-tract.

**Constipation** tends to be more common. It is not beneficial to your body at all when food stays in your body for too long as fermentation, as well as putrefaction, take place, and this takes its toll on the colon as well as gets absorbed continuously. It should be one of your main priorities to have a regular bowel movement. Use a lot of fresh fruits and vegetables as well as the proper herbs that promote bowel movements, there are also other products, some are oxygen based. Especially fruit has an energetic impact, thus helps to move your bowels. Hydrotherapy, enemas, and colonics can be even more helpful, and you should make use of it often. Don't forget the influence of your adrenal glands on peristalsis as you most likely have weak ones with such a condition, always strengthen them accordingly. Their neurotransmitter output and respective relation to your nervous system is what is greatly controlling your bowel activity. This is the reason why stimulating the adrenal glands, For example with coffee or cigarettes triggers a bowel movement.

We all have mucus build-up, also referred to as mucoid plaque, on the wall of the colon from consumed starches and dairy products, in addition to the lymphatic obstructions in the wall, where the cells are. Specific herbs for the GI-tract to get rid of these is a smart idea as those obstructions are a huge hindrance to your body's wellness. One of the most powerful options is to use astringent enemas such as 'lemon-enemas' to clean out the colon of such obstructions. These residues are very persistent and don't come off that easy. To fully cleanse the whole GI-tract longer periods of strict detoxification have to be undertaken.

If you have a chronic pancreas and get diarrhea for that reason, due to weak digestion, you should only eat what your body can tolerate and might even have to stick to consuming juices only, or even better, blended berries. Concentrate on drinking little at a time, if necessary only a sip once every few minutes. Use the correct nutritional supplements that are potent and absorbed easily. Patience, herbs and a glandular will do the rest. Use clays, which act as internal brooms, to help you out with fiber that has been stripped from the juice. You can also use digestive aid in the form of enzymes and so forth. However, enzyme therapy should not be a long-term solution but more so only to stabilize yourself. Pancreatic glandular seem to be the most powerful enzyme and also help to strengthen one's own pancreas. It is all about stabilizing yourself and nourishing the body initially as you likely have a depleted one. Proceeding this way you will be able to feed yourself and have proper bowel movements while restoring health in the tissue involved.

Make sure that you have regular bowel movements, no undigested food in your stools and take care of the health of your GI-tract. A healthy colon is the number one key factor in your process and without it getting optimal you won't progress.

## Pain

Pain often occurs in direct relation to acid and other abrasive chemistry, which inflames your tissue and is recognized by your nervous system. Pain can also manifest itself via other blockages in your energy-flow, For example due to toxins, splinters, blood clotting, cholesterol plaguing, acid crystals, chemical medications, etc.

Wherever you have a weakness in your body, you will likely feel pain or discomfort at some time during your detoxification process. The body will pull the toxins out of the tissue. This step is common and doesn't have to be feared – it typically only takes a couple of hours anyway to a maximum of a few days. After the healing crisis, the affected tissue will be stronger.

We have been taught to treat pain – hide the symptom. Drugs, which take care of the pain, are in generally in opposition to health and detoxification. In detoxification, we deal with the root causes, and symptoms of pain are merely signals to warn you that something is wrong, and you should take care of our body. If you suppress pain with chemicals, you will create further issues in the near future and likely even greater tissue weakness. Nevertheless, if the pain becomes too dominant, you should use some form of painkillers as too much pain can weaken your spirit and body even to the point of death. You should always use natural painkillers before going to pharmaceuticals and also stay patient and positive – getting well takes some time. As painkillers constipate your bowels, it's advisable that you make use of an herbal blend for your bowels with some laxative power to give you the bowel movements you desire, or a product with similar effects. This will ensure sufficient bowel movements which is important in particular as you are cleansing. Reducing the toxic load in your body is key in eliminating pain.

Make use of temperature differences, change between cold and hot compresses, to ease the pain. Arnica- or castor oil (For example, compresses or massage) are well worth a try. Consult a health care practitioner in very painful situations. Pain results due to toxicity, weakness and a lacking & imbalance national state, deal with it accordingly.

It is also advisable that you pay close attention to supporting your adrenal gland and nervous system as much as possible. Having pain will increase the stress and load of your adrenal gland which is a negative for your recovery thus you should take special precautions to reduce stress physically including chemically, and also in all other areas of your life. Get your spine checked and do some other body work that help to relax and restore proper nerve function such as N.O.T. (Neural Organization Technique).

## Vomiting

Vomiting is not usually experienced in a detoxification program. However, if a person is very toxic and especially if a lot of chemical medication has been used which do get stuck in the stomach area vomiting can be experienced. It is even possible that worms or parasites which have made the stomach area their comfort zone are being vomited. Don't worry about this one, even vomiting itself is rare, let alone bringing up parasites.

Ginger, mint or chamomile tea helps to soothe the stomach, spasms and is also beneficial for the liver and GI-tract. Additionally, an enema or a colonic can be of great service in order to help in excretion and to calm down the body. Don't cleanse too aggressively as this can also induce vomiting. If you feel like vomiting due to taking too strong herbs or similar you might want to allow yourself to do so and not hinder your body. Make sure vomiting is not something you frequently do as it puts a strong stress on your nervous system, nutritional level and so forth as well as can even become a habit which would be very harmful.

## Fever

Fever is a natural process to rid your body of toxins and waste products. Your skin is a large excretion organ, and it is said that it gets rid of around 2 pounds of waste per day at normal functionality. When the body is pushed into detoxification, the quantity will increase accordingly.

It is natural for an adult during fever to reach a temperature up to 103 °F / 39.5 °C. Always make sure that you drink enough water during a fever. A cold shower, a bath or wet cloth on the forehead or on the back of the neck can be helpful during those times. Children reach much higher temperatures ranging from 104 °F to 105 °F (40 to 40,5 °C). Make sure your child gets enough liquid. In addition to the increased excretion, parasites have a hard time surviving the hot environment.

Again, fever is a natural process of your body. The body makes use of it to get rid of toxins, mucus, pus, parasites and even unwelcome cells. It's being said that fever over 106 °F (41 °C) is deadly for cancerous cells and at around 109,5 °F (43 °C), healthy cells get into trouble.

Increased temperatures are triggered by the thyroid and pituitary gland. Especially when the thyroid is compromised, fevers become very rare or even impossible for the

individual to induce. Night sweating is also quite common and likely connected to stressed and burned out adrenal glands. The thyroid and adrenal glands work closely in relation, and you should focus on both if you want to restore balance in either. Strengthen your glands, make sure they fulfill their tasks as they strongly influence and can even control your life.

## **Acid reflux**

When acids in the stomach or GI-tract are not being dealt with, the tissue involved gets harmed. For instance, acid reflux can be experienced due to;

- Poor digestion due to weak pancreas / liver function, low stomach acid levels, poor food combination and so forth results in fermentation and putrefaction, which are acid forming and gas producing processes. Either the acids or the gas-pressure can induce pain.
- Stomach acid requires certain key nutrients such as chloride for its production, and calcium for the release.
- Gallstones and other stones are also known to block the secretion of digestive juices.
- A weak sphincter between the esophagus and the stomach doesn't hinder the hydrochloric acid to flow back.
- Too much acid forming food can cause acid reflux by itself, especially too much animal products and starches, but even cooked tomatoes can be a trigger which are highly acid forming and should be avoided in any case.
- A strong cleansing process induced by potent astringent herbs or food. In particular fruits have high cleansing properties.
- Parasites and microbes.

Detoxification is not usually the trigger of acid reflux. However, as raw foods are energetic, it is possible that stimulation of such conditions can be present in the beginning.

Tea made out of chamomile flowers, ginger root, gentian root, slippery elm bark or marshmallow root calms the acid reflux and helps to heal the wall of the colon. Ginger tea is especially helpful in helping digestion. Make sure that you look at how you combine the foods. If you are having pain you can use anti-inflammatory herbs such as one drop of peppermint essential oil or for example, eat an apple or papaya, these fruits have a lot of digestive enzymes thus support the weak digestive organs. The most common concern is a weak pancreas and/or clogged liver, or imbalanced mineral intake.

## **Energy-loss / Exhaustion**

When one stirs up stored toxins and brings them to the surface, one will likely experience some side effects - fatigue and energy loss are good examples. Glandular weakness especially thyroid and adrenal glands, a weak digestion/absorption and overall nutritional depletion and imbalance greatly influence your energy level. Blood sugar imbalances and low blood pressure do have a great influence on energy levels, and both factors are greatly influenced by the adrenal glands. Especially when one quits all stimulants weak glands surface and often one wakes up to chronically weak adrenal glands.

Our society lives off stimulated energy. However, this weakens our energy centers, the glands. When you quit all stimulants and start using solely dynamic energy, you will most likely experience an energy low in the beginning. This will only be temporary and soon be a thing of the past as detoxification takes care of it, and the glands will become stronger.

Most chronic fatigue syndromes are not due to viruses or other forms of microbes. The only reason one gets into such situations is due to having a weak, toxic and depleted body in the first place, and this needs to be the focus and not the virus itself.

The real reason for fatigue lies with weak adrenals, a weak thyroid gland and nutritional depletion and imbalance. If those glands are weak, you will feel tired, depressed and shy. To conquer these issues, you must strengthen the affected glands. You will not be able to accomplish this overnight as the body also has to be cleansed appropriately. However, you will be successful if you stay consistent. Specific herbal blends and glandular are perfectly suited to this task and able to buffer the effect in the right quantity and variety. This makes all the difference.

## **Itching**

Itching is a common symptom and originates due to parasites or candida that are flourishing. Increase in elimination and underactive adrenal glands which result in sugar metabolism imbalances promote this condition. Too much food is one of the greatest contributors, just eat for yourself. Angelica root, aloe vera or chickweed can ease the itching a great deal. Go after the small parasites with parasitic suppressing herbs and get them in control such as with turmeric root. Parasites feed on the waste matter. Thus you should keep your lymphatic system moving, astringent foods, herbs,

and physical activity are the solutions. Parasites are also attracted by a weak sugar metabolism and especially a weak digestion, strengthen your adrenal glands, pancreas, and liver as well as restore nutritional balance and saturation. In addition to this, the body makes use of high temperatures to conquer parasites which are controlled by the thyroid. If you are detoxing strongly, and your body eliminates a great amount of waste over your skin you can also experience this sensation temporary, help your body and support the elimination pathways through rebounding for internal balance and lymphatic movement, physical activity, skin brushing, clays and so forth.

## **Mental and Emotional**

There are many faces to blockages in our physical body, uric and phosphoric acid, sulfur, mucus build-ups, liver and gallbladder stones, etc. However, the one thing that we often tend to overlook are emotional and mental blockages. These can be great obstacles in our well-being and can be tricky to overcome.

One example of the emotional influence is the different effect of hate and love on your thoughts and your body. Hate creates stress and impairs blood and lymph flow. It also has an effect on your liver and pancreas, impeding digestion. Your adrenal glands are also influenced in a negative way by sending out too many neurotransmitters, as well as hormones. All of these create acidosis. In contrast, a loving and peaceful state increases blood and lymph flow, enhances digestion as well as adrenal gland and kidney function among others.

Detoxification needs to take place in all bodies, and if you really want to be successful in gaining your health, you need to take care of your whole being. The healthier your physical body becomes, the more you will reflect improvements in emotional and mental areas.

# List of Healing Events

Most healing events are short-lived. Make sure that you consume the right kind of foods, support your weaknesses and also get enough rest and stay positive. Wrestle yourself through, it's worth it. Always support your elimination pathways and help your body the best you can including with sufficient rest. Do an enema and if you lack appetite during a crisis, don't eat.

Get familiar with the excretion process and the various symptoms. If you are eating at least 80% fresh fruits and vegetables, what you are experiencing are likely detoxification symptoms except if you don't support the body and the elimination process as you should, or don't compensate your nutritional intake, thus weak glands and/or organs are underactive for a longer periods and nutritional deficiencies & imbalances develop. Eating fake food can also result in a nutritional imbalance, and that is not a healthy thing nor has it anything to do with cleansing. If you are still eating 50% cooked food or similar, the symptoms can take days or even weeks to overcome but this all depends on the situation.

If you are not sure about the origin of your pain or otherwise are experiencing a healing event ask yourself if it is really due to the new diet and program or because of your obstructions or weaknesses? It is also wise and suggested to stick to complete food only, or at least the highest quality of food, to be certain that the symptoms actually indeed are due to a cleansing process and not due to nutritional imbalance and its effects.

If a healing crisis continues for a longer time, and you need a break, simply start eating cooked foods again, this will lower your systemic energy and bring the healing process to a halt. Nevertheless, I recommend you fight it through as you would just postpone the experience.

As I have already mentioned before, the trick is to cleanse at or below your capability to eliminate. If you are in need of quick improvements, you must support the elimination process through herbal formulas, clays, enemas and so forth to be able to remain a quicker pace. Otherwise, you will not succeed as the elimination pathways will be overwhelmed, and progress won't take place, you could even make it worse. The more you strengthen and open your excretion pathways while freeing the body of any burden it will be much easier for you to cleanse at a higher pace. This is the reason why starting this journey is the hardest part of detoxification especially as one also needs to become familiar with the process.

I have attached a list of possible symptoms to give you a better understanding of the scope of the various healing events. This list has mainly been put together by Dr. Robert Morse himself and perfected over more than 40 years. His clients did experience these crises, some are frequent and others extremely rare.

## **Minor (and typical) cleansing effects**

- Cold and flu-like symptoms
- Minor fever (99 - 100° F / 37.2 – 37.5 °C)
- Coughing with or without mucus
- Elimination of clear or yellow mucus via nose or through (lungs, bronchi, etc. can include blood)
- Mucus excretion from your eyes
- Mucus and/or a little blood in your stools or urine
- Minor pain (especially in weak tissue)
- Short-lived nose bleeding
- Rectal bleeding (hemorrhoids or lesions)
- Loss of energy (also changes from high to low)
- Itching and skin rashes
- Increase in temporary disease symptoms
- Minor headaches
- Minor fading of vision
- Minor dizziness
- Weight loss (usually 8 to 15 pounds in two weeks - depends upon thyroid function, could also only be 2 pounds)
- Shiver
- Mood swings (such as minor crying, angry outbursts or bout of laughter's)
- Gas (due to elimination of waste or poor digestion)

## Stronger experienced cleansing effects

- Symptoms of Bronchitis or pneumonia
- Heavy excretion of green or brown mucus via nose or throat (lungs, bronchi, etc.)
- Strong excretion over the kidney's (urine changes color to brown or orange)
- Nose bleeding
- Wounds or bruises on the skin
- Stronger excretion over the skin, especially on hands and feet's
- Pain in areas of old weaknesses or injuries
- Minor paralysis of extremities
- Symptoms of chronic fatigue
- Spasms in the lungs (asthma, pulmonary emphysema, C.O.P.D.)
- Temporary increase in the size of tumors
- Disease symptoms increase heavily (for a short period of time)
- Muscular atrophy of weak muscles
- Strong mucus discharge via ears and eyes
- Vomiting, diarrhea, migraine
- Cellulitis (excretion via skin – the waste affects the structure)
- Numbness and/or equilibrium issues
- Some heart palpitations
- Loose teeth (little), abscesses in the mouth
- High fever (102 – 103° F / 38.9 – 39.4°C)
- Deep coughing (sometimes dry, use herbs to loosen and help eliminate the mucus)
- Depression or fear conditions
- Emotional opening (crying, angry outbursts or bout of laughter's)
- Mental confusion (no clarity)
- Opening of skin in areas of greater toxin storage
- Heavy itching
- Mercury residues (from tooth fillings) are being released
- Rectal bleeding due to hemorrhoids or lesions

Most likely, you will experience one or more of these stronger excretion processes (healing events). Don't panic. These are necessary. Eliminating dark green mucus is fantastic. This is an excellent sign and shows that you are doing the program the right way. Whenever you cleanse on a higher level and are not yet experienced, you should work with a qualified detoxification expert together who has experience with detoxification symptoms and their side effects.

## Rarely experienced cleansing effects

- Temporary anesthesia of a body part
- Black mucus discharge from the lungs
- Dark brown urine or blood in the urine (pink. heavy kidney pain)
- Strong, black diarrhea discharge via the colon
- Tumour excretion via skin (opening of skin)
- Temporary vision/hearing loss
- Heavy equilibrium disturbances or dizziness
- Heavy fatigue
- Loose teeth (strong), abscess formation in the whole mouth (don't pull teeth – let them heal)
- Loss of weak tissue (For example, finger/toenails, hair)
- Heavy weight loss (pancreas and/or thyroid weakness)
- Strong respiratory issues (use antispasmodic herbal blends or an inhalator)
- Temporary deep emotions (recognizable through heavy crying, angry outbursts, strong depression or bout of laughter's)
- Strong mental confusion
- Reappearance of old, suppressed symptoms (For example, childhood ailments) to finally be dealt with once and for all

Some people will experience many healing crises throughout their detoxification journey while others will experience only a few minor symptoms. It depends on the degree of one's toxicity level, the strength of the cells, the nutritional saturation, how much medication has been taken and the condition of the emotional and mental body. A few people, who have suppressed the detoxification process for ages for example with steroids like prednisone, experience strong symptoms. However, usually these strong symptoms are only experienced by individuals who have been toxic since birth or have deeper issues like cancer or H.I.V. More intense symptoms may require emergency room visits, and if so is the case, have the hospital stabilize the individual. Don't be afraid of this, they have been trained to support you in crises. It's just too bad that they don't understand the detoxification process and healing events in general. Once the individual has recuperated as much as possible, proceeding with their program in a balanced fashion is recommended.



It's important to support the body very wisely while detoxing. The difference between allowing and hindering the body in its healing process can be very fine. Be clever and use common sense. **The better you support and assist the body in the process the smoother it will take place.** Unless you have to go quickly, always use the pace of your comfort. We will soon cover in detail how you can do this. And remember, **animals don't eat at all when they are sick.**

## Possible end results of a healing event

- Increase in energy – more dynamic
- Deeper breathing capacity
- Increase in cognitive abilities (taste, touch, vision, and hearing)
- No more lymphatic swelling
- Strengthening of weaknesses
- Increase of circulation (all fluids)
- Clear thinking
- Increase in memory
- Improvements in bowel movements
- Better kidney function
- Disappearance of gray hair (returning to original color)
- Tighter and softer skin
- Tumour reduction or excretion
- Stronger and clearer voice
- Disease symptoms fade away
- Blood sugar / pressure normalize
- Skin rashes (such as pimples, etc.) disappear
- Heart palpitations stabilize
- No disease sensitivity
- Reversing the aging process
- Greater control over one's physical, emotional and mental body.
- In general increase of well-being and charisma
- Increased connection to life itself.
- And much, much more.

## What should be prevented during a healing event?

- **Dehydration:** Make sure you get enough liquids in particular water. Be aware that you can also drink too much, drink when you are thirsty. You can't hydrate yourself just by drinking water but ultimately you will have to cleanse your lymphatic system for this to occur, toxicity and acidity cause dehydration.
- **Overexertion:** Use your energy wisely as your body needs it more than ever.
- **Eating incomplete food:** You want to give your body the energy and stability it needs, don't cause constant imbalance by eating hybridized food which includes fake fruit.
- **Pesticides:** Excess amounts can lead to respirational disturbances or qualm of your glandular and nervous system.
- **Excess:** If necessary, slow down or stop the excretion process. Eat cooked food. This will lower your systemic energy and stop the healing and excretion process.
- **Fever over 102° F / 39° C:** Control with cool baths and clothes. Kids can reach higher temperatures (104-105°F / 40 – 40.5 °C) without being in danger.
- **Impatience:** Your body, has its own rhythm of excretion and healing. Be patient, particularly with chronic conditions.
- **Holding on to negative emotional / mental states and beliefs:** This can stop your progress entirely and/or make detoxification a huge struggle unnecessarily – let go.

The healing process is truly impressive. It's part of letting go, which frees you on so many levels. I assume that these last pages shocked you a little bit, but it is crucial that you understand that detoxification is not just a blissful journey, one has to conquer his own issues be it weaknesses, obstructions or whatever it is you face. This serves to bring forth the good in you and is well worth it. The amount and degree of such symptoms depend directly on the degree of your issues as well as how well you manage yourself throughout the program

- The greater one's ability to eliminate and the better one supports elimination the smoother waste can leave the body. Kidney herbs, clays, and other herbs to help absorb and neutralize eliminations through the bowels but also skin treatments, enemas, colonics and so forth are key here.
- The degree of toxicity, severity of cellular weaknesses and nutritional depletion and imbalance directly affect the process one must go through. This is exponential meaning if one is very weak, toxic and depleted the symptoms will be much more intense as the body needs to get rid of more waste and simultaneously is less

capable of doing so. This is one of the key reasons why such individuals must always be guided and well supported.

- A nutritionally saturated and balanced body is stronger, and one feels much fewer fluctuations compared to being highly deficient.
- On a thorough detoxification program, you have to endure a certain amount of pain, lessons of patience, etc.

## **First-aid-equipment**

- First-aid-tools such as blasters etc.
- Castor / olive oil for castor oil packs
- Cayenne pepper (to stimulate and increase circulation)
- Heat source (hot water bottle or such)
- Pleurisy Root (Asclepias tuberosa), great mullein leaf (Verbascum Thapsus) and/or fenugreek seed (Trigonella forum-grade cum) - all of them are great mucus dissolvers for the lungs.
- An antispasmodic (herbal blend for spasms, cramps, and pain)
- Herbal based pain killer (preferably in tincture form for quick absorption)
- Slippery elm bark (Ulmus Rubra) and/or marshmallow root (althaea Officinalis) tea for acid reflux and the like.
- Arnica oil (topical use for distortion, stiff or sour muscles, etc.)
- Herbal healing salve, preferably made from comfrey (genus Symphytum), horsetail (genus equisetum), lobelia (lobelia inflata), marigold (calendula Officinalis) - for distortion, joint pain, wounds, etc.
- Plantain (Plantago major) tincture and salve (stings, snake bites, poisoning in general)
- Heal-all-tea (for snake bites, abscesses, infections and many other conditions.
- Herbal based laxative
- Aloe Vera (Good for burns, itchiness, soothing the bowels, etc.)
- Tea tree oil (herbal based disinfectant)
- Herbal anti-parasitic blend (bacterial infection, candida infection, etc.)
- Adjust the tools individually to your condition. Learn about herbs.

# No Hurry

Detoxification is no competition as long as you are not in a critical situation and even then, it's only one between your issues and yourself. Relax, get used to the new information, check your environment, realize the depth of what you are facing and attempt the whole thing at your own pace.

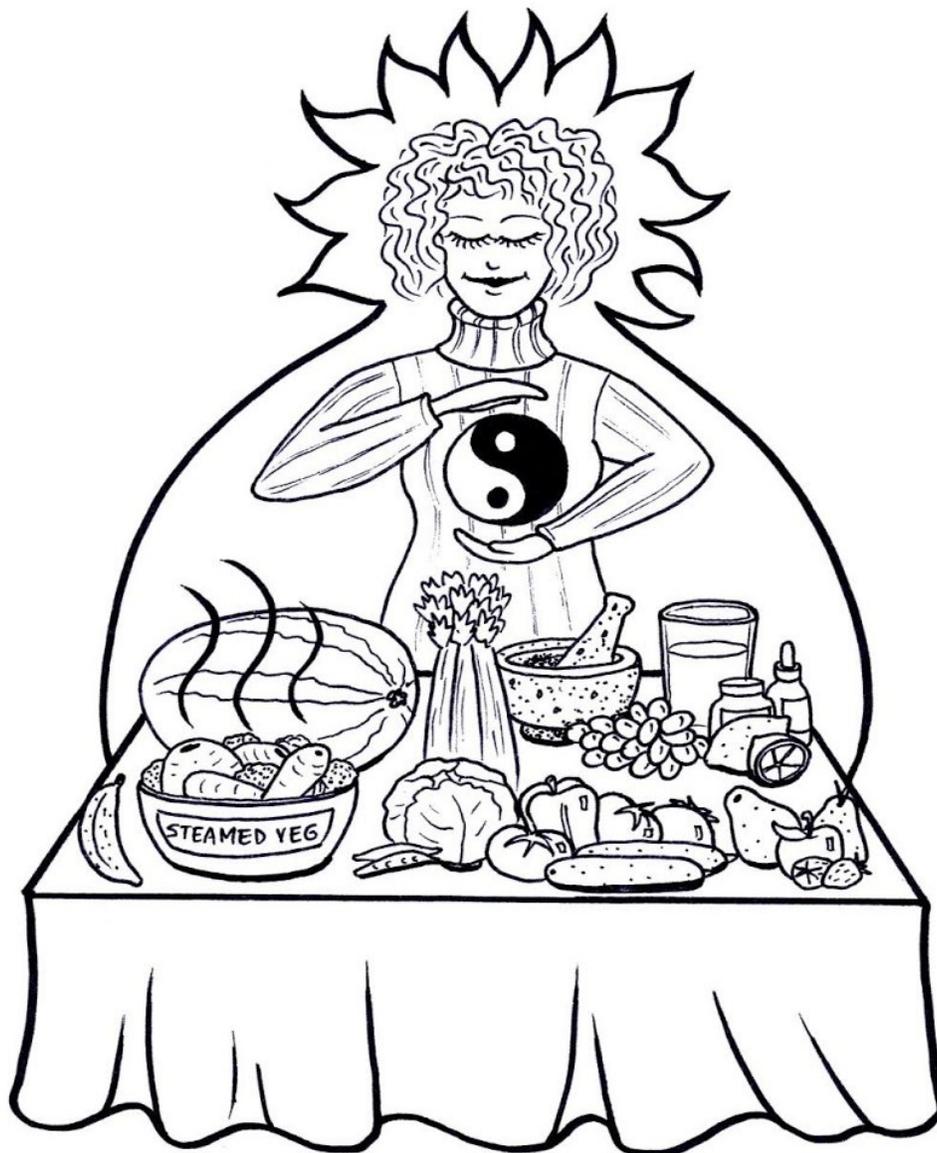
Nevertheless, as mentioned many times: you are responsible for your own situation and by dawdling, you will not clean your lymphatic system and strengthen your weaknesses. However, be aware that this change is not just another run-of-the-mill change in your life.

Depending on your commitment, you will prefer different approaches. Let me give you two strategies.



# Balance

Staying balanced is the most important and can be the most difficult part during detoxification. It is not only that you can get chemically imbalanced, such as by not applying the compensation factor correctly which will result in you getting highly unstable, but there is also an energetic aspect as we are simply not used to this kind of energy. The increase in your energy level has a healing effect on all your bodies. Especially, when you eat energetically on a high-level changes come quickly. The energy boost is usually a new experience, and if you overdo it, you can severely get out of balance. Don't look at the energy gain as a negative aspect but in contrary - it's a great chance. Nevertheless, don't underestimate the effect of this healing system as the potential is enormous.



If you find yourself in a critical condition, where time is not available, you don't have a choice and most likely must proceed out of your comfort zone. You have to increase your energy level according to your situation in order to stabilize it in a timely manner. I suggest that you slow down as soon as you have stabilized and hold your new level or only progress slowly. Use steamed vegetables to keep your energy level at an appropriate level. Don't steer away too far, it's your body, you are responsible for your health.

It is also very possible to get out of balance due to your weaknesses, if you neglect proper support, you will develop deficiencies, become depressive, anxious and/or run into other complications.

If you are constantly out of balance, your body uses unique techniques to teach you. When you either charge yourself with too much energy or if you lack in support for your weaknesses or compensate improperly you will end up binge-eating or similar. Starches and animal products (raw and cooked) might likely be your choices due to low energetics as well as high stimulative properties, but overall you will crave what your body desires to get back to balance. Your body knows precisely how he can compensate or how to lower the energy level as well as stimulate your weaknesses. Whenever you are caught in such a situation, you should look at your approach very critically. You know when you have crossed the line and binge eating is not healthy, nor is it your goal. Check if you are supporting correctly and/or proceed too quickly and might need a break. What is referred to here are not short-lived cravings due to elimination processes, but rather persistent cravings for weaknesses or nutritional imbalances.

If you are progressing too quickly and unbalanced you will be outrun, it won't be possible for you to make further progress without first balancing out. You can achieve marvelous progress, but not in a few weeks. Success comes with time, be smart and patient and always work on the micro and the macro cosmos simultaneously.

Detoxification is not a race, yet dawdling is not useful either. There is a thin line between detoxing too quick and too slow. Learn to develop in a balanced way, constant without backsliding. You will be much more successful and experience a much more pleasant progress.

*"Balance, for some people, can be a 70-day fruit fast."*

*"I don't advocate living on detoxification,"*

~ Dr. Robert Morse N.D.

One might be very eager but each time he hits the 1 to 2 weeks mark he slip and can't control himself anymore. This is a good example of what one should not do. Don't go back and forth but try to improve constantly over a longer period. It is not healthy to rush and end up binge-eating due to hitting the ceiling by either wrongly supporting the body or too quick energetic increase but actually can create a lot of harms. You can't force your body to get healthy quickly as it will get you somehow. If this happens to you constantly, I recommend you slow down the pace of your detoxification and proceed balanced from there.

You must also know that your flora gets used to the food you eat, For example, by eating solely fruits and vegetables you will lose the microbial activity that helps to digest complex foods. This is one of the reasons why after longer periods of eating a certain way you should not change drastically as your body is not used nor prepared for it which can result in an energetic shock and likely putrefactive or fermentative processes as the food does not digest without the specific help of microbes. The result is quite severe as much more damage is being done with the same meal as if you would eat it constantly. Also, consider that you will accelerate the lymphatic system by eating clean, and sudden change will drastically lower its pace which has many side effects and hinders the success to a degree that makes it not worth performing it.

You could even get out of balance in a way that you won't be able to control yourself and blame external sources. You have to understand that you create your own reality and take full responsibility for it. Don't blame anyone or anything external and don't push yourself so far that you won't be able to balance yourself.

# Emotional and Mental Body

Up to this point, the focus has been on the physical aspect. This has its reasons as many emotional, and mental instabilities are actually directly caused due to physical imbalances such as originate in mineral imbalances and overall nutritional deficiencies or cellular weaknesses and degrees of toxicity. Either way, simply taking care of the physical aspect won't cover everything thus let's have a look at the emotional aspect.

Overall one will heal or progress **if** one can stick to the program, sort of speak. However, there seem to be many blockages, hidden interferences, that keep showing up if one goes through this process.

By increasing the energy in the physical body with herbs and diet, among others, one will reach into the physical but also in the emotional and mental body to induce healing.

Most of us have tendencies of lust, anger, greed, attachment and vanity. Become fearful, worry too much and struggle with patience or are envy upon what others have achieved. It's also easy to become emotional about something or be absorbed by one's mental programming through the current belief system and traditions and mistakenly 'think' that these are only based on truth thus represent reality.

Life and reality do not care what you 'think' it to be, it simply is the way it is. Nor does become emotional about it change it but rather, and most often does, interfere with your own situation.

I have listened to a tape lately of Earl Nightingale, produced in the 50s, [The Strangest Secret] in which he goes over the law of attraction and how we 'become what we think about' as well that 'we are, at this moment, standing, right in the middle of our own 'acres of diamonds.' (If you are not familiar with his message you might want to listen to his tape on YouTube)

What I have learned throughout my journey so far and come to discover, for myself, is that not only is he spot on but that this law actually goes way beyond our imagination. We do create not only our income and relations but also every single detail of our body and state it is in as well as much more. Everything that we face and that appears we must have attracted. Even the fact that you are reading these pages right now or that you might have had to go through years of confusion and suffering before getting to this kind of information, and actually be able to comprehend it. Nothing happens randomly and many times what appears to be 'good' is not so or vice versa. Just because we tend to 'think', with our limited view that it is not so won't change a thing about it. Life is beautiful and brings many opportunities way beyond anything all of us can

imagine. But to enjoy it we must come to realise that we, ourselves, are the power behind what and how we experience it as well as that there are laws we can't circumvent and that we are better off by understanding and using them to our benefits. I believe that if we do our part full heartedly, that life will support us.

I can't tell you what you have to do to restore your own health emotionally and mentally, but I can give you an overview that I used for myself and others. It's very simplistic as it involves fixing everything about you and your creation you can possibly think of, or better, feel drawn to at any given moment.

What bugs you? What do you feel you have to do? What do you regret? What does put a smile on your face?

Do it.

- Relationship.
- Family and Relatives.
- Finances.
- Physical Health.
- Your work.
- Anything and everything.

You will heal when you become the risk-taker. Higher levels of dietary energetics will strip your flaws, weaknesses and negative tendencies from you as your scalp was stripped from your skull. The higher you climb up the ladder, the more you will see. Do it balanced, at the pace you are able to let go, or you might likely become shocked about your own creation. I also do believe that one can heal emotionally and mentally without using food. Either way:

There is no magic pill.

There is no short-cut.

You must heal yourself.

*"Paradise-Fruit-Eaters don't have to make any effort to violate the Ten Commandments or use gems to clear their vibration; they become like a diamond themselves ... [more like a Rubin]"*

~ Walter Schaube

## You created your own position

This might very well be one of the most critical topics for you to understand but also not one you might like to face head on.

**I don't care what you have, you yourself are the root cause of it.**

Due to our decisions, mainly in ignorance, we have all created our situations.

Isn't this outrageous that I have the nerve to say that?

Don't blame the messenger and no it's not. You deserve to know this, and you actually have to know it to be truly able to **reposition** yourself.

We seemingly are at a place of duality involving strong negativity and illusions. Making mistakes and experiencing consequences produces growth. We all have free will but we are also subject to external forces. And yes, at times this can get very ugly such as facing lots of pain and similar. For me, every struggle I went through was worth it and truly made sense, it was all necessary for me individually to overcome part of my limitations. I got to the point in which I understood this to the degree that I actually embraced the pain, be it physical, emotional or mental while I was suffering. Not because I like to suffer, but as I realized the benefit of it and accepted the lesson. With all that I have come to know I feel that this is one of the most crucial understandings as it gives me sense of why I am going through my experience and puts the power back in my own hands. Please be aware though that often the lesson of suffering is to adapt and change your way, in order to not suffer anymore. Ask yourself how you can avoid it. Act calm and creative.

It all comes down to what often times is referred to as karma. True healing means to unwind it, to fight through it, to learn the individual lessons one needs to learn. I'm not fully aware of this by all means but the hint that I can give you is that the best way to know what direction you should go is "as simple as" to follow your heart, as often as possible, and better always.

The Real you knows what you need to go through to get more aware, and you can feel your way in the right direction. It's not so much about thinking as this often is misleading and actually keeps you from feeling your way. Many times following your feeling can be totally illogical or even seem stupid, in particular to others, but in the end you will find out that this was the lesson you needed for your own individual growth. It might initially very well not be the case that one will physically heal as the physical is only part of it. There is no guarantee for healing and everyone that markets such

claims is not truly real. When one truly starts to see and comprehend the magnitude of this topic one will understand health much better. Karma seems to also not be subject to only this current life. We can either accept our condition and situation and develop ourselves out of it or let the chance slip.

This includes our family or what could be referred to as 'family-karma'. The emotional ties and attachments we have with our loved ones usually are very strong, so strong that it has a deep-rooted hold on us. It is not healthy to have any relation to anybody with strong emotional ties. We are all our own beings and should be self-sufficient which includes being so on an emotional level. This does not mean that one cannot enjoy his family or have a family but rather means that one is not attached to one's relatives and friends and completely respects their own choices and decisions whereby nurturing their growth. We all know how much we can take on.

Emotional love is very suppressing and usually results in bad habits and suppression of growth. Politics, educational, religion, scientific and spiritual systems use the emotional love idea to control and manipulate others. Unfortunately, we all have been brainwashed into emotional love and attachment and have often created strong ties to this. When one faces a health condition, these ties can become a massive issue in and of itself and relatives or family serve to convince one in a certain direction. We all must be strong ourselves and follow our own heart as well as let others have their space.

True healing to me means that one faces his own self and everything that comes with it. Always taking the risk and continuously walking into the unknown, conquering challenges while being smart about it. This is the only guarantee we will ever have. Push through your obstacles at your own pace, enjoy the ride and create something wonderful for yourself. There always are ups and downs but this is how life is, and it is better to progress than to stay stuck in fear, doubts, attachments and so forth.

*"Become like the sun shining. It shines on everyone and asks for nothing in return."*

~Duane Heppner

# Open your heart center

Healing has a lot to do with the kind of physical health program one goes through. However, if the wrong mind-set and overall state of being are present healing is suppressed, and usually one cannot stick to the program. An open heart center is one of the most important factors in our success and forgiveness to ourselves, others, the creator (or whatever), and some form of stimulation for life needs to be present. With the right view, we all can be grateful for our life, experience and lessons. We can also forgive everyone that hurt us and apologize for what we did ourselves. I suggest taking this aspect very seriously and start to become one's own active creator in the form of **giving to / aiding** others in your own way. **Give** instead of taking, help others. Open yourself no matter what it takes – it's so simple but can be so hard.

The more you give, the more you open yourself, the less you will self-sabotage and the quicker you will be able to heal.

**Do whatever it takes to get loving energies flowing.**

*“Among the cancer clients whom I could not help were those who had their heart center closed, for one reason or another, and had a hard time opening to love,”*

~ Dr. Robert Morse N.D.

# Stress

Stress is one of the strongest killers and shows up in many forms. Likely the strongest stress factor that we have in today's world is that of chemistry insulting our bodies. Our diets include many inflammatory components and stimulation properties due to the nature of the food itself but also due to multiple additives that often are neurotoxins and create stress for the adrenal glands and nervous system, but not only as often the hormonal balance and nutritional state, among others, is affected as well. If the adrenal glands are constantly in demand due to high levels of inflammation and stimulation they are sending out anti-inflammatory steroids such as cortisol which does create a scenario of stress for the body. Removing this physical burden from the body is a tremendous stress reliever in particular when the adrenal glands and other chronic weaknesses are being addressed and find their proper strength and balance. Having proper chemical balance within the body does make all the difference considering how we deal with stress – it's the difference between being burned out or relaxed during any possible scenario. You should also know that the thyroid gland and adrenal gland are strongly connected and balance each other out. If the adrenal gland is overactive, the thyroid can be found in an under-active state, almost any time. Thus, you could have an under functioning thyroid due to subjecting your body to constant stress via inflammatory food and additives that are stressing out your adrenal glands. This is a great example of how our body works as a whole and how mistaken it is just to address one gland with medications. There is a body form technique called N.O.T. (Neural Organization Technique) that can help to take away a lot of stress from the adrenal glands by properly organizing its focus, more info in the reference section. If you have a stressed out adrenal gland, this can directly affect your stress cycles, and you might find yourself stressing you, with no obvious reason. Pay close attention to how you react and become familiar with your weaknesses. Whatever serves to improve physiological health also does help with stress management.

In addition to the physical stress come all the life stressors, family, friends, job, finances, etc. You must take this topic very seriously and into proper consideration, if you do not you might very well not heal. Being under stress does affect all our bodies strongly as it shuts down healing and elimination by focusing more on survival. Being in stress is in direct relation to the physical strength of mainly the adrenal glands. If the adrenals are strong it is difficult to be stressed; it's truly that simple. The weaker and the more imbalanced the adrenal glands are, the more one needs to be in a stress-free environment to be able to heal truly. When animals get sick or injured, they hide in

some hidden place and fast – they do anything to remove stress from the body. It is also a fact that nutritional deficiencies and imbalance create massive stress for the body.

What we should remind ourselves in overcoming health issues is that the environment has strong ties to one's stress levels, and some of the roots of why any condition is present can be tracked to the family, friends, job and so forth. Trying to heal under the same circumstances one has created his condition is very difficult and sometimes impossible.

Our micro and macro cosmos are both connected and addressing one but neglecting the other does not work.

If you need to restore balance and health in your microcosmos, you should take the macro into proper consideration. Often the best case scenario for one to heal is to be completely removed from his own environment and spend some time in a healing centre or similar as this removes most if not all of the external stressors allowing one to completely focus on healing the micro cosmos. Once strength and balance has been regained to a certain level, and the initial stages have been overcome, one then can start facing his macro cosmos and start addressing that area. Don't overestimate this topic, you might likely be stuck in your environment to the degree that you don't even see what it does to you which is part of our human nature. I highly suggest for everyone that faces a stronger issue to take some stress and environment free vacations to boost physical health and see yourself from another point of view which then will make you stronger to face the rest of your life.

Likely the most important suggestion I can give to anyone in need for rapid healing is to find a proper and conducive environment to be able to go through the process effectively.

Peace equals power, and we can only benefit by calming ourselves down. We will make better decisions such as eating healthier which then removes even more stress from our life as we will be healthier, stronger and more content.

### **Earthing**

A superb way to deal with stress is to connect with the energetic field of the earth. We all should touch the earth barefoot daily. In a forest, garden or park in a city. This truly makes a difference and if you are trying to maintain balance and be grounded you should do this daily. If you are trying to overcome some crisis you might want to spend a lot of time in nature and connect with the earth to help boost your progress.

# Relaxing and proper Activity levels

Pay attention, as this is an essential point to consider in one's detoxification journey - activity levels need to be balanced as well.

We took a closer look at cells and their waste products in part one. Cells have their basal metabolism and additionally the metabolism from their specific activity levels. The more active a cell is, the higher their metabolic rate thus more waste products are being created; i.e. more acids are created.

In a healthy, clean and well-functioning body physical activity is very healthy as the additionally created waste can leave without causing further obstructions and the movement itself helps to expel waste by moving the lymphatic system as well as bringing many other benefits depending on the type of activity. But this is not so when the body is weak and toxic in particular when the kidneys and adrenal glands are strongly affected. The additional waste and stress will become an additional burden; acids on top of an already acidic condition whereby energy will be drained from the already weak adrenal glands.

This must be stressed, as there are many out there, who believe that we can 'exercise ourselves out of everything'. This is far from the truth, yes, the lymphatic system is the system responsible for cleaning and does not come with an active force that moves it like the blood but moving lymphatic fluids around by producing more waste, without being able to eliminate it, is not a wise practice at all.

There is also another response of the body to the activity which contributes to the same conclusion: when we start to exercise, our bodies focus changes – from rest to an active state. **The body shuts down excretion and everything that is responsible for it, while focusing on activity** like more blood in the muscle, heartbeat and blood pressure increases, steroids, hormones and transmitters change, etc.

When you are hurt, face a serious condition or are not filtering your lymphatic system, in general, relax. You could increase the size of a tumor (pocket of lymphatic fluid holding toxemia) with a high activity level or hinder your progress otherwise. Drift for a while instead of pushing yourself. As soon as you have opened and strengthened your excretion pathways, you are ready to pedal. Up to this point, specific herbs and an astringent diet and light activity like rebounding or walking should be your preferred choice to get your lymphatic system moving.

Remember that increased metabolism (be it through physical activity, overactive tissue, the stress of the nervous system, etc.) yields increased waste and that when you are

detoxing you are already taxing your elimination pathways additionally. This is a different scenario than when you exercise while eating a highly suppressive diet as your lymphatic system is now already loosened up, and you likely are pushing a lot out by doing a hard workout. Strengthen your excretion pathways for greater capacity and improve your activity levels according to your ability to eliminate.

During the first few weeks but better months it is recommended to only do little activity such as some walking, swimming, rebounding, etc. (these help to move your lymphatic fluid without producing lots of additional wastes) until you have strengthened your excretion pathways. Once that has been achieved I highly suggest you do increase your activity levels as it has many benefits: among others it increases elimination over skin, helps to move your lymphatic system, increases your digestion, gives you mental focus and your body releases even hormones that make you smile among others – have some fun.

*“Increasing one’s activity level is only of favor when the kidneys are able to filter.”*

~ Dr. Robert Morse N.D.

## Enemas and Colonics

Cleaning the bowl by washing it internally mainly with water via the rear end has been practiced for a very long time, actually for thousands of years. Some of our ancestors even hung on trees to use gravity as an aid in the process. Fortunately, enema bags and colonic systems have been designed by now. Usually, water is used but also herbal teas, water with some lemon juice or even green juice.

By doing an enema, we aid our body in the excretion of waste by washing mainly our large intestine. This will help the body in its effort to eliminate and is very helpful for someone with constipation, heavy obstructions in the large intestine or someone stuck in a healing event.

If you have never done an enema or colonic, don't be afraid or embarrassed. This is a powerful and very wise way to help you eliminate waste that otherwise could drain your energy or comfort for many hours. Using For example, lemon, coffee, green juice or certain teas in your enema is used for therapeutic purposes, to help eliminate the very stubborn obstructions in the large intestine, clean the liver as well as to nourish the body if all other methods fail. Don't make no mistake, correctly used enemas do make a tremendous difference in your progress and can be the very reason for your success. One of the benefits is that it helps to reduce cravings and other symptoms accompanied by the elimination process thus one eats cleaner and gets a double-effect. If you want to take your detoxification seriously and ever truly achieve a clean body you should make use of this powerful tool as it will allow you to eliminate massive amounts of toxicity while staying balanced in a more moderate dietary approach and without taxing your kidneys.

Especially when you are constipated, or in the transition and beginning stages of changing your eating habits you can highly benefit from the use of enemas and/or a few colonics. I mentioned that eating certain food categories, especially if they are poorly combined (For example, starches and proteins) and a weak digestion is present, ends up in creating what is often referred to as 'mucoid plaque', hardened waste that plaster the bowel walls as well as gets drawn out from the lymphatic system in the wall, very real. This kind of obstruction can have a dramatic suppressive effect on the body and are not easy to eliminate. A raw food diet and its raw fiber are helpful in this process. Especially herbs for the GI-tract help in this process but often are not enough, in particular for the last part of the colon which usually got the most beating being the last part of the tube. Initially one should make use of enemas and/or colonics to help break up and to get rid of the heavily toxic material quickly thus will accelerate this process

and can make for a very effective and comfortable progress in the initial stages. Some of you might think that this is ridiculous and that For example, a true man does not do such thing or other similar nonsense.

Anyone that has ever undertaken a good detoxification program in which a stronger elimination was being induced knows that this can be very uncomfortable if the elimination is not properly balanced to say the least. It is most critical to support the elimination pathways in any detoxification program by, For example, using herbs for the kidneys and various forms of clays for the bowels. Supporting these pathways is essential but one of the most powerful way, if not the most powerful, is to help the body with a proper conducted enema in particular in times when one is going through a stronger elimination but also to initiate an elimination. This will help the body to eliminate and take away the stress from the kidneys which help them to regenerate. The less pressure lies in the kidneys, the better they function as well as heal which is critical in particular in the beginning. Balancing out your eliminations will reduce fatigue, discomfort, cravings and so forth thus it will be much easier to stick with the program and eat cleaner – overall this can make a massive difference in your progress and comfort. This is the reason why one should get familiar with doing enemas and learn how to do them powerfully.

## **Coffee enemas**

Coffee enemas are used in various ‘cancer’-therapies around the globe. The main effect lies in flushing and cleansing the liver, but it does not stop there. I’ll use the list of benefits presented by Dr. Lawrence Wilson on his website because no one is more experienced. ([www.drlwilson.com](http://www.drlwilson.com)).

In addition to removing toxins from the body, coffee enemas can:

Clean and heal the colon  
Detoxify the liver and colon and help rebuild the liver  
Reduce many types of pain

- Help eliminate many parasites
- Reduce and get rid of many symptoms of general toxicity. Since toxicity is the cause of dozens of common symptoms from arthritis to cancer, coffee enemas help with many, if not most diseases and conditions.
- Help with depression, confusion, and general nervous tension.
- Increase mental clarity, improve energy levels, increase joy and happiness, improve digestion, and reduce anger.

- Enable clients to get through difficult healing and purification reactions.
- At least three dozen clients have confided to me 'coffee enemas saved my life'.

It seems best to use organic dark roasted coffee. Starting with one teaspoons and around 2 cups of water (500ml) is a great dosage to start with working up to maximal 2 tablespoons whereby that seems quite a lot of to me and 1 tablespoons should be enough. Dr. Wilson suggests to boil the coffee for 12 minutes, let it cool down and then either use or refrigerate for later use. The enema should be hold for at least 15 minutes up to an hour – 20 minutes is a good amount. It is best to relax and do some internal work during the procedure. What works great is also to do two enemas in a row.

A question that is often asked is if the caffeine is not damaging to the body. There is a study presented on PubMed about the difference between drinking coffee versus doing coffee enema considering caffeine. The outcome is that 3.5 times less caffeine are absorbed by the enema. This can also be experienced easily – drinking a 2 tablespoon coffee would make one jittery whereby this can be done with an enema depending upon one's condition. Reality is that there is some amount of stimulation taking place and one should find his own preferred dosage that works well for his situation which is also the reason why it is suggested to start with ½ to 1 teaspoon to see how the body responds. Coffee enemas are a great tool and truly can make a huge difference. This includes the right time, which is during the initial stages when stimulation can be helpful.

You might now think that coffee enemas are the way to go, but I disagree. There are some negative aspects to coffee enemas which are the stimulation and the acidifying properties. The reality is that there are better options, such as wheatgrass enemas, that next to having the similar positive effects also offer much better nourishing properties excluding the stimulation and acidifying effect. Also, the lemon-enema is much more powerful in addressing the lymphatic system as a whole and should be used preferably in the long run. This is not to say that coffee enemas don't work; there are simply better options.

## **Green juice / Herbal Tea enema**

Depending on the greens or herbs used this type of enema can aid in nourishing the body if all else fails and herbal teas can be applied to have specific desired effects such as aiding in healing the tissue of the colon or even expelling parasites.

### **The 'Lemon-rind-enema.'**

Some of the modern mucus-less advocates have developed a very powerful cleansing method and are using it to clean systematically, safely and effectively. This might sound crazy to you but this is not a joke and might very well save your life as it truly is the most powerful technique in assisting to clean the lymphatic system I have ever come across next to eating an optimal diet. The classic 'lemon-rind-enema' simply consists of juicing the whole lemon including the rind and then using this juice to perform an enema and let the lemon work its astringency. This is so aggressive that it will literally burn your butt, from the inside out, if you use too much lemon thus one needs to start with a very small quantity such as half a lemon and start cleaning the colon out gradually. If one sticks to doing these enemas to clean out most of the surface waste matter, the sensitivity will reduce drastically if not go away completely proving clearly that the lemon is actually stirring up waste matter and not burning the intestinal wall which is a common concern one might have. If you apply lemon on your skin you won't feel any burn, but if you do so on a wound in which the lemon gets in contact with acids it will pull these out, and it will burn. The key is to start slowly and gradually work yourself up to higher potency as everything else is not doable; it's too aggressive. When I initially came across this topic I tried it for a few weeks and due to being too uncomfortable I let it slip as I thought no client would do this and as it simply was too much of a hassle and discomfort. I later found this to be a mistake as it has put me through much higher levels of pain and discomfort as I visited too strong levels of cleansing without having prepared myself properly. If you think that this is nuts and that you feel that it won't be necessary in your case, maybe my story will help you to consider to take the easy route. Doing lemon enemas is truly the wise and easy way. After many trials on how to do this kind of enema the most comfortable and effective way I actually learned to do it quite easily and without too much overall hassle but actually of great benefits as it leaves one in a much better condition, fatigue, pain, sleep and everything else is greatly influenced for the better. Especially when I realized that adding some herbs in the form of essential oils can greatly help and aid in the process making it much more comfortable but also more effective. This form of lemon enema

gives the option of addressing the lymphatic system powerfully without having to be on a very strict diet. It's a great tool to use preparing for a water-only fast. Undertaking a detoxification program at a high pace while doing lemon enemas, taking herbs and proper supplementation and even using various forms of bodywork treatments is initially clearly more powerful and, in particular, much safer than water-only fasting.

### **How to administer the 'lemon-rind-essential-oil enema.'**

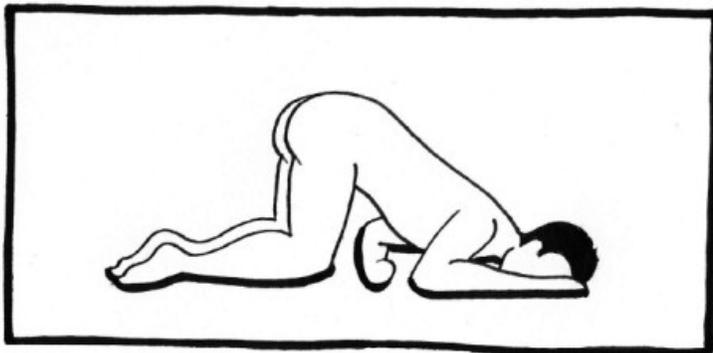
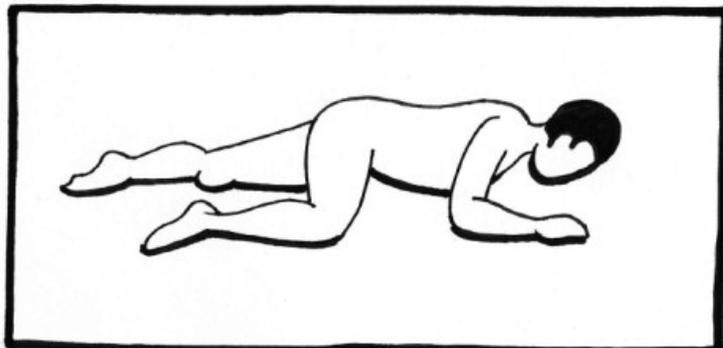
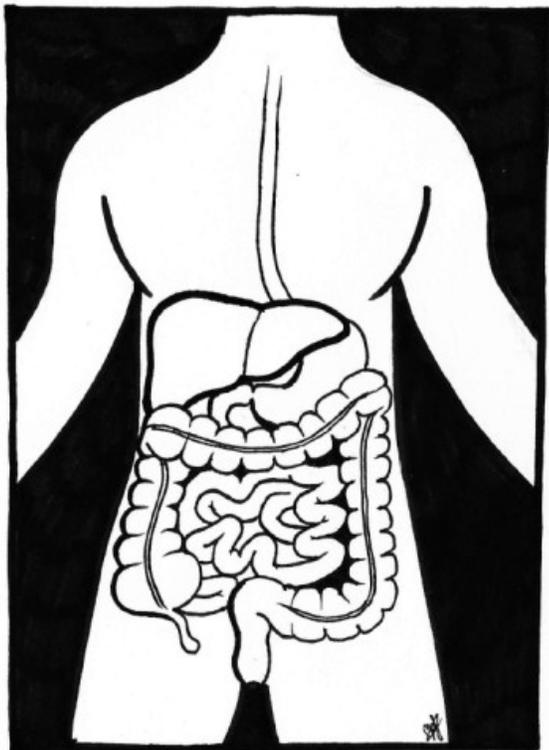
- Start by using half an organic lemon, including rind and seed, and preferably blend it at full speed with filtered water in a high-speed blender. You want the lemon to blend completely into micro particles to release its full power and actually be able to insert it via the enema bag. If you don't have a blender that is powerful enough, you can use a juicer and juice the whole lemon including the rind. If you don't have either, you simply squeeze the lemon and only use the lemon juice. However, this will make for a less powerful enema as the rind contains astringent oils.
- Add just one to three drops of essential oil such as, peppermint oil to the blend / juice. Peppermint relaxes the bowels and assists greatly in performing the enema. One could also use essential oils for cleansing, parasites, etc. Make sure you are familiar with the essential oils, the potency and the quantity you are using as your body will absorb them and due to essential oils being extremely potent this could overwhelm your body or even be toxic. You might need more than one to three drops, but this all depends on the power of the oil and the blend you are using. It is suggested that you use essential oils rather than loose herbs or tea as with oils you can clearly set and vary the dosage thus don't run into concerns by overwhelming your body. I cannot do more than warn you. Don't play around with this and make something stupid which you likely will regret later on.
- Use some kind of lubricant such as coconut oil for your enema. And be careful when you insert the tip of your enema especially if you have a weak connective tissue, you don't want to create any harm. When you do the enema, clean your bowels first by using plain filtered water. Preferably you do the enema after you have had a bowel movement. You might want to do one to three small enemas using half a liter / quart of water each time in order to clean the large bowel. That's plenty and enough. Massage your bowels and help to get it all out, your large intestine descends on the left side and ascend on the right while the transverse colon lies below the lowest ribs. The trick is to place your hands on the left side at the lowest end of the large intestine that you can possibly reach and massage all the way up the descending, transverse and ascending part of the colon. This way you can push the enema further and vice versa, you can empty your colon.

Your large intestine might be prolapsed or otherwise differ to the 'ideal', you will feel it.

- After emptying your colon, you now use the lemon-enema. Initially, you should start with a very low potency and work yourself up as you feel comfortable with. Don't try using a higher potency than one whole lemon as it will very likely kick your butt badly, and you won't be able to hold it for even a minute thus only waste it. Insert the mixture and let it sit in your intestine and break up waste matter. Depending on how strong the enema is it might irritate the bowels due to aggressively stirring up waste, and you can get spasms and a stronger urge to release your enema. This is where the essential oils are helpful as herbs can relax your colon and make it much more comfortable and effective as you now are able to do the enema and hold for longer periods. You might want to do the enema on the "knee-chest-position" and then lie on your back and massage your bowels upwards in the manner described above, to help the enema reach the whole large intestines while also helping to keep it in your bowels. Hold the enema as long as you can. Once I started using the essential oils, I was able to do much higher potencies and able to hold it until my body actually absorbed the entire enema and would release any material with the next bowel movement. However, this is not suggested, and best is to hold it for 10-20 minutes while letting it reach the entire large colon, and then expel it. You could also do another enema using some plain water to get everything out. You could even do handstands or go on an inversion table while holding your enema. Get creative and have some fun while cleansing.

Most importantly, you need to start with low potency and gradually, over weeks, start to get more aggressive. Some individuals have done two or even more enemas every day for weeks at a time while eating two to three clean meals a day. This is a very radical option and not necessary. However, if you want or need to visit a higher level of detoxification quickly, it might be wise to do one enema daily as described above. Do it later in a day before bed or in the morning before you have eaten. This will help you greatly in cleansing your lymphatic system and make it much easier to stay on a clean dietary program as the body is greatly helped in removing any stagnant waste. This also helps not to end up experiencing a lot of stronger cleansing events. You also don't have to fear that you will lose normal bowel function and that your body will become dependent on enemas. There are many individuals that have done enemas for years if not decades and this is not an issue but a heresy. However, what needs to be considered is that enemas can be enervating and use up one's nerve energy, we all are different. Don't force yourself to do anything and ask for guidance if you need to. Doing stronger lemon enemas can also result in releasing and stirring up large quantities of waste that

can also be quite enervating. You might also want to be cautious if you have certain concerns, such as inflammation, in the large colon in which case you might want to use soothing herbal teas. Always act smart.



Enemas are a very powerful tool in detoxification and can greatly assist in your progress. Not only due to the obvious cleansing effect but also as it greatly assists in staying on track with dietary choices. I suggest you to take this chapter seriously and further inform yourself about this practice and try it out. Generally it can be said that the more toxic and weak you are, and the quicker you want or need to progress, the more enemas can aid you.

# Breathing Properly

Each cell in our body needs ATP to survive and to be able to function (“Adenosine-triphosphate” – the existential energy source for the cells). Carbon and oxygen are the main constituents out of which ATP is produced. You mainly get carbon out of your food, oxygen via breathing. When you don’t breathe properly, you will neglect an essential need for your body. Properly breathing means that you use your full capacity of your lungs.

Train yourself; breathe consciously with the lower lobes. Place a hand on your belly and try to lift it with every breath: first fill the lower part of the lungs and then the upper one, then let it all out and repeat. Do it as often as you can, until you have mastered the art of breathing deeply unconsciously. Take yourself a time out of your day and do some conscious breathing exercises.

Sometimes a change in breathing alone can have a drastic effect on the individual. A weak condition may already result in greatly compromised oxygen transport and intake thus any form of ineffective breathing on top of that needlessly amplifies the issue. I have heard and read a lot about the importance of this subject, it’s also very obvious. The lungs also have a great influence on the pressure within the body including influencing lymphatic movement. Arnold Ehret points out that we all are ‘air-gas-engines’ with pipes running on gas pressure.

I suggest you partake in breathing exercises daily in particular when you have a serious condition and need to improve your health, the weaker you are, the more you should focus on this. There are many forms of such practices – I suggest you do some research and stick to the one you like the most and perform it as often as you feel drawn to. If you are weak, you should practice deep breathing at least for half an hour daily. Always do so in fresh air. You might first want to do it solely by itself and then later practice while walking or any other activity that allows to do so.

You might also want to do exercise on the level you can still breathe through your nose, in and out. This increases the pressure in your system and can help to nourish as well as clean your body.

Oxygen therapy uses these principles in a therapeutic form, use it if you can.

## **Preparation. No excuses.**

Get rid of all the crap and stock up on what you need for your dietary level. Burn all the bridges so you don't even have a chance to go back on what you used to do, at least in your own four walls.

Observe your own attitudes and reasons of why you go astray of what you want and then be one step ahead of your weaknesses and preferences. Prepare a water bottle and some herbal tonics the day before. Get familiar with the herbs that you can use for your condition and make them easy accessible throughout the day, this can and usually does make all the difference. If you know that you won't be able to go without snacking, make sure you have some healthy options available.

If you are facing some stronger condition, possibly are dealing with heavy fatigue or depression you must be very wise with this topic. I know that it can be very hard, but often you are starting either a catch-22 or upwards spiral by your actions which either suck you deeper or can uplift you and possibly give room for further progress. If you make use of the right herbs and complete foods, you will be much better off.

If you can't organize yourself, you must seek someone to help you. Your success depends on what you do, and if you are not able to do so, you need assistance. Don't be embarrassed, we all are there sometime in our lives.

## Checking the blood during Detox

While detoxing the blood stats can be and usually are very fluctuant, the same states can one day be high and the following low in particular if you are not detoxing in balance and are, For example, overwhelming your kidneys one time. You are loosening up and eliminating toxicity, and this is not a constant as the body has its own focus and cycles. Take this into consideration when you go for a check with your physician. It is also suggested to do a test in a physically balanced state and not at a high pace of elimination.

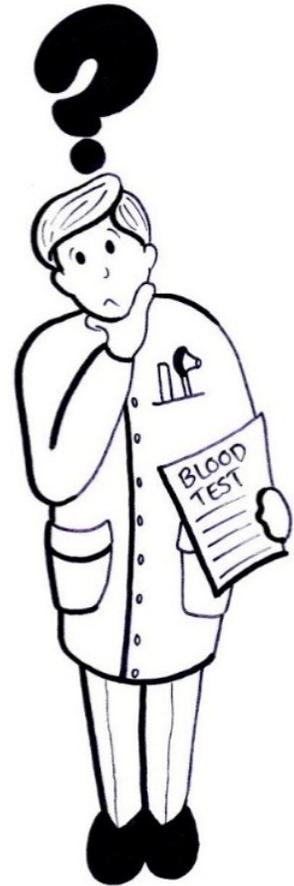
A big issue here is that most physicians everywhere have been trained in sick-care and not health-care, by looking at a slowly degenerating society and using various forms of treatment you simply can't be aware of healthy stats and certainly not how they change during a detoxification program. For something to show up in your blood, there needs to be quite an issue going on but a lot has to do with interpretation. Different countries have various 'ok-levels' which is rather interesting. Don't fixate yourself on numbers. Focus on your health and the program. It's not about getting good bloodwork results, but rather to overcome your issues and power forward toward optimum health.

**Use blood work for what it is – a momentary snapshot your blood has been in at that particular time.** Some markers are beneficial, and you also should take it seriously but not get stuck with it. And remember, blood is only 25% of your interstitial fluid, and you might be told that the blood is okay even though you have serious lymphatic issues.

*“The terms ‘low’ or ‘high’ should never be taken simply as indicators of “good” or “bad.” It’s all relative, and the numbers must always be looked at in the context of a person’s diet and lifestyle.*

*Healthy athletes have low red blood cell counts, as do people with leukemia and kidney disease. Raw food eaters have low white blood cell counts, as do people with certain types of cancer. Raw food eaters have low thyroid levels, as do healthy people following healthful calorie-restricted diets, as do people with thyroid disease.*

*~ Tonya Zavasta in her book, “Quantum Eating.”*



# Isolated Chemistry in Detoxification

As we've already gone over the negative implications of using isolated chemistry and its effects on the body, let's cover the useful aspects of these substances but first a brief overview of the subject.

Whenever isolated chemistry is ingested, it will cause an imbalance in your body as the very nature of the compound itself is not balanced. This can result in a domino effect. The other drawback is that the body possibly does not recognize these nutrients as they're not coming in as part of a natural complex, in other words, through natural, whole, non-genetically modified raw food. The body rejects most isolates, the reason why we are not aware of this is that most people's lymphatic systems are stagnant which in turn results in forced retention of the isolates thus hiding of the symptoms. These substances can remain in your body for a lifetime causing physiological disturbances if not cleansed from the body.

We are not just talking about chemical medications or supplements specifically for health issues. Isolated chemistry is found all over the place: in foods, personal care products, in the air we breathe and the water we drink, etc. These isolates are not natural and are being treated as such by our body, thus once the route of detoxification is chosen, they reappear – leaving the body once and for all. Your excretions might get the same color or smell as your beauty product or other isolates you have ingested. Sometimes those substances leave via your skin, especially previously used skin products. The waste might even remind you of some product you used many years ago.

Despite all the negative aspects of isolates, sometimes we seemingly have to rely on them. As our health issues are of a very chronic nature, cells are literally not able to function properly, and one could end up with a fatal condition. Whenever insulin, inhalers, blood thinning medications and the like become essential to your survival and herbs or diet won't do the trick to stabilize you in the short term you must take isolates to survive.

Nevertheless, the need for these isolates is only there because of our modern and destructive lifestyle habits and as one has chosen the route of isolates and medications initially instead of taking care of the situation properly which almost in any case would make isolated chemistry unnecessary. **Thus, the main reason most are dependent upon isolates is because one has artificially weakened his own condition by using isolates.**

Remember what has been addressed previously considering ingesting isolates, if you, For example, only use the insulin and don't address the toxicity, cellular weakness, and

deficiency, you will never find remedy; rather, you will soon find yourself in an even more serious condition (such as the further loss of pancreatic functioning).

## Necessary medications

In today's world pharmaceutical medications seem to be needed.

**Pain.** Intense pain, if persistent, may call for potent pharmaceuticals to grant some relief. Always seek out herbal pain remedies first, and if they're not strong enough, use pharmaceuticals. Long-term pain is not conducive to long-term success as it can drag a person down and kill all incentive to continue the process. Try to alleviate the pain while **simultaneously** addressing the root cause of it.

**Blood sugar (metformin, insulin),** once you've made the appropriate dietary changes, metformin is usually very easy to stop. Always work on your adrenal glands as it is often the main concern in blood sugar issues.

Insulin is necessary to prevent blood glucose levels from skyrocketing. If you are dependent on insulin, you should (1) eat a clean low-fat diet and (2) slowly decrease the dosages [of insulin] according to your needs, until no longer needed. Address why you're having little to no output of insulin, which will take you back to the beta cells of your pancreas. Here, you should use a glandular as you might have very well weakened your tissue quite a bit on top of your weakness. Don't forget your adrenal glands whenever you have blood sugar issues like these could even be the sole reason. Nutritional deficiencies & imbalance can also greatly contribute.

**High blood pressure,** Widespread, however, not so difficult to correct, it often represents general excess in lymphatic pressure, which has a systemic influence on the body and therefore also on the blood system. When blockages in the excretion pathways are present, lymphatic pressure increases and the source can usually be found in the kidneys (or their control, the adrenal glands). As soon as you open the 'valve', the pressure decreases. Until that happens, you have to contain the blood pressure: Be clever though, as the pressure can stabilize quickly, and you don't want to end up with low blood pressure due to taking high doses of medications.

**Inhalers,** Are essential to those experiencing breathing difficulties. Be aware that these are highly suppressive to elimination and that by using them you will have difficulties cleaning out your lung tissue which mainly is the reason for you using them in the first place. There are herbs that can greatly help in this situation.

## Coming off medications

Whenever you're in a condition or state of health, where medication is essential to your survival, you must usually remain on them and slowly, but progressively, wean off them (according to your situation) as you begin to regain your health through detoxification.

This includes steroids and most other substances released by your endocrine glands. The ingestion of anything that a gland is responsible for producing will likely cause the respective gland to atrophy. I would generally reduce medications slowly. Some medications are very addictive, especially neurological ones or steroids like prednisone, and you might end up highly unstable.

You must play this wisely and possibly seek medical supervision while working out of this situation. If it is the case that you cannot find a medical practitioner willing to help you, or you personally refuse to cooperate with, you must practice precaution. In cases of elevated blood pressure or unstable blood glucose fluctuations desired results can occur quickly through addressing the root cause but this also means you must lower the dosage of any medicine you're taking accordingly, because if you don't, serious repercussions can occur.

Especially high blood pressure and sugar imbalances can respond quickly to a proper detoxification program, and you need to watch your numbers daily, keep a diary and adjust the dosages of your isolates accordingly. This way you shouldn't run into any concerns.

**Inhalers,** Lung conditions involving congestive obstructions, as well as neurological involvement often require a dependency on inhalers. Deep lung cleansing can turn out uncomfortable and should not be done too aggressively as breathing can be affected. Difficulties can especially arise when the nervous system is involved, in which case hyperventilation or other breathing complications can be induced additionally.

With neurological involvement, the adrenal glands must be strengthened (production of neurotransmitter). Antispasmodic tools should be readily available throughout the process as corresponding healing crises are not always predictable.

For high blood pressure, unbalanced blood sugar, breathing or spasms support there are vast numbers of natural possibilities available; herbs are extraordinarily diverse.

Use isolates only as long as you are dependent on them and try to wean off and replace them with a natural version as quickly as possible.

Reactions between herbs and medications are very rare but possible. Use common sense and work closely with your practitioner.

## **What to drink?**

Don't drink unfiltered tap water. Depending on your geographical location, the water supply will be contaminated with a variety of different heavy metals, hormones and other waste products that are not effectively removed. The common cleaning methods of our society, even with better systems such as in Switzerland (where I come from) where drinking tap water is quite common, are not sufficient and have no influence on the transportation up to your tap. This should be a no-brainer, but let's have a look at the most complex part of this topic.

We hear a great deal of the benefits of water consumption, but there are some dangers. There is so much more to health than what is taught by "experts." For this reason, we'd rather trust in Mother Nature's intelligence. By eating the foods we're best adapted to eat (fruits) we're getting the best source of water available; already perfectly filtered, as well as energetically enriched. In addition, cells and tissue including the tissue involved in water management get strengthened in particular if one applies the correct energetic input. Further, you consume little or even none of the foods that increase your need for water (especially salt but also proteins, starches and other dense food, etc.). It is even possible that the body becomes so effective and clean that one does not even need additional water on top of the fruit. To achieve such a condition takes a lot of work and time and is not what we are dealing with, most of us are very dehydrated through toxicity as well as have chronic weaknesses which make us crave and eat foods to stimulate our situation as well as often asks for water intake.

We all must compensate for our internal condition as well as the dietary approach by consuming adequate water for our individual circumstances. Spring water and distilled water are great choices. Reverse osmosis water by itself seems not to hydrate the body too well by itself and should not be used as the main drinking water. Especially not if it has not been structured using various methods. A good way to drink water is also to add some lemon juice to it, you could also use raw apple cider vinegar. The amount varies from person to person, but you should drink enough in order not to get thirsty,

that already means that you have drunk too little. Drinking too much won't help you either, the body cannot be forced into proper hydration doing so. True hydration is a lymphatic experience, you must clean your lymphatic system.

The cleaner and stronger you become and the more hydrating raw foods you eat, the less you will have to drink. You should also not drink plain distilled water as it will serve to deplete your mineral reserves, don't do this long term as it makes the body sensitive and weak. The only time you can do this for longer periods is when your dietary practices are above excellent which often includes supplementation.

Add some liquid ionic minerals and lemon or apple cider vinegar to it. I suggest you get a distiller as it yields the cleanest water and best 'base'. It's by far the best water to use for herbal teas, infusions, soups or smoothies. Some tea's, For example calcium tea with horsetail, comfrey and nettle can be used to strengthen bones quite powerfully thus it is great to have the best possible 'base' for it. You can also get violet glass which seemingly are the best glass bottles.

This is the way to go especially as this world continues to get more polluted. You just can't be sure otherwise, even with spring water. Further elaboration on the topic follows.

## **Herbal Tea / Infusion**

Herbal teas are a great and often inexpensive way of getting herbs into your system, and also superb for people with low absorption. What makes it so brilliant is that herbs are so powerful that even boiling them (roots in particular) doesn't degrade their medicinal properties too much as happens to other foods. Any person that has ingested a potent herbal tea is aware of how powerful they can be. I am not referring to our typical store-bought teas that are ingested mostly for their good tastes and for the mere pleasure of it.

The goal is to extract as much of the medicinal value out of the leaves and roots into the filtered water by briefly boiling and simmering the herbs for a couple of minutes followed by straining the potent, dark-colored tea. Best is to use distilled water as it will absorb more quality of the herbs. The roots require higher heat and boiling time for the medicinal properties to be extracted from leaves. Flowers are the most sensitive and should preferably only be used in infusions.

## Herbal infusions

Herbal infusions are geared towards preserving the integrity of the herbs as much as possible, more so than herbal teas. This option is ideal for leaves, and especially more sensitive parts like flowers as these do not require higher levels of heat as roots do. Pour boiling water over the herbs and let them steep. Best is to use distilled water to make for the most potent solution. A sealed glass jar will prevent water-soluble constituents from vanishing with the steam. You can leave the infusion to rest for half an hour or even overnight. It is suggested to use dried herbs as the heat will crack open the cellular structure of the herbs and draw out much of its medicinal value. Infusions are a fantastic addition to any regime.

Leaves and in particular flowers can also be infused in room-temperature water which results in high preservation, however, less extraction. For this option, it is best to use fresh plants. Letting the solution 'sit' in the sun is also a great idea, in particular with a green glass jar (best for sun rays), to charge the solution even more. Store any form of tea in the refrigerator for preservation purposes up to 3 days at most.

There is also the option of cold infusion which uses the same principle but the temperature of the refrigerator. Different properties of herbs are extracted at different temperatures.

# Salt

This is an important topic we all should take a closer look at. The opinions considering salt vary greatly, some say that it causes high blood pressure and that we are best restricting it to low levels and others say that it doesn't matter and actually has nothing to do with high blood pressure and that it is dangerous to lower salt intake.

Here are some facts about salt,

- Higher salt intake will result in higher calcium loss in the urine.
- Salt intake creates the need for more water.
- Sodium deficiencies are a serious condition.
- Salt stimulates the adrenal glands.

The truth is that any general advice about salt is not the full picture and can be dangerous. Salt is not a poison neither is it the Holy Grail. What we ingest, anything, is all about compensation for either our own particular condition of the body as well as for what we have just consumed not forgetting the external situations such as stress and their effects.

A great example for this is the particular condition called Addison's disease which is mainly a strong adrenal weakness. One of the symptoms is a strong salt craving as the adrenals are too weak to maintain proper sodium/potassium balance, and the body cries for help – salt stimulates the adrenals and helps to maintain the necessary balance. You can read about stories in which some individuals ate massive amounts of salt on a regular basis and then were hospitalized as this is supposedly dangerous and relatives worried, one could end up with a heart attack, right? So, the salt was taken away or greatly reduced for some days and what happens is that the individual dies. This is just an example, a strong one, and I am sure that this happens not often, but it shows how the body actually is very aware of what he needs to compensate with as well as what certain foods actually do. We all have a somewhat weakened adrenal gland and we also eat imbalanced food lacking minerals – in such a case the body actually **needs** to compensate for salt (or some other substance that does the same) to remain balanced. Nevertheless, this does not suggest that salt does not have side-effects which it does, it dehydrates the body and is not part of the ideal diet once one is healthy and strong enough. What it clearly shows is that salt has a strong effect on the body.

Salt is needed in weakened conditions and particularly in diets that are in need for this particular compensation. The stronger, cleaner and better one eats – the less salt is needed. Also, the less one sweats, the less need for compensation arises. Salt can also be

greatly reduced by eating sodium-rich foods such as celery. Don't be dogmatic about it, though, if your body cries for salt – eat it. Being mineral poor makes the body sensitive to salt intake as salt promotes higher urinary calcium loss. You will likely find that compensating correctly and healthy adrenal glands will make your salt cravings go away, in fact, that you will feel better without it.

A paragraph out of Don Tolman's 'Encyclopedia of Whole Food Medicine';

“TOP ESSENTIALS OF LIFE

**One:** Oxygen

**Two:** Water

**Three:** Salt

**Four:** Potassium

**Five:** Exercise

- No one can live without these. Mainstream medicine too often ignores 2 and 3 in favor of selling drugs and procedures to treat the symptoms of dehydration.
- Nothing kills life quicker than lack of water.
- The people with the worst health drink the least water and use the most deadly diuretic drought causing drugs – processed caffeine and/or hard alcohol.
- The salinity of the water outside the cells in our bodies is the same as the ocean.
- In the middle ages, people were put to a horrible death by salt deprivation.
- Health care makes big bucks by selling a quart of water with salt in it (Saline 4) for up to \$350.00 installed, (I.V. bags) but won't tell the person they do indeed need more water and salt in their diets.
- How can you expect drug companies to do research on the importance of water in our daily lives when they can't make money on it? Who does research to put themselves out of business?
- No two substances in the Bible are mentioned more than water and salt.
- The environment of an unborn baby is water and salt.”

*“I was hoping that Batmanghelidj, in his recent book, You're not Sick; You're Thirsty! would make a distinction between salt and sodium, but he doesn't. He writes: “Salt is a vital substance for the survival of all living creatures, particular by humans, and especially people with asthma, allergies, and autoimmune disease.” It is not salt, but sodium that is “vital substance for the survival of all living creatures.” Only in the complete absence of fruits and vegetables, could salt be lifesaving.”*

~ Tonya Zavasta in her book, 'Quantum Eating.'

# Liver Flush

The liver is the largest internal organ. It has so many different functions that it would be impossible to list them all, especially as researchers will forever be discovering the human body. One function that we have to stress is the production of cholesterol. As mentioned before, cholesterol represents the main part of the lymphatic fluid, serving the body as the main anti-acid.

When we practice a destructive lifestyle, the body starts retaining waste by buffering acids, predominantly with lipids. Let's take a closer look at what happens in the liver when we start to toxify our system. The lymphatic system will start to back up, beginning from the kidneys to the lymph nodes and then throughout the whole body, as the lymph fluids are systemically connected. The higher the toxicity progresses, the thicker and more slow-moving the lymphatic system becomes, to the point where it gets stagnant, and proper exchange between different body areas can no longer take place. When this stage is reached the acids slowly start to get a hand over the body, hence the survival of the physical body becomes more of a daily concern, it only gets deeper from here, as waste cannot properly leave anymore – the only way for the body to survive is to hold on to even more waste in a way that does not shut down the systems. As the predominant part of the lipids is produced in the liver and the lymph fluids are hardly moving at all, the liver becomes a major storage place. Our liver also deals with fat soluble toxins. Our health care system likes to call this condition a fatty liver.

This build-up is partly in the lymphatic system, hence in the tissue of the liver itself – where the cells are – but also slowly starts to spread throughout the almost endless bile ducts of the liver. This is due to one other main function of the liver, the production of bile, mainly a digestive fluid. Bile consists of 85% water, 10% bile salts and very little fat. The interesting part about bile is the high amount of salt, which is responsible for the alkaline nature of bile. Put plainly, the liver produces a fluid capable of neutralizing acids. In the situation described above, the body will start to use every way possible to buffer free radicals and/or overall toxicity, and bile is one of those possibilities. This results in bile being held inside the liver, in the bile ducts, making sure that



the liver is not being broken down. As time goes by and more acids and bile accumulate, the nature of the build-up morphs - slowly becoming thicker until ultimately the liver is full of liver stones, ranging from soft, still lipid, to already petrified salts. As the liver is directly connected to the gallbladder, it often gets impacted as well, resulting in gallbladder-stones.

The above process is lifesaving for the individual, as it postpones the breakdown of cells. On the other side of the coin, holding petrified and lipid waste in the liver does not serve any benefit when it comes to tissue function. This is the flipside that we have to deal with when the focus is on restoring health, how can we get rid of the build-up, hence restore proper function of the liver and throughout the body.

This is where the liver flush has its origin. The very function of the liver to produce and eject bile into the GI-tract is used to 'trick' the body, hence getting rid of part of the build-up.

#### Procedure: liver flush

1. Over a period of several days (between 3 and 6), one consumes a few apples daily. Apple contains high amounts of malic acid, which has the ability to soften liver stones and widen bile ducts. It is also suggested to use some herbs to assist this process such as chancá piedra, which is commonly referred to as 'the stone breaker', and will soften and even break the stones but not only as it also helps to expel them due to widening of the bile ducts as well as gives some pain relief (please be aware that chancá piedra lowers blood pressure). Some authors suggest using Epsom salt in order to help maintain regular bowel movements. The preparation stage is very important and has a direct impact on the success of the flush, the softer the stones, the more will be released. Eating light throughout the week, just fruits and vegetables is also one of the recommendations. The goal is to tax the liver as little as possible, thereby making the whole process comfortable and effective.
2. On the day of the actual flush, food consumption is stopped at 1.30 p.m. – only some vegetable juice or tea if needed. Protein, fats or similar heavy foods are taboo this day, or one might feel ill during the actual flush.
3. Another 1.5 to 2 hours later one drinks a mixture containing 4 to 8 ounces of olive oil and the same amount of fresh grapefruit juice (second option: orange and lemon juice). The amount of oil used should be adjusted to the level of detoxification; the cleaner you eat, the less oil you use. Shake the mixture well and drink it as fast as possible, standing next to your bed. This is best done in one swallow, but should not take more than 5 minutes. Lay down immediately; retire

for the day. Lay on your back with a pillow propping your head or if this is uncomfortable, lay on your right side with your knees bend towards the chest.

A large amount of fat shocks the liver and gallbladder, thus causing them to spasm and spit out liver and/or gallbladder stones. Sometimes the spasms and strong purge in the liver / gallbladder area can be felt quite strongly.

Throughout the next day, frequent visits to the bathroom are normal; check in the morning if there are already some stones in the toilet. Usually, they are being released between lunch and dinnertime, but this might be different according your frequency of bowel movements. If you did the process correctly and do have liver stones, the chances are very high that lots get expelled. Especially when individuals do the flush the first time, great quantities of stones can be released: most are soft and greenish in color, but can range to petrified/calcified black stones. Once you have seen those alien like build-ups swimming in your toilet, there cannot be any doubt that you have discovered something very truthful.

Some mention that the green stones represent coagulated olive oil and, therefore, the whole process must be a fallacy. This can be proven wrong quite easily, as other fat sources can be used to spasm the liver (lots of pure coconut fat, almond puree, etc.), and green stones can be expelled nevertheless. Or by doing the flush frequently, especially after a short period (less than a week), often results in no stones as there is a time factor involved for deeper stored stones to get to the surface, and, therefore, the capability to expel further stones is usually only achieved after 2-4 weeks. Once the liver is clean of stones, no more stones are being expelled as well.

It might also be true that some of the stones that come out actually are olive oil and bile mixed together, I don't know and I frankly don't care as I don't suggest anyone to do this flush as there are better and much safer options in my opinion. This is a very harsh procedure and can be uncomfortable and even dangerous for individuals with toxic livers and other weakened conditions which usually is the very reason this procedure is used.

It is not recommended to do the classic liver flush but instead to cleanse the liver gradually using specific foods, herbs and fasting. Beets, lemons, apples, dandelion, chanca piedra, turmeric, etc. Also, never forget berries as the king of fruits which truly does everything very effectively.

There are herbs especially for the liver with the very ability to soften and help release stones. Doing it that way is much more comfortable and will not tax the liver so much. You should also know that the lymphatic system within the liver tissue is not addressed

with a flush but is often the main concern. If you have a fatty liver (*packed lymph fluid and lots of stones*) I suggest that you use herbs to address the liver, and generally any stones, before you step up on an aggressive cleansing program. Cleanse the liver gradually with steamed vegetables, the right herbs, and procedures. Eat lots of beets, lemons, and turmeric. Use chanca piedra. Turmeric and the beets will pull out any waste and stones from the gallbladder whereby chanca piedra and lemons will break and soften them. Beets also boost the regeneration of the liver by speeding up cell division within the liver. You should also reduce any stress given to the liver, For example nutritional deficiencies and imbalances do greatly stress the liver – eat high quality and complete food, use some whole food supplements. Certain deficiencies actually do result in easier calcification such as a lack of magnesium will inhibit proper calcium absorption and the ‘free’ calcium can become toxic and cause deposits. Magnesium also helps prevent calcium from binding with oxalate, forming stones. You must focus on regaining nutritional balance. This is a time in which your body needs assistance. You can also do a shorter water-only fast of around three weeks, under supervision, to help cleanse the liver which is very effective. It’s suggested to prepare yourself for this though and do all of the above, among others, first.

Also, you can eat a diet with low fat content throughout the week, which you should anyways with impaired liver function, and then eat one meal with some higher levels of fat by using whole avocados, fresh coconut or best some raw whole ripe and bitter olives in a salad with beets and possible turmeric, this will induce a less aggressive ‘liver flush’ as well. You get the idea, slow and steady and better safe than sorry. I know some people who got in serious trouble using the harsh liver flush. There are better ways.

## Skin Treatments & Saunas

All of these practices are great and can be very beneficial in various degrees dependent on your situation. In general, they help your body to eliminate by addressing the skin as an excretion organ. Whenever your main excretion pathways are shut down or highly compromised, they prove to be especially helpful.

You can't really overdo skin brushing. When your body increases its excretion over the skin and itchiness can become a plague you will love your brush. This can't be said about the baths or saunas. Heat taxes the body's nerve energy and should not be applied on weakened individuals. Particularly when the adrenal glands are chronically weak, thus the energy can't be restored quickly, the individual is left with no energy whatsoever. If you have this weakness you might be familiar with the effect which shows itself as feeling dizzy or seeing black for a few seconds when standing up too quickly (low blood sugar / pressure) – happens much more likely in a hot bath. As soon as the adrenal glands are stronger, tolerating heat becomes much easier. Heat has more of an acidic attribute, putting heat on top of an acidic body is not what should be done and does not feel comfortable either. Being highly acidic one disfavors hot environments and loves cooler ones. This is why we like to eat acid food in the winter and very light and alkaline in the summer.

Near infrared saunas can be used for weakened individuals without taxing nerve energy so much. You can even build your own with some bulbs, cheap, easy and effective. You might want to check out [www.drlwilson.com](http://www.drlwilson.com) and have a look at the sauna therapy article.

Be aware, saunas can deplete the body's mineral reserves, and you should only have regular sauna visits if you are either strong or on a program to cover this aspect.

You might also want to use pure alcohol (vodka is excellent), aluminum free baking soda and food grade Diatomaceous Earth to clean your skin powerfully. The alcohol serves as a solvent, baking soda as an alkalizing agent and the 'DE' removes any debris of the skin, an effective peeling agent. Mix it all together into your preferred consistency. After a hot shower or sauna, your pores will be open, and you can now rub your whole body from neck to toe. Leave out the face or only rub lightly at last as this is the most sensitive area, and you don't want the alcohol to soak too long on your face. You might also want to be careful with the nipples as these could also burn. After you have rubbed the whole body thoroughly, shower again and then either use some moisturizing douche gel or put coconut oil on the skin, you will figure out what works for you. You can also use this opportunity and sunbathe for a while as your skin will be much less

sensitive to the sun and additionally absorb more benefits of the sun after such treatment. This is a very powerful method to clean the skin, and you will love how your skin feels. You might want to do this two to three times per week depending on how you respond to the treatment.

Generally you want to take showers and use truly natural soap products to clean your skin on a daily basis, scrub your skin and do it twice daily if you like this.

## **Beauty products**

The more natural, the better meaning little to no chemicals and isolates. Hundred percent natural products are difficult to find thus don't go crazy over this; get rid of the worst chemical items right away be it washing lotion, shower gel, soaps, deodorants, toothpaste and so forth. Your skin is absorbing the products thus in essence you're eating them, and most of these chemicals are neurotoxins or contain heavy metals - switch to better products step by step. Don't even think about anything with fluoride or similar chemicals.

Sun protection is another crutch due to our modern lifestyle, as the lymphatic system is not effective the effect of the sun cannot be reversed in time thus we burn. If one eats an astringent diet of fruits and vegetables, the sun becomes much more tolerable. The more effective the lymphatic system is, the less external protection will be necessary. You should aim for no sun cream whatsoever. Use the alcohol skin treatment and then apply coconut oil and only stay in the sun as long as you can tolerate it. If you are sensitive stay in secondary light such as under an umbrella which will still give you some benefits of the sun. Most sun screens are full of chemicals and not worth applying by all means.

You don't have to go 'all natural' right away. Focus on the true cause of your issues and let the beauty products change with your progress.

## **Help, my relative is healing himself and is freaking me out**

If you are taking care of a relative, family member or dear one. You must know that having weak glands, being nutritionally deficient and imbalanced as well as toxic, especially certain types of toxicity like heavy metals greatly influence the way a person acts. This is all cause and effect and brings forth certain types of character, moods and attitudes. Don't let this put you down but focus on the life instead that can always be seen behind the imbalanced bodies. This also includes being messy and lazy. It's not that one does not care, one simply can't.

Make sure that the individual gets the best of care, this is a time of giving assistance, physically but also emotional and mental. Let them talk and open themselves up. Do the program with them, this is the best way you possibly can assist anyone undergoing any program. This way you will get the most familiar with the progress, and it also can be fun when it is done as a team, or even better, as a family.

The moodier, more imbalanced and deeper one is suffering the more one should pay attention to the food choices. Fasting is the quickest way to regain balance, use it intermittent and only eat prime quality complete food in between. Nothing that leeches out and imbalances minerals. And make sure that the elimination process is well balanced and all glands, especially adrenals, well supported. These points can make all the difference.

# PART 3: PRACTICAL SECTION



## What you might want to Avoid

All food except fruits and vegetables create residues in the body, either through the nature of the food itself or due to slowing down the lymphatic system thus decrease or inhibit the ongoing cleansing process. Fruits and vegetables are suspect to imbalanced chemistry to various degree thus even those need to be compensated not to affect the body negatively in either of the three pillars of health - toxicity, nutritional level & balance and cellular strength. The weaker the body is, the more the effects will show up and the closer you want to stick to complete produce only. Some cleansing can be initiated and supported with other foods but not any deep one. Remember; fasting is the universal method of detoxification.

**Dairy products.** Especially heated and commercial ones should be avoided (Milk, yogurt, ice cream, cheese, etc.). These are highly mucous forming and suppress lymphatic action.

**High protein.** Putrefaction processes, highly acid forming, antagonistic to calcium, incorrect ratio, etc.

**High fat.** Inhibits lymphatic cleansing, high energetic demand, and strong stimulant.

**Starches and cereal products.** In particular all refined ones (Bread, breakfast cereals, pasta, etc.). Too hard for the body. Suppresses lymphatic flow. Taxes system.

**Soy products.** Metabolic process of soy is highly invasive for humans; acid forming, hormonal interference, mostly GMO.

**Meat products.** Everything with face (Beef, pork, chicken, fish, etc.). Harmful in particular for kidneys and adrenal glands as well as overall highly acidifying.

**Sugar without proper amounts of nutrients attached.** Processed sugar, fake fruit.

**Cooked/processed food.** Especially in metal pans, microwave, etc.). Fruits and vegetables can be cooked, other food should be eaten raw.

**Vaccines.** Suspected relation to autism, M.S., cancer, polio, SIDS (Sudden infant death syndrome), diabetes, confusion, coma, paralysis, brain and liver damage, AIDS, death, and many more. Strengthen and cleanse your body - the best and only true immunity.

**Stress.** Results in a hyperactive glandular system and shuts down healing. Avoid it like the plague if you want to heal.

**Stimulants.** Your energy levels should be dynamic. Use herbal adaptogens and glandular instead. No cacao.

**Low quality and hybrid food.** Makes for a low quality and hybrid body, such as seedless.

**Poor Drinking water.**

**Fizzy drinks.** Especially not around mealtime as it weakens stomach acid.

**Chemicals and Additives.** (Present in shampoo, deodorants, toothpaste, hair coloring, nail enamel and remover, aftershave, hairspray, make-up, and many more products.). Most of them have cancer causing agents and damage cells.

**Foods with pesticides, herbicides, fungicide or preservative.** Damaging to nerve tissue, interfering with the nervous and glandular system etc.

**Plastic bottles.** Interfere with hormones, use glass. Phosphoric and carbonic acid, damaging to cells, etc.

# Financial Tips

We all want to get the most for our money. What is the most important?

- Motivated & determined to succeed no matter what.
- Inner work, letting go, forgiving, appreciation, improved connection to oneself.
- Non-biased, non-emotional and wise approach one feels comfortable with. Do what you feel is what you need to do no matter what this is.
- Correct application of the compensation factor of the food itself but also compensating for the bodies overall conditions including weaknesses, nutritional deficiencies & imbalances, toxicity, and emotional and mental situation as well as one's macro cosmos.
- Elimination support such as herbs for kidney and clays for bowels, enemas, skin cleansing
- Support of one's individual weakness such as pancreas, adrenal glands, thyroid.
- Individually suited approach, at least some form of initial coaching
- Intermittent fasting
- Eating only when hungry
- Body treatments such as chiropractic, N.O.T., Ozone, and so forth.

Focus your money on the highest quality food you can get at the farmers market. Pick some herbs fresh yourself if this is a possibility, these have the most potency and nutritional density – don't eat lettuce. Get frozen berries as this is truly the cheapest food possible as it asks for the least compensation and makes for the most powerful progress. Buy in bulk. Make sure the water you drink is of high quality. Get an enema bag and use it often, very cheap and very effective. Get some basic herbs for the bowels, kidneys, adrenals and kelp for the thyroid. Use a whole food vitamin & mineral supplement, this won't be too expensive and addresses a wide spectrum of concerns. This way you can likely avoid having to do any tests which won't be that effective but when you focus on all other areas you likely will surpass what the literal people will ever achieve. Practise intermittent fasting and focus on getting the most out of your meals while simultaneously supplying your body with the free time it needs to initiate effective healing, depending on your situation and condition this might not be appropriate. Once you are all well informed and comfortable with how it all works, get a professional view on how you want to proceed with your individual situation.

Berries, or fruits & vegetables well compensated, some cooked vegetables, herbs, an enema bag, intermittent fasting ... doesn't sound expensive to me.

# Top health mistakes

- Believing that someone other than you is responsible for your healthcare and that we, ourselves, are not the root cause of our creations which include all bodies (micro) and the macro cosmos.
- Become angry and frustrated at creation, the creator (or whatever) without seeing the intelligence behind it.
- Be passive, like a leaf in the wind, rather than an active creator.
- Overlooking the fact that health and illness is all about Cause and Effect.
- The imbalanced focus between the micro and macro cosmos of oneself.
- Thinking that the physical body is all that matters and the only reflection of health
- Thinking that one can only be a 'good' individual if one eats a certain type of diet.
- Thinking that the answers to most illness, and wellness have yet to be discovered.
- Testing ones genes and preventively remove body parts.
- Thinking that science finds cures that often are found elsewhere. Science is just us humans trying to perceive how 'the supreme intelligence' operates and we often overlook essentials.
- Trusting / following blindly any external source such as a certain practitioner or doctor without independent study.
- Use harmful vaccines, drugs and similar toxins, stimulants and suppressive agents instead of improving one's health.
- Be stuck in the past without using the new options which often arise to facilitate the balance of the current situations and conditions.
- Trying to heal in a stressful environment.
- Using inappropriate levels of activity and exercise

# Top Dietary Mistakes

- Neglecting or overlooking one of the three pillars of health; toxicity, cellular strength and nutritional level & balance.
- Fail to use external viewpoints and/or coaching when appropriate needs arise.
- Not following a progressive and transitional approach thus likely overwhelm all bodies and/or create an imbalance (physical, emotional, mental, etc.) as well as fall for limitation. Initially, the focus should lie on achieving balance in the micro and macro cosmos of oneself and then on balanced and progressive improvements.
- Not applying the compensation factor correctly, no matter at what dietary level. From all acidic food up to fake fruit, all of these need to be compensated not to promote nutritional depletion & imbalance.
- Thinking that the nutritional concept equals the only reality neglecting the greater view of compensation.
- Visiting strong levels of detoxification without properly supporting one's weaknesses and elimination.
- No or too little support for elimination pathways, in particular, kidneys and GI-tract but also skin and breath thus one likely suppresses and shuts down kidney function. Elimination needs to be balanced, or an imbalanced situation follows that can build up even over months (lymph nodes swell, etc.) - one will never be able to clean the lymphatic system like this.
- Misinterpreting the 'feeling of hunger' at times when it represents a cleansing process, eating to suppress the cleansing process instead for allowing the process to take place.
- Doing juice fasting without using internal brooms and clays thus creating high amounts of pressure on the kidneys due to lack of fiber in the GI-tract. Doing so suppresses healing and cleansing of the kidneys thus stressing the body as a whole suppressing the detoxification process.
- Overlooking our true dietary needs such as by eating high protein diets. In fact, not realizing that our weaknesses, toxicity levels, and nutritional states are so poor that any diet won't work long term but only a systematic approach to increasing health in all areas simultaneously.
- Eating too much-cooked food. Thinking that it is somehow superior which it only is if the food is purposely eaten to take away energy in order to slow down the cleansing process and/or to nourish while cleansing slowly. This is the case with cooked/steamed vegetables and fruit and can be beneficial in many instances in

particular in the beginning. Overly aggressive cleansing is not wise and results in imbalances of all bodies as well as in regard to the macro cosmos.

- Eating high amounts of fats on a regular basis. Thinking that one can clean the lymphatic system by doing so and overlooking the pressure increase that such creates on the kidneys which suppress kidney filtration and healing. Once the kidney goes so does the lymphatic system. High amounts of fats generally tax the body energy wise and are mainly eaten due to high stimulation and suppression of cleansing. Yes, one can feel and look good for a while.
- Trying to use only diet, herbs, fasting and other foods while neglecting effective bodywork techniques in particular initially.
- Not using enemas to help in and promote elimination. Especially in the initial stages.
- Toxicity and Herbs: Some herbs are toxic, most are not. The dangers come from inappropriate use.
- Thinking that we are hungry and tired because of a lack of calories. Not understanding that the reason most of us truly eat and why we are hungry is due to toxicity, cellular weakness and nutritional depletion & imbalance and the effect thereof such as emotional and mental imbalance up to parasites, small and large. In addition come low quality and incomplete foods that do create an imbalance within the body and need to be compensated with other food resulting in cravings and higher food intake.
- Eating at inappropriate hours. The Chinese 24-hour circadian clock clearly demonstrates that our digestive capacity is more powerful at the beginning of the day, and this seems to be very real. The weaker the digestive system, the more obvious this becomes. Don't eat late at night and only when hungry, the latter being even more important.
- Neglecting to act when the time and situation are given to improve one's health.

## Different Stages of Detoxification

Once you get more familiar with your situation, you can determine which level of detoxification is appropriate for you. This also takes the time factor into consideration, as serious conditions may limit the time available to you. It is usually advisable that you give your body some time to adjust to the new lifestyle and dietary changes that will be made; as this will prevent the sudden “shock” that occurs if one jumps from a poorly cooked food diet into a highly energetic one. This will also give you time to gather information and overcome any unnecessary fears and doubts you might have.

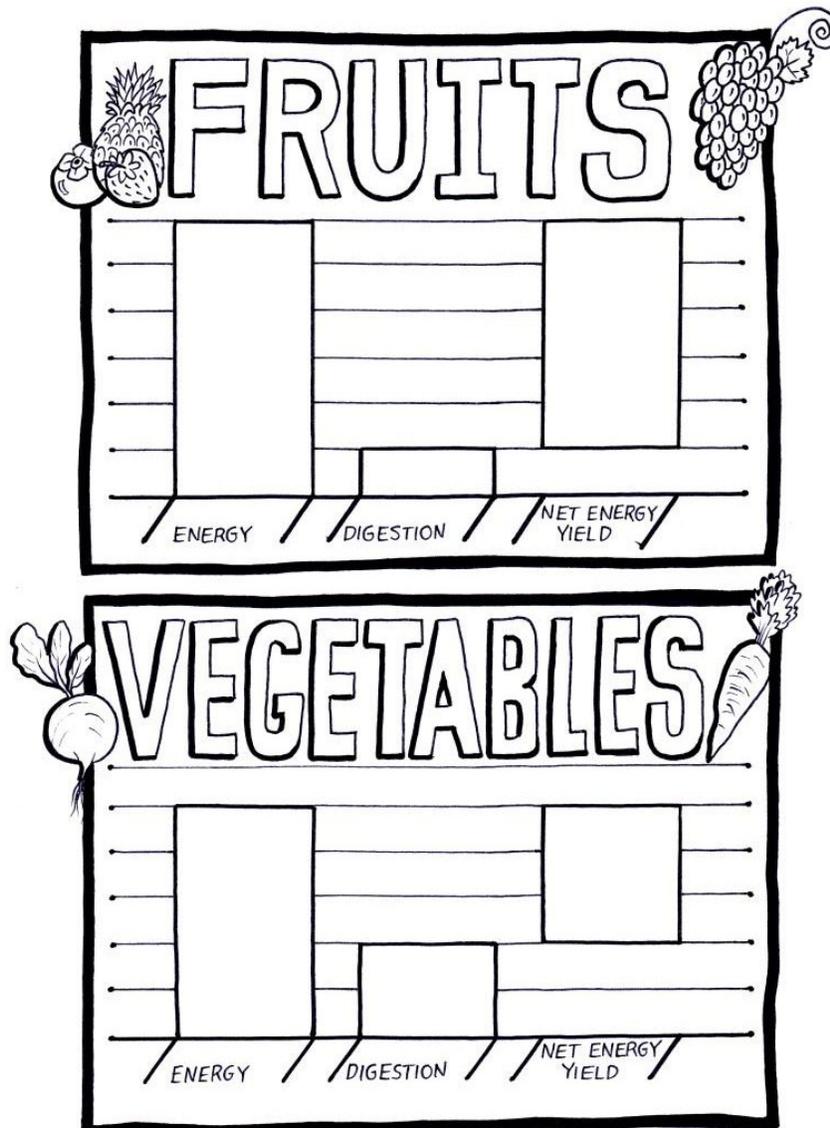
The combination of raw fruits and herbs is very powerful and if one does not approach such a health program in a balanced way, i.e. too aggressively and/or too fast without taking care of elimination as well as not properly focused on nutritional balance or neglect chronic cellular weaknesses, one can become unstable. This is why it is always strongly suggested that you walk in balance, sometimes you will increase the pace, and sometimes you will slow down – this depends on the situation of your microcosmos (physical, emotional, mental, etc.) and macro-cosmos (relatives, environment, etc.). The focus lies in fostering balance in all areas initially which is the most critical at the beginning, and then progressively move forward maintaining balance in the micro, macro and both to each other. Remember, the consequences of falling off a bicycle are much less severe than those of a 600cc motorcycle. You might want to spend some time learning to walk, then to ride the bike and later start with a moderate motorcycle. If you need or want to ride the motorcycle at the beginning of your journey you really should get assistance from a professional source.

The goal of the entire program is to clean the lymphatic system out as much as possible, strengthen weakened cells and restore nutritional saturation while simultaneously maintaining nutritional balance. Running off stored emotions and mental obstructions, as well as improving in one's macro cosmos is also part of it. Cleansing and the strengthening of cells will take years and even beyond as we can always clean and strengthen further. Thus, the initial goal is to bring the body into a state of balance and normal functional ability, such as pain-free or stable in case of emergency.

## Energy Food Table

To give you a better understanding of how the dietary system during a targeted detoxification is put together, I'd like to give you an overview of the energetic yield specific foods have; how much energy do you get from various foods? In the table below, you see the general difference between fruits and vegetables.

Fruits contain more energy and require less for digestion; therefore, they yield much higher net energy for your body compared to vegetables, including greens. As your body will have more energy available, detoxification will be sped up. If you also consider only to consume complete fruit, such as berries, you will even get much more net energy as this will interfere the least with the body's balance, and you won't have to consume hardly any greens, if at all, which truly only serve to compensate for the fake fruit. It's twofold.



Each food can be categorized in this way. Learn to look at food from this perspective and you will understand that there are different levels of eating in terms of energy. Many foods don't yield any net energy whatsoever but simply stimulate cells and suppress elimination resulting in a feeling of energy. You will come to understand this fact very well once you have spent some time on a clean and proper diet.

This is the aspect of energy food has on the body short-term. Our energy levels depend mainly on our overall strength of the cells, nutritional saturation & balance and toxicity levels, and not the food itself. Dietary intake is what changes the condition of the body in the course of time. If the diet makes one nutritionally depleted and imbalanced or toxic, this will rob massive amounts of energy no matter the kind of food.

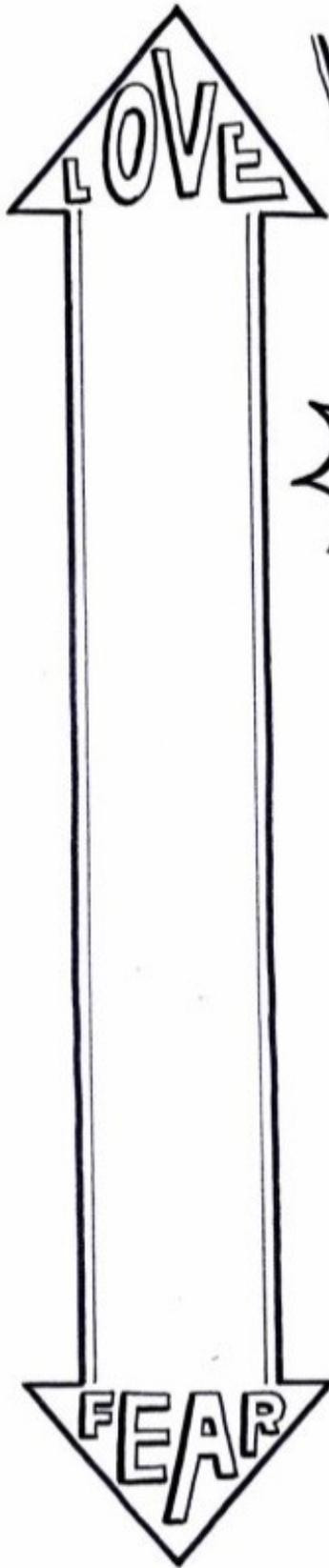
### **Energetic food table, dynamic & real energy**

- 1.** Berries and other complete fruit yield the most net energy
- 2.** Raw fruits and melons
- 3.** Vegetable Juice & Smoothies
- 4.** Raw 'fruit-veggies' (such as zucchini, cucumber, tomatoes, etc.),
- 5.** Raw Vegetables
- 6.** Steamed fruits, berries and melons
- 7.** Steamed vegetables

Each level down the ladder represents a significant change in the net energy yield. Try it out and test it yourself. It will become very obvious and clear to you that this is factual.

Even within each level variation in respect of quality, ripeness, genetically modified or organic produce, hybrids, steamed lightly or excessively cooked, etc. do exist. There is also the fact that the body likes simplicity. Our body particularly appreciates having a structured dietary routine, which includes eating at set meal times, eating one food at a time and so forth. Of course, this also relates to other areas of our lives.

As stated in the chapter of 'fat', one can improve and tackle issues by eating higher amounts of fat but one cannot clean the lymphatic system effectively doing so, if at all. Digesting fat costs too much energy as well as it "slams" the kidneys suppressing elimination rather than supporting them to overall better one's situation. We are talking about excessive fat and not covering essential EFA's deficiencies and maintenance which are critical. The focus lies on addressing toxicity levels, cellular weaknesses as well as nutritional deficiencies and imbalances - **at the same time** - and only a diet devoid in 'high-fat' can accomplish this. Either way, this does not mean that there is no place, no situation, for such.



# VIBRATIONAL ENERGIES OF FOOD



## **The benefits of an herbal & supportive program**

Throughout detoxification, it is advisable to make use of an individually suited herbal program in order to achieve the results outlined in this book. Diet alone will yield some level of results, but the difference between just eating a mucus-less diet versus a combination with an appropriate herbal and supplemental program can be huge, especially with chronic weaknesses. Herbs are very powerful non-hybridized vegetables capable of strengthening specific tissues or decongesting and cleaning out stored waste. They also possess unique attributes that will benefit the body in many different ways. An herbal program can speed up the healing process and make detoxification so much more comfortable. Try it and see for yourself. Herbs are part of the whole and not the sole focus, using herbs without a proper and balanced full spectrum approach won't work. Using herbs inappropriately can also make the situation worse. The weaker, more toxic, and more depleted one is; the more one can benefit from a proper herbal program. The most important are adrenal glands, kidneys, internal broom & clay, thyroid and some overall help for liver/gallbladder, stomach, and pancreas. Supporting these areas adequately for one's individual condition usually aids strongly.

The diet can be looked at as 'energy supply' and the herbs as the support, with which the energy is used efficient and specific - both factors are important.

Preferably one starts using herbs of a professional system. It is also highly suggested to get familiar with as many herbs as possible. Best case scenario is to pick fresh and wild herbs or to grow them in the garden. There is also the option of ordering 'bulk' herbs and blends for tea's, including making one's own tinctures and blends. However, for some of these advanced approaches lots of knowledge is necessary to make it specifically for one's individual condition as well as to succeed on a daily basis. Nevertheless, if you choose to do so, you might want to stay away from the most potent herbs and focus on very common herbs, adaptogens (support glandular functions) as well as herbs that support elimination. This is the reason why it is highly suggested first to get familiar with herbs using a professionally proven system.

Fresh, tea's, tinctures, essential oils, and dry blends are ways to consume herbs. Consuming a great variety of herbs at the same time, each in small quantities and balanced to each other seems to be the most effective approach. Diversity, like on the stock market, is best – each herb alone has specific effects and using them in a great variety, in particular in synergistic blends, seems to work the most optimal.

## Food Quantity

Generally can be said that the less you eat, the stronger the detoxification process will take place. If you eat constantly and never let your body catch up, you won't enjoy much progress and might very well be better for eating less energetically food inducing less aggressive eliminations while eating more appropriate quantities.

One of the reasons we tend to eat a lot is due to not letting the body go through its cleaning; we suppress it by eating large quantities. Another, very common reason that affects pretty much everyone on one level or the other are chronic glandular weaknesses which like to be stimulated due to not being able to support the body optimally. In addition to this come nutritional deficiencies and imbalances, most notably minerals that make for strong cravings thus one consumes much more as the body is trying to regain balance. Last but not least, we like to play the game of compensation – eating incomplete food that leads to cravings for other food. Fact is that no one can effectively heal by eating large quantities and for many, depending on the situation, this will shut down cleansing and overall healing completely – we are talking about strengthening cells and deep cleansing, true healing.

For some this might sound restrictive or like an unhealthy practice but this is not so, it's just that most of us have never been truly healthy and don't understand how much food we actually truly need nor how it feels to be 'satisfied' – food should not be a huge part of our life, should not be the most important thing nor should the mind be focused on it too often. If one is nutritionally saturated and balanced, has his weaknesses either overcome or well supported and understands how to deal with the cleansing process one will not feel like he is depriving himself of anything and can easily go for hours without food or skip a meal or two. One will be satisfied throughout the day and eat to maintain the body and not for suppression, stimulation or due to the body crying for nutritional aid. If one needs to eat constantly to have energy then this clearly means that there are some deeper cellular weaknesses, nutritional imbalances and/or one simply is toxic enough to not effectively get something from the food.

I know that this might be difficult to understand as our beliefs and traditions are deeply rooted in how we look at food but it is very true. We don't eat for calories but mostly for deficiencies, nutritional compensation, stimulation, suppression of elimination and emotional comfort. The truth of the matter is that if one is getting proper nutrition most notably nutritional balance, strengthens the cells, cleans out the body to some degree, stops eating incomplete food and knows what true hunger means as well as deals with

emotional eating one will automatically get all the calories that are needed. In fact, that's how energy is produced, by healthy and balanced cells. However, this is much easier said than done and you should not simply stop eating or strongly reduce your food intake as this might very well end up in you getting into situations you don't want to be in. It is about helping the body to regain balance while listening to its needs.

- Focus on eating complete food and, if not, compensate what you ate properly.
- Fill up your nutritional tank.
- Strengthen your weak cells, support them while they are weak.
- Help your body to eliminate. Start understanding when your body gives you symptoms, or feelings, of elimination as well as a true desire for food and nourishment.
- Deal with your emotional eating.
- Eliminate fungus, candida, other unwanted microbes and the larger parasites.

**While you are doing this, eat according to your desire.** This is not a 'calorie-restricted diet' – it's an approach that understands the limitation of the calorie concept, and overall any general dietary advice, and rather focuses on systematic improvement in health of all bodies as well as eating complete food and compensating correctly if not.

You will not truly see the depth of this topic until you have undergone a longer water-only fast as well as spent months if not years on this journey and experienced first-hand that your needs for food drastically is reduced.

Let me give you an example about the trickiness of this topic. You might be eating berries and green juice all day just to end up getting a feeling of hunger by the end of the day, even though you consumed enough for your specific needs. At this point you then can either go and 'give in' or For example, consume some fiber & clay (which together act like a sponge in the intestines, absorbing waste and toxins) and notice that your 'hunger' fades away. Or you might do an enema instead and experience the same outcome. Of course, there are other possible interferences that happen when you might be eating apples all day and 'think' that your cravings are due to elimination whereby most of it, not all, is due to your body being put out of nutritional balance thus is For example, craving some minerals such as are present in greens to get back to a homeostasis. You might also have chronic glandular weaknesses that seek support.

Another great example for this I do experience when doing a work-out in the gym, whereby eating a clean diet of, For example, just berries and some herbs. What I learned is that spending 30 mins in the sauna after the workout, as well as do two cold 5-min-showers, my appetite afterwards is much more controlled, and I actually will eat less, as if I would skip the sauna and the shower. Even though I used up 'more calories' by

sweating my butt off, the feeling of hunger is much less. The reason for this is that pushing ourselves in a work-out will induce some stronger elimination processes that likely lead to feelings of hunger. This effect is much more intense if one is already eating an astringent diet. Obviously my needs for food will increase during times of higher activity levels but this is not what is being referred to here. One also has to support weaknesses, especially the adrenal glands, optimally or one will not see this.

## **Food Frequency, Intermittent fasting**

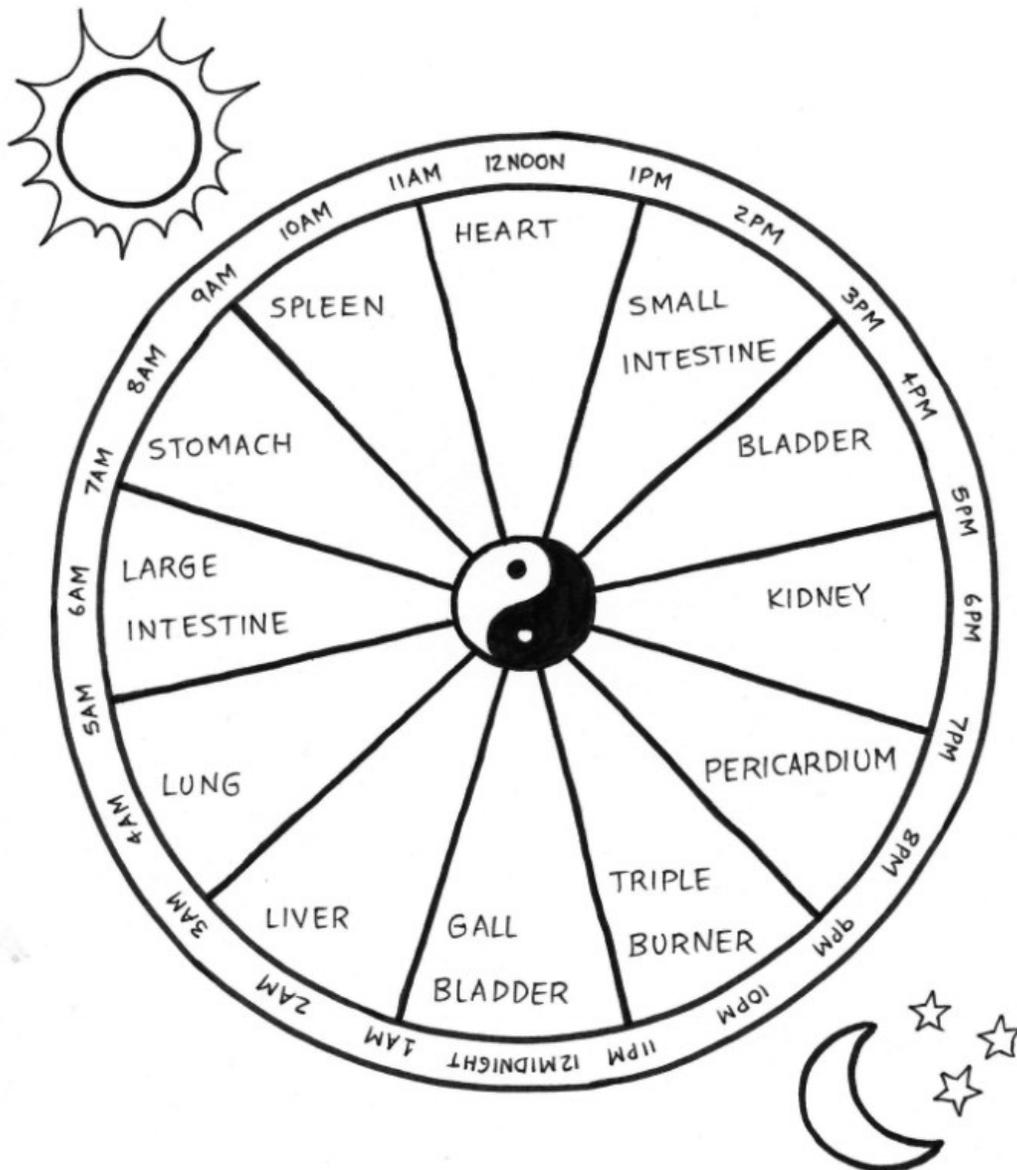
How often one consumes food is another critical aspect. Eating frequently, such as one fruit every hour or half hour all day long is not advised but rather to have larger quantities one to four times a day. It will result in more effective digestion and better cleansing. Arnold Ehret clearly states that two meals, even if they are large, are better than three meals. The reason for this is mainly that our body will remain balanced and does not constantly have to compensate for the food we consume especially as it is usually highly imbalanced food. Eating only for a specific time, let's say for successive 6 hours in the day, is referred to as intermittent fasting and is indeed very powerful. Nevertheless, you might want to start with four or even five meals depending on your situation – don't force yourself but learn to understand your body's messages.

There are many books written as well as studies available clearly demonstrating the effectiveness of this habit. The time window usually ranges from six to one hour in which all food of the day is consumed. One might want to use midday for eating, but this is not essential, it's more about finding the routine that one feels comfortable with while sticking to one eating window only. Eating 3 smaller meals at 12, 3 pm and 6 pm is a suggestion. It would be better though to eat early in the day as this is the way the bodies internal clock works, digestion is more powerful in the early hours whereby the focus shifts more so to a cleansing mode later in the day. Besides this window only low calorie to non-calorie liquids are ingested with lemon water being the most calorie dense, or nothing at all aka dry fasting. Herbal teas and water being the other choices. This can be done eating any kind of foods and will enhance the dietary routine many folds. It's actually so effective that eating 'non-ideal' foods while practicing intermittent fasting can be much healthier than eating all day long much better foods. You might also want to improve gradually by, For example, starting your day with lemon water and then later some vegetable juice before you eat more solid food in your chosen window.

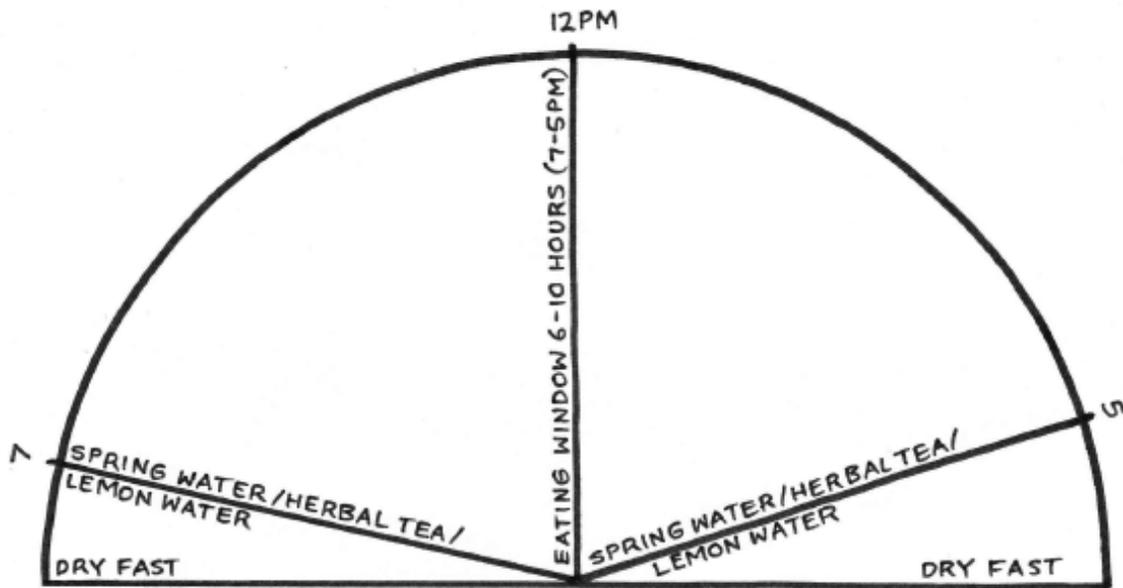
## 24-hour Circadian Clock

When I was once water-only fasting, I would wake up in the middle of the night many times in a row, always at the same time around 1 am. It was almost unbelievable how precise it was, and how it was accompanied by my liver 'making some noise'. Also, at the peak of my own digestive weakness I would be able to eat heavy and fatty foods in the morning, whereby the same food at the evening would cause strong discomfort and indigestion, even much less of the same food.

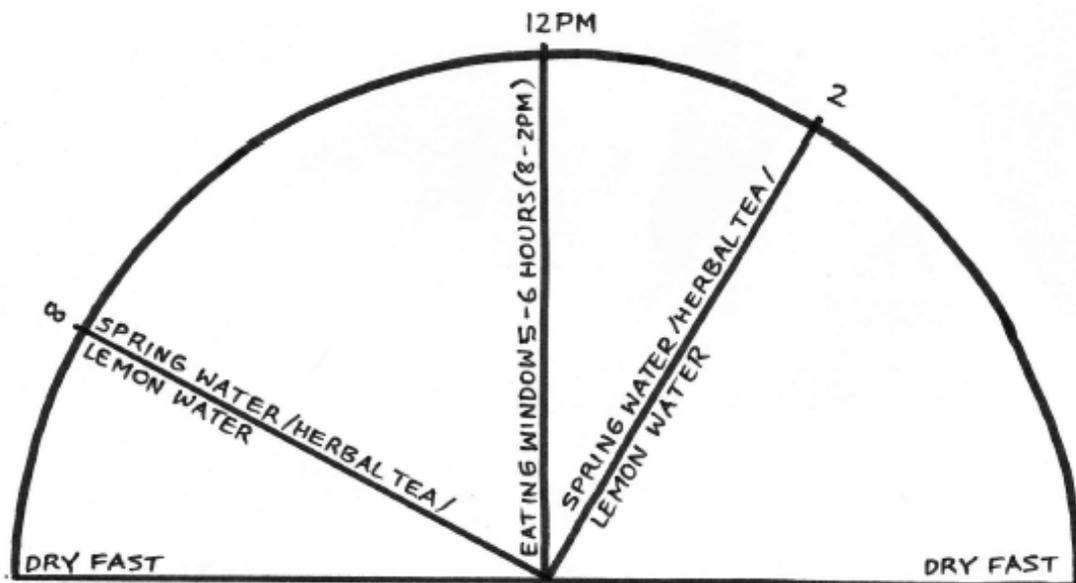
It is very wise to eat most of the food before the evening. Eat a breakfast consisting of whole fruits, a Green-Smoothie or vegetable juice, and give the body enough time to prepare for its nightly physiological activities. Eat heavier food between 11 a.m. and 2 p.m. Only eat light afterwards, if at all.



# Intermittent fasting & Circadian Clock



## BEGINNING STAGE



## ADVANCED STAGE

## Hunger Pangs

Whenever you feel hungry but it does not represent a pleasant feeling in the throat / mouth this is NOT an indication for any need of food. Often we tend to think that a grumpy stomach indicates the need for food which is, however, totally false. When the stomach has been stretched through too much food, and/or lymphatic congestion is present, it will try to readjust this condition. The feeling that most of us indicate with hunger is merely a cleansing and shrinking effect that has started as the body has been left alone for a while and now is able to do so. Most individuals, especially the well fed modern man, can go weeks without food while the body would initiate beneficial cleansing and get healthier. This is not suggested, as stated earlier, as it is not the optimal choice with the position most of us find themselves in.

When you start your detoxification these hunger pangs will be the very moment in which you either successfully improve, or stop the cleansing progress and with it inhibit your healing. By making use of intermittent fasting you will quickly become familiar with the nature of such pangs. Let's say you are trying to improve your health and start your day with a berry meal, then later some fiber & clay to help you eliminate, and at 2 p.m. you have some cooked vegetables and a salad as this is the stage you are at. For the rest of the day you intend to fast on water, tea and lemon juice but at around 6 p.m. you start to feel very uncomfortable in your stomach and feel like you need to eat.

**DON'T  
EAT ANYTHING**

Instead,

- Go for a walk.
- Do an enema.
- Drink water or tea.
- Listen to music, watch TV.
- Put a wooden stick in your mouth, or tape your mouth, or cry...
- And if all else fails... have some fiber & clay which is the best 'food' at that time.

Don't run when it gets too real. You can't escape it and simply would have to face the same step again without making progress. Also, your body is going through a cleansing at that time and would not be open to receive any food thus digestion suffers. This topic is one of the main reasons why people often don't heal doing the ordinary detoxification program, especially not effectively.

## Various Foods and their effects on the Three Pillars of Health

Food Item	Toxicity	Nutritional level	Nutritional Balance	Cellular Strength
Cooked Dairy	☹☹☹☹☹	☹☹☹☹☹	☹☹☹☹☹	☹☹☹☹☹
Raw Dairy	☹☹	☺☺	☺☺	☹☹
Cooked Muscle Meat	☹☹☹☹	☹☹☹☹☹	☹☹☹☹☹	☹☹☹☹☹
Raw Muscle Meat	☹☹	☹☹	☹☹	☹☹
Cooked Organ & Glands	☹☹☹	☺	☺	☹☹
Raw Organ & Glands	☹	☺☺☺	☺☺	☺☺☺
Starches cooked (whole)	☹☹	☺☺	☺☺	☹
Starches Cooked (refined)	☹☹☹	☹☹	☹☹	☹☹
Cooked fat / oil	☹☹☹☹☹	☹☹☹☹☹	☹☹☹☹☹	☹☹☹☹☹
Raw fatty Vegetables	☹	☺☺	☺☺	☺
Cooked vegetables	☺	☺☺	☺☺	☺
Raw Vegetables	☺	☺☺	☺☺	☺
Juiced Vegetables	☺☺	☺☺☺	☺☺	☺☺
Raw Green Smoothie	☺☺	☺☺	☺☺	☺☺
Cooked Fakefruit	☺	☹☹	☹☹☹	☺
Raw FakeFruit	☺☺☺	☹☹	☹☹☹	☺☺
Juiced FakeFruit	☺☺☺	☹☹	☹☹☹	☺☺
Cooked Paradise Fruit	☺☺	☺☺	☺☺	☺
Raw Paradise Fruit	☺☺☺☺	☺☺☺☺	☺☺☺☺	☺☺☺☺
Water-only Fasting	☺☺☺☺☺	☺	☺☺☺☺☺	☺☺☺☺☺
Dry-Fasting	☺☺☺☺☺☺	☺☺	☺☺☺☺☺☺	☺☺☺☺☺☺

We all are different in our three pillars thus the food we consume has a different effect on us. If the digestive system is weak thus food ferments & putrefies a lot of toxicity is created even when 'clean' food is eaten. Eating poor food but practicing intermittent fasting might also even the food out. Foods do also have a ripple effect by suppressing certain tissues, such as cooked fat by placing stress onto the liver and kidneys. Still, this list is quite accurate and should illustrate cause and effect of all foods powerfully. What can also be seen is that foods, such as fake fruit and vegetables, go well together as one can clean & strengthen while maintaining one's nutritional status. Nevertheless, it's difficult to improve quickly with these foods in all three pillars simultaneously. The black line represents the separation between mucus forming foods and mucus free foods.

## Adjustment time

### Breakfast:

1. First option, berries whole in bowl / blended or some lemon with water
2. Second option, green smoothie or some high quality ripe fruit.
3. Third option, steamed vegetables with a raw salad if desired.

### Lunch:

1. Raw salad (various kinds of vegetables and salad greens)
2. Steamed vegetables with a raw salad if desired.

### Dinner:

1. Raw salad with a side of steamed vegetables. Use lots of fresh and/or dried herbs (very healthy and tasty). It's suggested you use some high-quality plant-fat source (like coconut, olives, avocado, nut-yoghurt, etc.) with your last meal.
2. Green-smoothie

**In-between meals:** Green-smoothie (blended fruits with greens), fresh vegetable juices (around 250ml / ~ 1 cup at a time), some high-quality whole ripe fruit or nothing at all.

The focus lies in eating nutrient dense foods and greens to refill the nutritional tank while starting to cleanse slowly. Depending on the situation one might want to start with predominately steamed vegetables and then gradually work up to a raw food diet thus enjoy slower and likely more comfortable transition over the course of some weeks or better multiple months.

### Suggested Herbal Blends and Supplements

- Bowel, Kidney and Glands (Adrenal and Thyroid)
- Liver
- Herbs for individual weaknesses or conditions (such as constipation, stones, high or low blood pressure, poor circulation, etc.)
- Whole food vitamin & mineral blend and a 'Green-power-blend.'

### Suggested Treatments

- Bodywork such as Chiropractic, N.O.T. (Neural Organization Technique), etc.
- Hydrotherapy and enemas

- Breath work
- Earthing, connecting to the earth barefoot
- Skin Cleansing
- Rebounding and other light activity
- Salt baths
- Little to no stress
- Reducing overall toxic load (such as from tap water, shower, beauty products, etc.)
- Taking care of one's macro cosmos.

**Fruit;** Bananas, durians, mangos, papayas and jackfruits are great choices for slow and gentle cleansing as they are much less powerful than most other fruits such as berries or those with higher water content and overall much more astringency. Especially citrus fruits should be eaten sparingly at first; they are aggressive and not suited for this adjustment stage. A glass of water with some lemon juice in the morning is excellent but not full citrus meals or lots of lemon juice as this might initiate diarrhea or getting nauseous depending on the individual. Berries are always the best option. However, you likely might not be able to tolerate a full berry meal at this time. Make sure that you use enough greens to compensate for the demineralizing effect of fake fruit which often is additionally rather not of perfect quality. Best would be to skip the fake fruit experience, at least mostly, and just eat berries, lemons and other complete fruit with raw / cooked vegetables. If you need to heal it is highly recommended to eat complete original food only.

**Greens;** should be a strong focus in the diet, in particular in the beginning stages, eat lots of greens. Use different varieties of fresh and wild herbs, sprouts, green leafy vegetables (such as kale, arugula, parsley, spinach, etc.) and rotate on a daily and weekly basis. Cooked and raw, whatever you enjoy – best is to eat one's raw greens in smoothies and juices and not so much in salads as the digestive process is very difficult, and unless you have a strong digestion you should not focus on doing so. Green smoothies, green juice, and steamed & cooked vegetables are excellent.

**Steamed Vegetables;** Broccoli, spinach, kale, root vegetables, etc. The more nutrient dense and the less starchy, the better. You can also blend some of the steamed vegetables creating hot soups. In addition, you can also eat some baked fruit such as bananas at times. It's much better though to focus on cooked and steamed vegetables as they are nutritionally much more complete and balanced for our situations (of being demineralized and so forth).

Vegetables, greens, and especially steamed vegetables are counterbalancing to the cleansing and demineralizing effect of fake fruits granting more balanced detoxification as well as help to saturate ourselves nutritionally thus a perfect start is a given. You might want to start with a large percentage of cooked and steamed vegetables while slowly and gradually working yourself into more raw foods.

**Smoothies vs. Juices;** Always have fiber with each meal thus only use juice as ‘in-between-meal-options’ and even then, best is to put some external fiber in the juice. If you want to use a greater percentage of juice in your diet, you must compensate by using fiber products, as an internal broom, such as some fiber powder mixed with some form of clay. This is critical as otherwise the lymphatic pressure on your kidneys will increase as the bowels as elimination pathway has been cut out/short. This will suppress kidney function and healing which is the opposite of our goal.

**Fat:** The fat content of your diet plays a major role; physiologically, we are not designed to eat high amounts of fat. Fat digestion is taxing on our body and brings many complications including a reduced pace in the cleansing process. Especially highly concentrated fat sources such as oil or margarine should be avoided altogether, or at least cut to a minimum. More tolerable fats are found in avocado, coconut, olives or germinated nuts; however, even they should only be consumed sparingly. Some form of fat source to cover the daily EFA’s (essential fatty acids) is suggested, this is a small quantity. Nevertheless it is important. Don’t eat fat in-between and then have fruit or even juice later on. Fat and carbs do not mix, and fat and effective lymphatic cleansing are not synonymous.

**Herbal Blends and Supplements;** Using the suggested herbs and nutritional supplementation are key in any effective program. This way one can stay on a less astringent diet and still achieve great results, making the whole experience much more comfortable as well as effective. There are endless options available here, but best is to work with a practitioner together that is familiar with this area.

**Treatments;** be creative. Connect with a coach / practitioner that has experience in various treatments and let him suggest you what kinds of treatments will be most effective for your condition and situations.

The stronger and more aggressive you want the cleansing to be, the less cooked food you eat. But remember not to go too fast, or you will most likely overwhelm your body. It’s pre-cleansing time, and it’s very wise first to prepare yourself and all the bodies properly if you have the circumstances to do so. Try to at least stay on this level for 2-4 weeks and learn as much as possible before you proceed further.

# Detoxification Level 1

This level is made up of a 100% Raw Food Diet.

## **Breakfast:**

1. The first option, berries in bowl or smoothie.
2. The second option, high quality ripe fruit or green smoothie or vegetable-green juice.

## **Lunch:**

1. Bowl of fruit or 'rainbow salad' (various kinds of vegetables and salad greens)
2. High quality ripe fruit or green smoothie or vegetable-green juice.

## **Dinner:**

1. 'Rainbow salad.' Use lots of fresh and/or dried herbs (very healthy and tasty). It's suggested you use some high-quality plant-fat source (like coconut, olives, avocado, nut-yoghurt, etc.) with your last meal.
2. High quality ripe fruit or green smoothie or vegetable-green juice.

**In-between meals:** Green smoothie (blended fruits with greens) or fresh vegetable juices (around 250ml / ~ 1 cup at a time) or some high-quality ripe fruit. Or nothing at all, fasting is always good.

## **Suggested Herbal Blends and Supplements**

- Bowel Cleansing
- Kidney and Glands (in particular Adrenal glands)
- Liver
- Herbs for individual weaknesses or conditions (such as constipation, stones, high or low blood pressure, poor circulation, etc.)
- Whole food vitamin & mineral blend and a 'green-power-blend' or similar.

## **Suggested Treatments**

- Bodywork such as Chiropractic, N.O.T. (Neural Organization Technique), massages, etc.
- Hydrotherapy and enemas
- Breath work
- Earthing, connecting to the earth's energy
- Skin Cleansing
- Rebounding and other light activity
- Salt baths
- Reducing overall toxic load (such as from tap water, shower, beauty products, etc.)
- No Stress
- Join a group of enthusiastic and awesome people, have some fun.

## Detoxification Level 2

This level is made up of a 100% Raw Food Diet.

### First Meal

1. Berry-mono meal in bowl or smoothie.
2. Other ripe and radiant fruit-mono meal (For example, dark grapes being a good option)
3. Powerful green vegetable juice based with nutrient dense greens (must use fiber/clays)

### Second Meal

1. Berry-mono meal in bowl or smoothie.
2. Other ripe and radiant fruit-mono meal.
3. Powerful green vegetable juice based with nutrient dense greens (must use fiber/clays)

**In-between meals:** Spring and/or distilled water with added minerals, liquids such as herbal and nutritive tonics; daily kidney, digestion or “calcium” tea being excellent choices, lemonade (water and lemon), clays and possibly vegetable juice such as celery, etc.

**Food Quantity:** Often around 3 pounds is a fairly good amount to start. Initially it might be a little higher whereby after a while it likely will become less. This depends on many factors.

**Before and after meals:** Intermittent fasting, on water, tea and later dry. You might want to start dry fasting for 12 hours, while having some tonics, teas and spring water before and after your meals, and then slowly work yourself up to longer periods of dry fasting over the course of weeks and months. The kidneys must be supported adequately when intermittent fasting, be it on water or dry, and it should only be done with a diet that optimally hydrates as is the case on this level. Drinking a lot of water is not advised as it will lower pressure in the body. Eating such a clean diet supplies the best water. The concern is one of kidney support. 1-2 litre/quarts are usually plenty once the body has adjusted over the first initial days, various though with different conditions.

Overall the focus lies on the optimal support of the body in the case of nutrition, elimination and aid for cellular weaknesses. Eating the correct quantity and intermittent fasting are key in promoting a high pace of healing. Effective and deep healing only takes place with little or no food whatsoever. Try to eat only for successive hours, For example, 5-6 hours each day, besides this nothing with calories but only herbs and maybe some lemon juice. The exception being if one eats berries or other complete fruit only, doing so one does not have to be this strict considering a time window. The trick in eating less is not to force it but to eat highly nutrient dense and complete food, support glandular weaknesses optimally and help with the cleansing process through fiber & clay products, kidney herbs, and enemas. One should not visit such a level without any guidance or a long transition and preparation phase. You should also not stay on this level for too long at a time but rather use it to boost your progress (1-3months) and then step back to a lower level or even a whole food diet. Remember the goal of detoxification is to achieve and remain balanced in the micro (physical, emotional, mental, etc.) as well as the macro cosmos – staying on this level for too long will likely create imbalance that does not make for an effective and comfortable overall long-term process.

The sooner one wants to visit this level the better weaknesses need to be supported by using herbs and glandular for kidneys and glands, clays, enemas and other forms of body treatments and support – this is **key**. The above is an illustration and example, the approach is very flexible and needs to be adjusted to each individual and situation at hand.

### **Suggested Herbal Blends and Supplements.**

Herbal and supplemental support needs to be adjusted to each individual case. The better the herbal support, the more effective and comfortable, or even doable, the approach becomes. Supporting elimination and weaknesses are key factors in improvement. Without herbal support (and/or other support such as enemas and glandular), this level becomes likely unbearable or even counterproductive as cellular weaknesses are not supported unless obviously one is very strong in his physiology. EFA's (essential fatty acids) deficiencies should also be addressed as do nutritional deficiencies and imbalances in general, it's all about compensation.

### **Suggested Treatments, Techniques, and Considerations**

- Forgiveness, letting go, inner work, apologizing, and so forth
- Intermittent fasting
- Daily focused breath work
- Bodywork such as Chiropractic, N.O.T., whole body and/or foot massages, etc.

- Skin Cleansing, sun baths
- Earthing, connecting to the earth's energy daily
- Rebounding and other light activity
- Salt baths, other baths
- Hot/cold showers, especially helpful at the spine
- Hydrotherapy and enemas, daily enemas might be needed
- Lots of relaxing, 'me-time' – **zero stress**

Peaceful environment, 432 Hz music, supporting individuals – never do this around relatives, friends etc. that don't understand this process and interfere due to emotional love or attachment, you will need full focus on yourself and most which are 'in need' should go and do such programs in clinics designed for this or have excellent support otherwise.

### **Mono fruit meals, green-vegetable-juice, and herbs**

At level two, simplicity becomes your lifestyle. Especially what you eat, but also what you drink and put on your skin is kept to the bare minimum in terms of variety and in quantity and all aimed at supporting your body optimally. The better one supports elimination and cellular weaknesses as well as properly compensates nutritionally, the less one will be hungry and eat which is of great benefit for the overall pace of healing. All attention is diverted towards reserving as much energy as possible for healing.

**Berries** are the most powerful food available to us. Their overall nutritional balance and density are not found in any other food. Their effect on toxicity and cellular aid are also exceptional. In the herbal kingdom berries are considered glandular support. The difference in effectiveness truly is vast compared to fake fruit as these usually are incomplete thus need to be compensated nutritionally, or deficiencies are the likely result, most notably, mineral depletion and imbalance – whereby berries actually build reserves up, it's the opposite. This incomplete state also evokes the desire to eat larger quantities as the body is put out of its equilibrium and craves additional food to regain balance. There are many variations of berries, and each of them has different effects on us. Due to eliminating the 'compensation-effect' considering food intake one will noticeably eat less which, in and of itself, increases the pace of healing. These are the king of fruits, the paradise fruit, and likely when others fail, berries won't. Just be aware – these are most powerful not only in cleansing but also in nutritional balance strengthening the body powerfully. This results in enormous free energy the body will use to initiate elimination processes that need to be balanced in order not to overwhelm

the body in its potential to eliminate which is never desired and always counterproductive to the ideal. Clays and kidney herbs, as well as enemas, are excellent ways to support one's elimination pathways and should be used daily appropriately.

Berries are also well suited for freezing which makes them storable. Try to find a high-quality source whereby ripeness is the most critical factor. Berries, due to their originality, are not suspect too many pesticides and herbicide need, still, watch out. Using frozen berries is a good option as these are usually picked riper due to the way our society deals with fruit. Get some wholesale berries in large quantities and stock up your freezer. This way you will also not have to spend much time shopping, it frees one on so many levels. The best way would be to pick them yourself and stock up your freezer, go on a berry farm and spend the time picking. Still, usually great quality can be found, and even average quality berries are more powerful than most freshly picked fruit which is truly sad but this is the power berries have over other fruit. The difference is vast. The darker and smaller the berries, in general, the more potent. Black currants, the small wild variety, are my personal favourites, this is likely the most powerful food on the planet.

**Lemons** are considered nature's strongest astringent fruits; pulling on the lymphatic system and the waste therein unlike any other fruit. I'm not so sure if that's true though as black currants, and other dark berries, seem to beat them anytime. Too much citrus is not recommended for those that are new to detoxification, as their excretion pathways are unable to cope with the onslaught of incoming waste, which is a direct result of the astringent effects of citrus. An unbalanced elimination state would result – this is neither effective nor comfortable. It is highly recommended that you strengthen your kidneys first before you start increasing the pace of elimination too much. Using herbs for kidney support is a must while being particularly crucial on an astringent diet, the higher the pace the more elimination needs to be supported. Dilute lemon juice with water as pure juice is very aggressive. Lemons are a powerful food and are nutritionally almost perfectly balanced, being close to berries. They are more neutral nutritionally in the sense of not yielding that many nutrients in excess as berries do, but they won't interfere with one's balance and current level. Lemons also help to 'flush' the liver and gallbladder freeing its pathways into the GI-tract, this greatly helps with comfort and digestion as the liver often is busy dumping some of its loosened up toxicity, this process, however, is somewhat sluggish at coming out. Best is to consume the entire lemon, juice and rind, the rind has many beneficial properties. Having some lemons on a daily basis is a great idea. Make drinking a glass of lemonade one of your habits, it's very healthy. Make use of lemons to accelerate the cleansing process, just make sure you don't overwhelm the elimination pathways as this would be counterproductive.

If you want to eat 'exclusively' fruit, while still using herbs and supplements to support your body's state as needed, I can only recommend to do this with berries or lemons as pretty much all other fruit eaten exclusively without dietary compensation with greens, especially if consumed for longer periods, will imbalance your body creating nutritional imbalance and deficiencies. The degree depends on the overall state of your body, how well and how quickly it can regain equilibrium. I have seen this happen over and over again, whereby my own experience, hitting rock bottom disregarding, showed me this in a very clear manner. Other fruits, fake fruit, need to be compensated using higher amounts of herbs and/or green juices and so forth thus it's suggested to eat one or two mono meals of high-quality fake fruit, and compensate appropriately nutritionally via green-juice but possibly also with nutritional herbs, whole food supplements and so forth at the same day. I rather see you doing this on a daily basis than go for weeks at a time on incomplete fruit just to get nutritionally imbalanced which makes the body weaker and finally 'fall off the wagon', accompanied by frustration, which however all is a direct consequence of not compensating correctly. The more one is nutritionally depleted, and imbalanced, toxic as well as the weaker one's cells are, the more critical it is to pay close attention to this matter. Best is to skip the fake fruit and only focus on complete fruit and herbs. The healing process becomes much more effective, more comfortable and at times it's the one factor that makes it actually doable – **it is not effective to cleanse at a poor level of nutritional saturation and balance.**

**Dietary compensation and compensation for one's current state of the three pillars of health are needed. Eating complete fruit does free one of dietary compensation.**

**Grapes** are exceptional at supporting kidney and GI-tract tissues, making them likely the best choice in the realm of fake fruit; especially during the early stages as the kidneys and the GI-tract are always compromised. They help quickly decongest and clean the lymphatic system while opening up eliminatory pathways thus making the process more effective and comfortable. Whenever you can get your hands on high-quality grapes (the darker, the better, dark blue / black colors are the most potent colors to initiate cleansing) make the most of it but use some nutritional support daily to make sure you will not end up nutritionally imbalanced and are able to go for longer periods which are what truly makes for an effective progress. If you juice the grapes, you might also get away with it if you juice the stems and seeds also. Add many lemons to your juice which will help nutritionally and lymphatically. Overall though, dark ripe and somewhat original grapes are very good foods and excellent to cleanse the body.

**Other citrus fruits, such as oranges and grapefruit,** yield high energies and are strongly promoting elimination. Wonderful fruits but, especially if not perfectly ripe, need to be compensated not to end up nutritionally imbalanced. Often these are picked very unripe, green, and then trucked to their destination while they get their color hopefully naturally.

‘An **apple** a day keeps the doctor away’ the saying goes. Which I heard is true if only one interprets it the correct way meaning one eats one apple exclusively. This might sound hilarious but the cleaner and stronger one gets this can truly become a reality and for some already is. Either way, I am not there myself, and I don’t assume you are but you can get to the point of understanding this by putting the work in yourself, in particular if you get to the level in which you truly understand the compensation factor and depth of our potential we all possess. Eating apples, while compensating with a good amount of greens works well and brings the benefit of, For example, the malic acid in apples which can help to soften gallbladder and liver stones. Apples also contain a lot of digestive aids that can help with an upset stomach due to eating wrong combinations or hard to digest food. The reason apples harm the teeth is not mainly due to the acid content but due to the imbalanced and lacking mineral content resulting in a mineral loss. Health has a lot to do with mineral saturation and balance and apples are likely the best fruit to demonstrate the effect of fake fruit as they are highly imbalanced, be aware and use green juice to compensate or just leave them out, it’s not worth to eat plenty of those.

**Melons** are somewhat great fruits as well. As they’re very easy to digest, anyone with a weak digestion may have the desire to stick with melons. They’re amongst the least energetically taxing fruits while yielding a great amount of energy. As there are several different types of melons, you will have a variety to select from. Don Bennet, a well-known professional in the raw food movement, found that the discomfort and pain many experiences eating melon at certain times, aka ‘melon-belly’, is a result of low levels of chromium in the melon itself and often goes away when supplementing it. Chromium is a mineral that is needed for proper blood sugar management. This demonstrates clearly that the melon is an incomplete food. If you juice the melons, hopefully you will be juicing the rind too, it should greatly help to maintain balance. You can eat the melon and additionally supplement either with chromium or better green juice and possible a full spectrum mineral supplement as the melon not only comes imbalanced and lacking regarding one single nutrient, or you leave the fake fruit alone – your choice. This effect is not only due to poor fruit quality but greatly due to hybridization. Truly complete and ripe fruit does supply an excess of balanced and complete nutrition and actually fills up your nutritional tank. The only pain one can feel

eating berries is due to initiate strong cleansing processes unless maybe one grows berries using NPK-fertilizers, I wouldn't be surprised finding such.

**Green-vegetable-juice**, to make it the most potent make use of fresh and/or wild herbs such as nettles, dandelion, turmeric root, ginger root and other herbs that are at disposal and well-understood by yourself. Beets and celery are among the best vegetables to juice. Beets powerfully clean the liver and kidney, in fact, it's said that beets enhance the formation of new liver cells. Celery looks like bone and also supplies what the bones need – minerals most of us have depleted ourselves in due to neglecting proper compensation throughout our lives. It is also a good idea to add lemon to the juice as its cleansing, and hydrating properties are at the top and it also improves the taste of the juice. You might also want to add, or solely do, wheatgrass juice or the juice of other sprouts. The idea is to make a potent nourishing and cleansing juice and not just to drink carrots and cucumbers which is not recommended. Whenever you drink juices, you should use fiber products and clays unless you want to stress your kidneys and likely overwhelm them, never do this when you are in need of healing. The fiber can be added directly to the juice or consumed prior to drinking it. Adding it before will make sure that any toxicity the juice breaks loose have a place to go to thus getting nauseous, or even vomiting can be prohibited. There are endless varieties of this juice, but the overall idea stays the same, a potent healing juice. All foods have specific vibrations and healing properties to them and can aid in specific conditions. It's about using the correct protocol for the conditions at hand. Also, juice should be sipped and not swallowed in one go. This stresses the body greatly. Too much greens are inhibiting detoxification as the nutritional concentration is too dense, be reasonable.

Detoxification on level 2 will allow many changes to occur within a short period of time as the healing process is accelerated to full capacity, especially with complete fruit only. While the fruits themselves yield many positive attributes for the body, herbs can make a huge difference, drawing upon the energy provided by the fruits. The herbs will redirect energy to specific places of the body, depending on what herb it is. Thus, fruits and herbs are much more powerful in tandem.

Depending on tissue weaknesses and lymphatic congestion, you'll be able to see and feel the changes as they occur. If you intend to detoxify for a long period of time, it's advised that you work your way up to level two, preferably starting with the adjustment time. The reason for this is that it will help you to prepare your body and your mind for the most intense levels of cleansing thus it won't be so harsh. This is important, because the lymphatic drainage is very strong at this stage and it is wise to prepare your body such as by cleaning out the GI-tract and liver to some degree, strengthening glands and kidneys, doing some chiropractic work, and building up

nutritional reserves and foster its balance, and also to get comfortable with detoxification. Maintaining an aggressive diet without properly functioning excretion pathways can be very uncomfortable or even bear negative side effects. The lymph is mobilized too quickly to be excreted effectively over the unprepared kidneys which happens especially when a clogged liver and high toxicity within the GI-tract is present which both result in a much higher burden on the kidneys. This can start to build up and cause blockages from each kidney upwards in their respective lymphatic pathways. Lymph nodes can swell. As a result, making the detoxification more counterproductive than positive. Strong detoxification symptoms with negative consequences will follow. It is always better to step up the levels slowly if this is possible.

This is unless the individual is dealing with a **life-threatening condition and/or has little time to spare** - then a head dive into level two might be imperative. A few weeks on this level will buy time and stabilize the situation, yet attention must be paid to providing **adequate support** with the right kind of foods, herbs and forms of treatment. Don't forget the food quantity and frequency as effective healing does not take place eating large amounts of foods. In fact, if you intend to jump on this level quickly it would be best to consume only the appropriate herbs for 1-3 weeks and slowly introduce complete fruit. Fast on herbs, and possible some vegetable juice first. If you switch instantly to 2-3 meals of astringent fruit you will overwhelm your body almost for certain, this is not suggested. Astringent fruit, especially berries, stir up the pot very aggressively and this will be very uncomfortable and can even be harmful. You really should have some well knowledgeable practitioner at hand that helps you closely.

For those of you with advanced situations, you must know that it will take some time, especially to get way beyond it. Likely one will have to spend one month on the first level and then three on the second and possibly even 3-4 weeks on water-only afterward to get truly beyond it. The goal is to not only get over the most critical symptoms, but past any danger of repercussion. In between it might be possible to slow down a little.

Other therapies have their people, For example, on strict juice diets for two years to get beyond any danger of reoccurrence. With the most powerful food, herbs and other supplemental therapies it will go much faster, though. Succeeding means a strong initial focus and overall a complete permanent lifestyle change. Either way, this is about overall development and not just some treatment of symptoms and well worth it.

Remember Joel Wallach, the reason people pass is because of nutritional deficiencies resulting in not enough nutrients (including oxygen) reaching cells shutting them down until it reaches a fatal state. We have also covered that deficiencies mainly occur due to eating imbalanced and inappropriate food, next to poor general health, which is the

reason why you should avoid poor food quality, fake food and especially isolated supplements and drugs like the pest when you are facing a serious situation. You should also make sure to support your glands and liver adequately, these maintain the equilibrium and low function will make the body less effective at doing so. If you keep focusing on maintaining the balance within your body while starting to cleanse appropriately you have the best chances.

It is always prudent to seek and receive external support from an experienced health practitioner during this time. My experiences clearly show me that one of the most critical aspects in getting one out of such a situation is a proper and conducive environment, next to obviously knowing what to do. One needs to be able to fully relax and concentrate on the healing process, and anything that interferes with this should be, at least temporarily, put aside. Zero Stress. Many times this means that one needs to visit a 'healing center', or a similar conducive environment, for a while. Remember, your surrounding is part of your condition and usually has a massive influence on you creating your health in the micro cosmos. A healthy environment means that you are supported in making optimal choices and everything besides this, in particular if influenced by emotional love, is contra productive. We all need a space in which we can heal.

Even the most disciplined individuals should also seek support, as nobody is immune to coming off track when stepping into an unknown realm that he or she've had no previous experience with. Everyone can lose track and be helped by second opinions. I do this too and need it. Once you've spent some time on this level of detoxification and acquired some first-hand experience you will soon come to realize how much we don't know or understand in science and that disharmony and disease all is just a matter of cause and effect.

**Bear in mind**, efficiency and comfort is not warranted, even if you support your weaknesses adequately with herbs, treatments and if needed with a glandular. It is clear that if you fail to do so you likely will not succeed and end up becoming highly unbalanced, efficiency drops tremendously, and most likely it will be impossible for you to stick to the program. Correct support is challenging, especially on this level, as little to no stimulating foods are consumed, thereby all weaknesses get fully exposed. This is the reason why no one touches this level.

Energy imbalance can occur where the practicing individual is not able to cope with the energy increase. This can launch a chain of events culminating in straying from the essential elements of the program. One will be able to see one's own creation in more depth and the need for 'letting go' arises. Don't feel embarrassed if this happens to you,

everybody reaches a limit at some point, we all have created some deeper things for us. Slow down and stay balanced if you can. I recommend techniques that help you deal with your internal process, whatever does it for you.

I mentioned 'not warranted' as there is no such thing. To me, health is an energetic agreement in all bodies, and for you to change the body's condition, you must change that agreement. You might have stronger emotional and mental interferences, blockages and so forth that are inhibiting your process of getting well, in fact, are at the root of the physical disharmony. Foods and in particular herbs can help with such situations, other options are to seek out guidance and assistance in this process from professionals such as a shaman, 'energy-healer' or guide. Health often needs to be earned by overcoming one's own unique lessons.

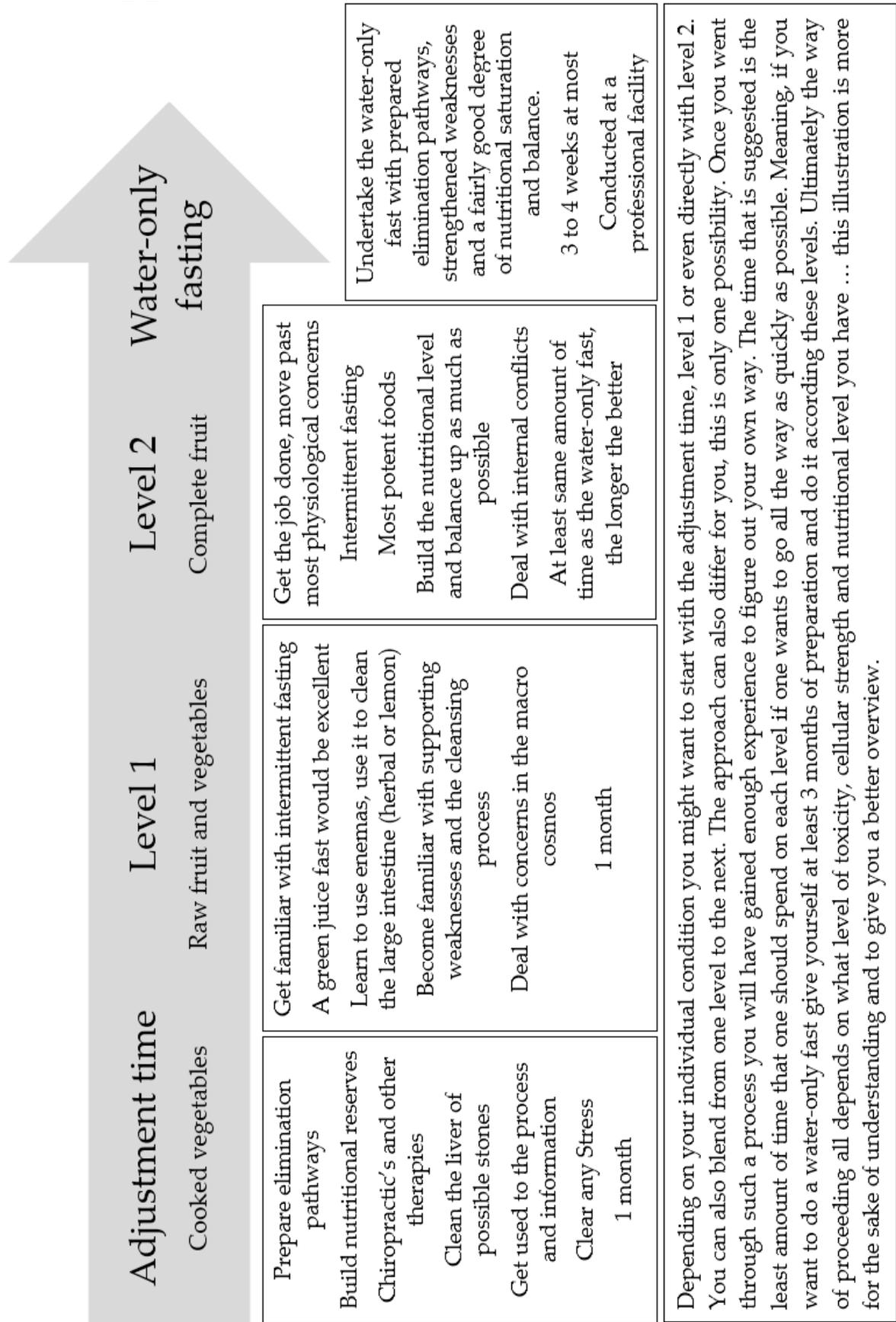
The greatest power we all have to succeed in the healing process is ourselves. Our desire to succeed. Our potential of bringing energy into the physical and letting go of everything that brought us into this situation, while maintaining a powerful focus on getting well. Not for selfish reasons, but to be able to focus on our heart and become our best possible expression for the whole of life. I suggest not to get lost in powders, supplements, different theories, mental ideas and whatever – make sure that you are comfortable with all these and that they suit your individual position - but your greatest focus should be on yourself, on your 'inner work'. Go out to nature, embrace it, hug some trees, bury yourself in mud, yell your frustrations and blockages out, make use of whatever it is that you feel can assist you – take this serious and do it creatively, you're facing your own creation.

## Water-only fasting, level 3

This is the most powerful way to address the bodies cleansing and balancing process that is available to us **if** the individual is ready for it. Almost everyone of us can benefit more initially by making use of the proper detoxification levels until we are ready for this practice. There are three pillars of health; toxicity, nutritional level & balance and cellular strength. Water-only fasting powerfully addresses all three, even nutrition, but can only work with the present situation. It is best to prepare for this level in order to benefit the most by doing so and especially to run the least risk of creating any harm as well as choosing the best option for any given time period. There are better options available to us especially initially until one is 'stable'. Water-only fasting should be practiced to do deeper work and not out of desperation. Following is a list of suggestions that you might first want to take care of before undertaking a longer water-only fast. The longer you want to fast, the more you should have taken care of any of these. Longer dry fasting is out of the picture and is only more beneficial and especially safe once a high level of hydration is present which means that the lymphatic system needs to be very clean. Having a high level of hydration is almost impossible to have unless one has gone through a proper effective year-long process likely including some longer fasting on water only or level 2.

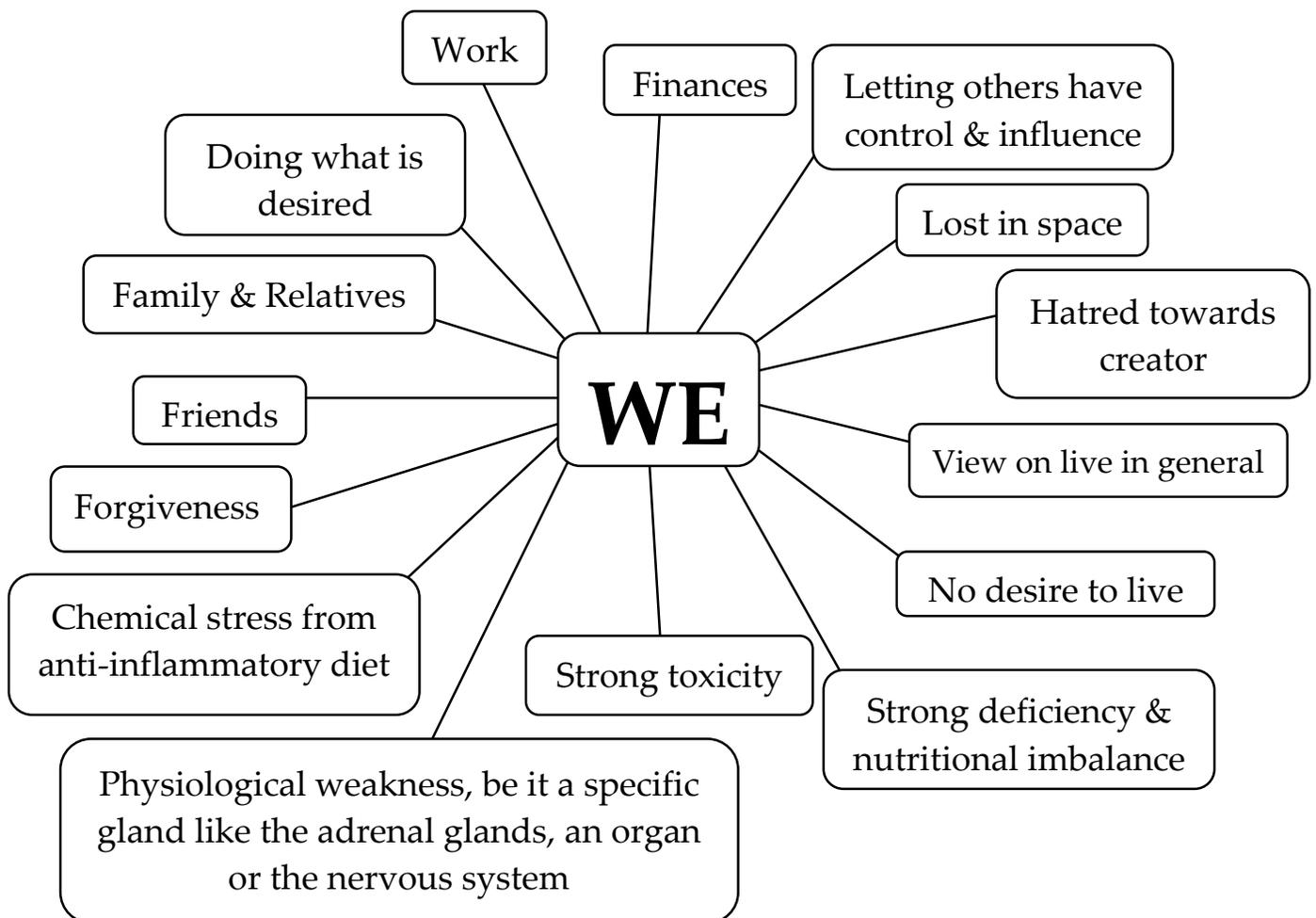
- Toxic build-up within the GI-Tract and extreme overall levels of toxicity such as certain heavy metal toxicities and drug residues should be dealt with. Best is to clean out the GI-tract with herbs and also powerfully with enemas before doing a water-only fast.
- Nutritional depletion and imbalance, in particular, minerals, should be somewhat restored which includes bone density, enzyme functions and so forth. This is key.
- Chronic cellular weaknesses, such as glands and pancreas.
- Parasites went or at least in control which greatly has to do with nutritional saturation.
- Poor elimination potential – especially kidneys should be well functioning.
- No dependence upon most drugs.
- The desire to lose weight should not be the reason for a water-only fast.
- Fear of fasting needs to be dealt with – study the process.
- Mentally and emotionally not ready for a fast.
- One's life situation should be taken care of, no financial stress or with family, job
- And similar.

# A possible Approach



# Tackle Greatest Stressors

We all have our own situation, weaknesses, and tendencies. Not only physically but in our whole micro and macro cosmos. To heal we must remove the most influential stressors or our chances to succeed are minimal, if at all. This is a critical page, and you need to understand and apply this to your own creation to the correct degree. Make one of this illustrations yourself, and extend it to its finest details such as by writing down all your friends, relatives and co-workers and then feel with whom you have energetic ties that need to be resolved & worked on. Do the same for your physiology and all its tissues, find out where your weaknesses are and make a realistic plan on how you can overcome those. For example, if your adrenal glands are low you should find the correct herbal & glandular support for you but also remove all stress out of your life so that they can recover, this would be a critical point as the adrenals have a huge impact on your health. Imagine that you overcome every single situation that you face, then make a realistic and creative plan, and then do it.



## How to start?

1. Make up your mind on how you want to approach this journey, on how you tackle all your stressors and then choose your dietary or detoxification level.
2. Make a realistic long-term plan that you can follow and don't act emotionally. Get rid of all the food you don't want to consume and stock yourself up with what you need – burn all the bridges. Buy fresh and from farmers, produce quality is critical. Stock up your fridge with frozen berries. Let everybody know what you are doing and do this as a family or community, support each other. If you are in a serious condition, get yourself a coach and possibly go to a professional facility. Don't neglect your environment, the ones that are around you are of vast importance. A healthy environment supports you in making optimal choices and everything besides this does not represent a healthy environment. Best case scenario will be if the environment chooses the same journey fully motivated. Of course, most do not understand what optimal means thus often conflict arises. If this is the case for you and you are in a critical situation, in need of healing, it might be a good idea to kick-start your healing journey at a more conducive environment.
3. Always make sure your lymphatic system is taken care of. That you keep it moving through an astringent diet & herbs, activity, and/or fasting to the degree that suits your individual situation and condition. Your elimination pathways (bowels, kidney, skin, lungs) need to be supported according to your degree of weakness and the level of the astringency of the present diet or the kidneys will be overwhelmed most notably. If you mess this point up, you will create inflammation and stress in your body as the waste will be stirred up but left unable to leave the body. Consequences such as stressing the adrenal glands, shutting down kidney function & their healing, and taxing liver function follow thus you likely will not improve no matter what you do besides this. **Slow is smooth and smooth is fast.** The most important factor considering cleansing is the correct diet for your individual situation and condition as well as proper elimination support with herbs for kidney function, fiber & clays and enemas for bowel cleansing. Skin brushing and cleaning as well as sweating, daily breathing exercises, fresh air, proper activity levels and so forth are helpful. The better elimination is supported, the more effective and comfortable your journey will be and the quicker you can progress without creating an unstable elimination scenario.

4. Become aware of your own individual situation as much as possible, it is critical that you understand your own cellular weaknesses and their degree as well as your toxicity level through iridology, blood pressure, basal temperature and in general with symptomology. Use herbs and possible a glandular in particular for chronic weaknesses. Use the “weekly check-up” for a while until this topic is a no-brainer for you (check-up page follows).
5. Do some body work such as chiropractic’s, N.O.T., Hydrotherapy, acupuncture, etc. in the initial stages before you visit the most astringent levels of detoxification and dietetics. This will also help you to discover more about your individual situation.
6. Wean off medications, as you are addressing the cause you should be able to do so in the first months, always proceed wisely.
7. Patience, it takes a while to tackle the genetic weaknesses, high toxicity levels, and nutritional depletion & imbalance. Don’t compare yourself to others as everybody’s situation is unique. Remember that cells can only thrive and effectively regenerate in a proper environment thus the beginning will be - by far - the hardest part of your overall journey. Never give up and consistently move forward one step at a time.

**Open the heart center.** We all must know that we are in control of our life and the outcome of it. That we should not let anyone take the power out of our own hands nor should we blame anybody for our actions but take full responsibility instead (ability to respond) – we have created our conditions and positions mostly due to unawareness. We can also choose not to hold any resentment against ourselves, life is already hard enough. What makes more sense; accept one's position and life mission/lesson or revolt to it?

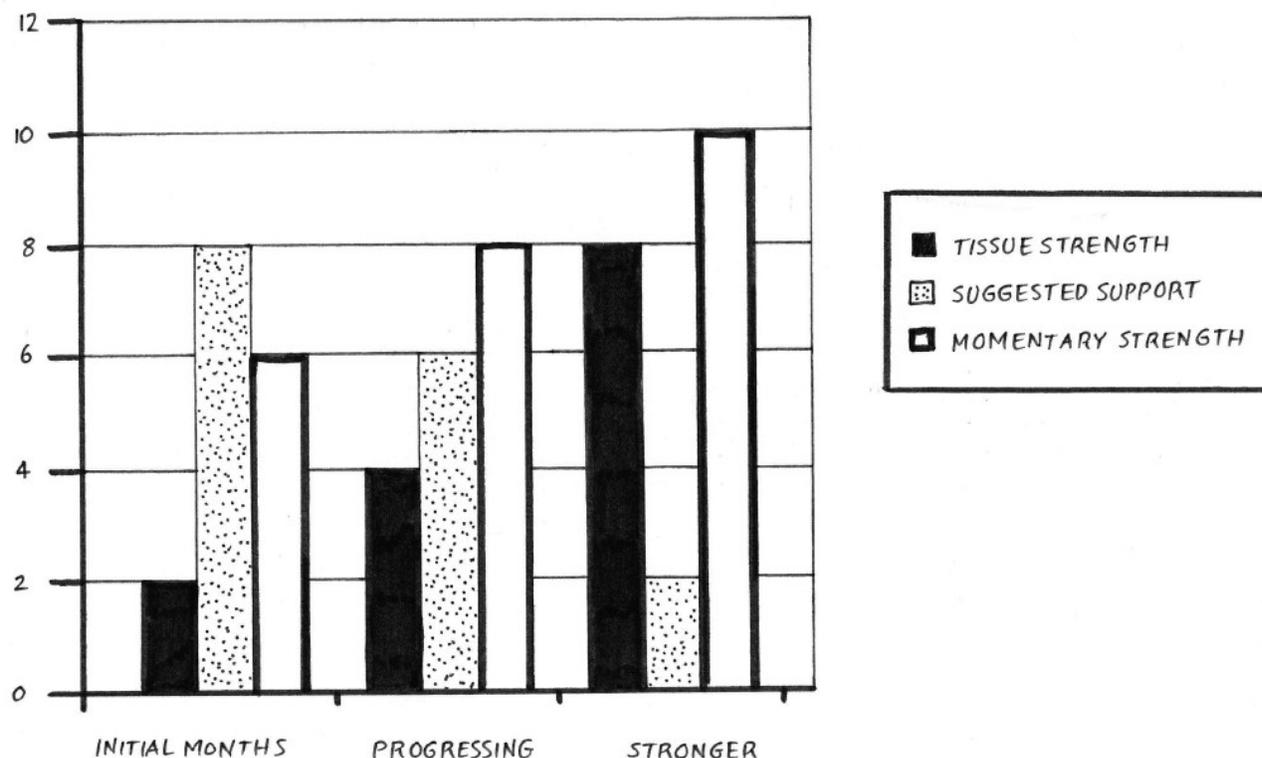
Always take the risk and create something wonderful for yourself.

## How to support weaknesses?

Your body will expose its weaknesses when you eat a diet of mainly fruits and vegetables due to it being low in stimulation factors and additionally being of an anti-inflammatory nature which reduces the overall stimulation within the body (For example, blocked kidneys result in high pressure within the whole body acting as stimulation). The cells have to work without external stimulation thus are exposed. However, weak tissue should be and usually needs to be supported by using their respective tissue specific herbs and glandular or complications will arise and life will become very difficult to handle as the body truly is not only craving but also missing support. The degree of support depends on the current state of all three pillars of health. Remember Pandora's Box.

We will now go over the most important tissues and their job in the body. Weakness will result in malfunction thus show up in form of cravings and other symptoms when not being supported adequately as the body does not like to stay imbalanced and maintain poor cellular function thus reminds you in his own ways. This chapter should help you greatly during your journey to correctly balance out your weaknesses and get a much deeper understanding of health in general. The weaker the cells of the respective tissues are, the stronger the imbalance and the more you should use external support such as herbs, glandular and various techniques. It is also possible that tissue is hyper stimulated by toxicity or other means thus the effect will be the opposite – don't touch tissue like that but simply focus on removing the toxicity, cleaning the lymphatic system, whereby the overactive cells will find their own balance and mostly fall into an underactive state soon after.

This chapter is very detailed, and you do not have to understand everything to be successful in your detoxification. I suggest you flip through it in the beginning and focus on getting yourself on your individual program and come back to study it later – it will clarify the origin of many symptoms and cravings.



This illustration shows more clearly how to support a weakness; the weaker the tissue the greater the support has to be to get the desired effect. Be it through greater quantity of herbs or more potent ones, a glandular and so forth. It also shows that by restoring the strength of the cells less support will be necessary for the future and that the tissue actually gets stronger. The goal is to support each weakness in your body adequately which will make your detoxification journey the most effective and also most comfortable as tissue functions more effectively which also results in less cravings, emotional & mental instabilities and generally one will experience less discomfort – all of these are often in direct relation to under-functioning, not well-supported cells. Please take into consideration that you will still experience healing events but that by mastering the art of support you can greatly reduce and alleviate them. We are talking about a massive difference. As almost all practitioners do not understand this topic, especially well enough, which is essential to support a diet that is high in dynamic energy but low in stimulation & suppression, almost no one actually uses such powerful energetic dietary practises especially with weak individuals.

## **Kidneys**

Weak kidneys will leave you with a compromised lymphatic excretion thus hinder your ability to get rid of acidosis and toxemia in general. The difficulty with this is that you have to find your balance during detoxification dependent upon the strength of your own kidneys. If you overwhelm your kidneys heavily, you will end up blocking them more which creates an ineffective as well as uncomfortable up to counterproductive situation. Check your blood pressure (diastolic) and see how it changes during your detoxification. When the pressure is very high (60-70 being optimal / 80 is already high) then your kidneys are not supported well enough and likely also not able to cope with the astringency of your program (or suppressive and toxic current diet) thus it is highly suggested that you support them more with herbs and possibly also with a glandular. Most importantly you should try to take away as much pressure on your kidneys as you possibly can, and also consider detoxing slower if you have this opportunity. The kidneys are the doorway out for the lymphatic system, and each kidney does filter its respective side. This is a fact, and most will experience this throughout their detoxification journey when For example, one leg starts to swell up and hold water whereby the kidney hurts on the respective side. Usually, it's the right side as this is where the liver lies which often is not in good shape. I'm referring to the fact that each kidney filters its respective side of the body and that the body is separated, symmetric in nature. I have experienced this now for years going through my own journey, and it is very evident. This fact alone is proof that most practitioners, no matter what mentality they are in, don't have any true understanding of how the body works. If you choose to go through the process of thorough detoxification you likely will get the experience needed to see this for yourself. The more you are able to take pressure away from your kidneys the better they can heal and the less chance you run of overwhelming them. This is critical information, and you need to pay attention to this.

### **Signs of weak kidneys**

- Lower back pain.
- No / little sediment in urine (pee in a jar and check frequently).
- Effects of not eliminating acid waste properly (edema, skin irritations, lower back pain, inflammation, slow progress during detoxification, frequent healing crises, etc.).
- High diastolic blood pressure (above 70).
- Creatinine higher than 0.5 milligrams per decilitre (0.9 – 2 indicates severe kidney impairment thus running towards dialysis).

## Ways to support the kidneys

- Strengthening and cleansing herbs for the kidneys.
- Clays & fiber and herbs to support elimination through the bowels which helps to alleviate kidney pressure.
- Fiber rich diet. If you are on a juice fast you must use supplemental fiber & clays or the pressure will hit the kidney and create an ineffective and greatly uncomfortable situation.
- Skin cleansing techniques, skin brushing, any form of sweating.
- Fruits & Vegetables. Anti-inflammatory, by far the best diet for the kidneys.
- Low protein as those create a highly acidic ash and are enervating thus quickly overwhelm the kidneys and shutting down elimination.
- Low amounts of fat as such taxes the kidneys increasing the pressure in the whole body.
- Nutritional saturation and balance make for strong tissue.
- Well-functioning digestion; poor digestion creates high amounts of waste and taxes the kidneys strongly.
- Healthy liver. The liver takes care of internal homeostasis, and if it is in bad shape, this will increase the load onto the kidneys.
- Proper nerve function and control from other tissue. In particular the adrenal glands and pituitary gland are critical tissue to consider. The pituitary gland produces vasopressin (also called antidiuretic hormone, ADH) which promotes water to be reabsorbed by the kidneys.

Always consider the influence via the nervous system to all tissue, this can be negatively influenced through misalignment of the spine, an improper organization of the nervous system or toxemia that negatively affects the nerve flow. The adrenal glands do also greatly contribute to proper nerve function.

## **Adrenal glands**

Weak adrenal glands will result in low systolic blood pressure which should be around 120-130. Textbook blood pressure is 120/60 according to Robert Morse, and we need to consider that high diastolic blood pressure increases the systolic thus will interfere with an adequate reading (if the kidneys are overwhelmed, and the diastolic is 80-100 or so, respectively will the systolic be increased to around the same degree). The main symptoms of weak adrenal glands are low blood sugar levels, low neurotransmitter as well as low steroids.

These are your stress glands, and they send out steroids, such as adrenaline and being in chemical, physical or emotional stress over a prolonged time results in weakening the adrenal glands. Everything that causes inflammation in the body will stress the adrenal glands. We all are on a certain level of toxicity, weakness, and depletion and the adrenals get a beating by this thus the question is how weak or chronic they are and not if they are affected.

The better one supports the adrenal glands and is able to get them on the correct functional level, the less one will crave stimulation. Mostly acidic and irritating food or large quantities pass for such which however have a suppressing effect on the pace of detoxification. High amounts of protein (especially animal protein), fats, and other concentrated food do stimulate the adrenal glands. Other stimulants are, For example, salt, coffee, and alcohol.

### **Possible signs of weak adrenal glands / hypofunction**

- Fatigue due to low systolic blood pressure and sugar levels as well as low adrenaline neurotransmitters which greatly influence your nerve energy.
- Blood sugar fluctuations and inability to metabolize sugars properly resulting in fungal and yeast overgrowth and possibly moles on the skin (moles are mainly pancreas).
- Neurological shutdown of organs and autonomic processes due to low neurotransmitters (multiple effects such as breathing difficulties like asthma, low peristalsis and possibly constipation, heart arrhythmias, weak pulse, kidneys unable to filter due to missing neurological control, sudden increase in heart rate, tremors, nervousness and tension, restlessness, weakened myelin sheath, etc.).
- Weakened anti-inflammatory responds due to low levels of steroids resulting in prolonged inflammation, high cholesterol, cholesterol plaque build-up but also skin issues, etc.

- Strong salt cravings (unable to maintain sodium/potassium balance; salt acts as support and stimulant).
- In general food cravings due to mainly low utilization of most minerals but including precursors to certain vitamins including cobalt for B12 (can be so even though digestion and absorption might be well).
- Weak digestion; when the adrenals are stressed and stuck in “fight-or-flight” the body shifts its focus away from digestion and healing into activity and emergency.
- Being emotional; anxiety / panic attacks, shyness, etc.
- Low testosterone, progesterone, testosterone dominance.
- High thyroid levels. The adrenal glands and thyroid balance each other out.

### **Ways to support the adrenal glands**

- Strengthening herbs and a glandular for the adrenal glands themselves. This will additionally reduce the cravings and need for stimulation thus facilitate an environment of healing even further.
- Stress-free life is critical while the adrenal glands need to heal. The stronger they become, the easier it is to handle stress.
- Fruits & Vegetables. By far the best diet for the adrenal glands due to being low inflammatory and low in stimulating properties.
- Nutritional saturation and balance make for strong tissue, systemic.
- Well-functioning digestion; poor digestion creates high amounts of waste thus invokes anti - inflammatory steroids stressing the adrenals badly.
- The Proper function of other tissue most notably the pituitary gland, thyroid, and liver. The pituitary gland produces adrenocorticotrophic Hormone, ACTH, triggering the adrenal glands to release the hormone cortisol which regulates carbohydrate, fat, and protein metabolism and is essential in stress response.
- A proper organized nervous system in which the adrenal gland can correctly shift between fight-flight, feeding, reproduction and immune system. There is a treatment called N.O.T. (Neural Organization Technique) that does correct any nervous system disorganizations. Don't underestimate this technique it usually has a strong up to a massive effect in particular if the individual has had a stronger accident, other extreme stressful experiences or, in general, a weak adrenal gland and nervous system.
- Chiropractic work that does properly align the spine thus help the nervous system among others.

## Blood pressure and sugar levels

	120-130
Healthy readings:	-----
	60-70

This is textbook blood pressure which is referred to as 120 to 60. If you are still consuming stimulants, which includes heavy and dense food, and your body is influenced by their effect, your blood pressure is going to be higher. When you come off these at the beginning of a detoxification program, your blood pressure will usually go through the floor. Nevertheless, why and what does blood pressure even mean?

With some exceptions, your systolic pressure matches the functional ability of the adrenal glands, and the diastolic pressure matches your kidneys. The kidneys represent the valve of the great lymphatic system, thus the weaker the kidneys, the higher the lymphatic pressure – after all, waste products can't leave the body optimally. This increase in pressure influences the blood system and can be measured as the base pressure which is referred to as the diastolic reading.

Interesting is the fact that readings can differ on the right and left side. I haven't stressed this yet; we are of symmetric nature and have one kidney and adrenal pair on each side and both body sides are, to some degree, separated. One side can be weaker than the other and with that; the blood pressure on each side varies. As soon as you strengthen the kidneys and adrenal glands, the pressure will catch up.

Believe it or not but it's true and medical practitioners only check one side which is though understandable as stimulated cells - which pretty much all medical visitors have - buffer the effect. Once the overall stimulation is gone which generally takes around a few weeks on the correct program possible imbalance can be much better noticed between the two sides – I personally have seen differences on each side up to 30 systolic and around 20 diastolic on the left versus right arm repeatedly, and I don't use an electric blood pressure machine, know how to do the reading as well as do it many times in a row if such an imbalance shows up.

Make use of herbs and a glandular to get the hang of low or too high results. The blood pressure is an important aspect of your body and should not be too far from a normal reading: a systolic reading lower than around 100 shows chronic adrenal glands and a diastolic reading above around 75 shows that the kidneys are not too happy. Remember that a too high of diastolic reading means an increased pressure in the whole body thus

with it the systolic reading does show itself higher as well - the real functional ability of the adrenals is simply buffered by the pressure.

I have also heard that blood sugar levels can have different readings on each side which would make sense as the adrenals mainly control such, and there are two on each side, if the pressure is so, why not the sugar. However, I have no experience in this, and some of you might share your experience disregarding. As you already know or come to learn, the adrenal glands are hugely important and most of us should, and often need to greatly focus on them in order to get back to a truly healthy state or initiate effective healing.

## **GI-Tract**

It is very critical that the GI-tract is always appropriately supported. The fiber in one's food should be raw and energetic thus help to restore bowel function. The quicker any cleansing is initiated the more one should make use of additional help through supplemental fiber & clays, herbal bowel restoratives, soothing herbal teas and very critical – a correct mineral level and balance which is critical for correct bowel function.

If one starts consuming food that is highly energetic and promotes cleansing, such as outlined on detoxification level 1 & 2, often the fiber in the food is not enough to take away pressure optimally from the kidneys as well as the stress that arises from other organs and tissues such as liver and adrenal glands. Imagine freeing up lots of waste and toxicity in the body without a place to go quickly thus the body will have to make room for it and deal with it. This taxes tissue such as kidneys, liver, adrenal glands, and overall the whole immune system and this effect can be aided by using some supplemental fiber & clays that have the potential of absorbing toxicity effectively. One might consume some potent berries for breakfast and start to get uncomfortable or even nauseous, this would be an example of what happens if one neglects this effect strongly. If this is what happens one should consume some fiber & clays around 45 mins before the berry meal, and if forgotten, some half hour afterward. The better this practice is made use of, the less stress is induced in the body due to this effect and the more comfortable & effective the healing process becomes. The cleaner and stronger one becomes, the less such practices are needed and vice versa. This is a very important topic to understand and usually makes a tremendous difference if applied correctly.

Doing regular enemas will also help kidney function and should be used if one initiates a degree of cleansing that likely overwhelms them. The less pressure on the kidneys, the better they function and heal which greatly supports progress for the whole body.

## Thyroid & Parathyroid gland

The thyroid regulates the metabolic rate of all the cells of the body as well as the heart rate and is involved in calcium utilization together with the parathyroid gland. It is also needed for normal development of the brain in children and for normal reproductive functioning.

### Possible signs of weak Thyroid & Parathyroid glands

- Low metabolic rate which can result in lethargy and tiredness, feeling cold (low body temperature even on warm days), slow metabolism (slow digestion of food), easy time gaining weight/difficult time losing weight, slow healing and regeneration of tissue (bones won't rebuild, cavities won't reverse), inability to sweat and/or getting a fever, dry skin. **All cells run at a lower activity level.** A basal metabolism test by checking body temperature helps to determine thyroid function - first thing in the morning under both arm pits, best is to use a manual meter and hold for around 5-10 minutes on each side (97.8° to 98.2° F /36.5° to 36.8° C being good reading).
- Inadequate utilization of calcium following in weak connective tissue hence structural concerns such as hair loss, wrinkled skin, prolapses, brittle bones, spinal curvature, unable to hold stool / urine etc. as well as cramping and depression. This has predominately to do with eating properly according to the compensation factor but also with the health of the parathyroid and thyroid gland.
- Heart arrhythmias
- Depression, mental disturbances or imbalances such as schizophrenia, feeling inferior or superior to others, difficult time controlling one's ego and so on.

### Ways to support the Thyroid & Parathyroid glands

- Proper calcium intake and practice of the compensation factor.
- Herbs and glandulars for the thyroid & parathyroid themselves
- Correct adrenal function; low adrenal increases thyroid function and vice versa.

Always consider the influence via the nervous system to all tissue, this can be negatively influenced through misalignment of the spine, an improper organization of the nervous system or toxemia that negatively affects the nerve flow. The adrenal glands do also greatly contribute to proper nerve function.

## Basal temperature study

A basal temperature test is useful for determining thyroid function and is more reliable and accurate than a blood test. This is so as the thyroid has a big say in metabolism and greatly influences body temperature. Once recognized, a weak thyroid should always be addressed.

If the measured temperatures consistently remain on the lower end, impaired functional capability of the thyroid is the case, inactivity, regardless of what the numbers on a blood test imply.

Before going to bed, place your thermometer next to your bed within arm's reach. Upon awakening lay still and do not get up or move around. Reach for your thermometer, place and hold it under your armpit while keeping your arm against your body. Hold it in that position and give it enough time which can vary with different thermometers. Best is to use a manual thermometer and let it remain under the armpit for 5-10 minutes, electric thermometers often vary greatly in successive tests – do multiple in a row if this is what you use. Write down the results and repeat the procedure in the next three days for best accuracy by calculating the average. I highly advise you to use a non-electric thermometer as others are mostly very imprecise and change readings constantly.

Once you have the results of the four days, calculate your average temperature and compare it with following numbers:

*Please note, body temperature does fluctuate depending on food ingested (generally speaking alkaline forming food cools the body whereby warmth follows acid forming food).*

**Healthy readings:**            **97.8° to 98.2° F / 36.5° to 36.8° C**

Readings below 97.8° F / 36.5° C are indicative of hypothyroidism, the lower the reading, the weaker the thyroid.

The 96's (35.5-36 °C) indicate a chronic thyroid whereby the 95's (35-35.5 °C) a real chronic one.

Readings above 98.2° F / 36.8° C are indicative of hyperthyroidism, the higher the reading, the more hyperactive the thyroid.

## **Pituitary Gland**

Referred to as the 'master gland' due to its hormonal influence mainly (but not only) on adrenal, thyroid, parathyroid and kidney tissue among others.

### **Possible signs of weakness**

- Signs and symptoms from various other glands simultaneously (check thyroid, parathyroid, and adrenal gland functions)
- Frequent urination (production of anti-diuretic hormone hence influence on the kidney)
- Height, too tall or too short (production of growth hormone)
- Irregular menses and other sexual hormonal influences
- Skin pigmentation changes
- Other glands are not responding to raw foods, herbs and/or glandular (as the issue lies in the control of the gland)

### **Ways to support the pituitary gland**

- Herbs and glandular for the pituitary gland

## **Pancreas**

Digestion and blood sugar levels are the most notable tasks of the pancreas. This tissue can be so weak that not even fruit gets digested as the pancreatic digestive juice with its digestive enzymes are missing. This type of condition is quite serious as the value of the food cannot be used as well as lots of waste matter, and fermentation occurs due to the inability to digest food - deficiencies occur, the GI-tract becomes a mess over time and high overall levels of toxicity arise. If you have a weak pancreas you should pay very close attention to what and how you eat. You might have to get on a juice fast and drink slowly throughout the day, one sip at a time while using herbs and a glandular to address the pancreas itself. This might sound extreme to you but if you are not able to digest your food fermentation will occur, and healing will not take place, but you will rather further go downhill. Make sure that you are supporting your adrenals and thyroid adequately to have proper utilization to keep hunger to a minimum. Using

digestive enzymes will not restore pancreatic function but can help to get some proper nourishment levels back thus help to get through the process. Some minerals like chromium are critical for pancreatic function. Activity levels, only eating when one is hungry and/or being in a conducive mood are also aspects to consider for good digestion. Last but not least, don't forget the liver and its part in digestion which is indeed essential. Without bile, the acid/alkaline environment won't be at the right level, and the digestive enzymes of the pancreas will be of little use – the liver and the pancreas together make up the digestion.

### **Possible signs of weakness**

- Undigested food in stool (in particular carbohydrates)
- Diarrhea (in general quick transit time of food)
- Gas, bloating and lots of microbial / fungal activity (due to fermentation)
- Blood sugar issues (moles - also related to adrenal glands)
- Thin and skinny
- The need to go to the bathroom right after a meal (due to acid burn of the stomach caused by fermentation which can also lead to acid reflux)

### **Ways to support the pancreas**

- Herbs and glandular for the pancreas itself
- Only consume food that you can digest. Partaking in a juice sip-fast might be a good idea while addressing the pancreas with tissue specific herbs and glandular. You need to find a routine your body accepts without creating gas and undigested stool, or you will not heal. No excuses – do some months on blended berries and/or juice and get this fixed.
- Close attention to nutritional compensation.
- Ionic fullspectrum mineral supplementation.

Always consider the influence via the nervous system to all tissue, this can be negatively influenced through misalignment of the spine, an improper organization of the nervous system or toxemia that negatively affects the nerve flow. The adrenal glands do also greatly contribute to proper nerve function. If digestion is weak you should not touch fake fruit as you won't be able to effectively compensate using greens as well as you likely are already chronically depleted and imbalanced. Only eat berries, lemons, green juice and herbs. Ionic minerals will assist greatly as the correct products will bypass digestion and enter the bloodstream no matter how poor digestion is.

# Liver

The liver has many functions but most notable is the ability to digest fatty foods in order to detect a weakness. Bile is secreted by the liver and helps to raise the pH in the digestive tract thus helps enzymes become active as well as create an environment which suppresses microbes, yeast, fungi and so forth.

Possibly the greatest task the liver fulfills is to maintain chemical equilibrium within the body. One of the functions it is adapt in is to convert chemistry in other chemistry. It's the liver that gets taxed the most when nutritional deficiencies and imbalances are present as it has to counterbalance these. The more one strays from correctly applying the compensation factor and overall the worse the diet and lifestyle is, the more the liver gets taxed. Once the liver goes, so does the body become ineffective at maintaining its equilibrium and the whole body suffers. Feeling pain in the liver area is a common sign that the liver needs support and healing.

## Possible signs of weakness

- Liver pain (around the right breast area)
- Skin issues, the liver cleanses the blood and poor cleansing shows up on the skin.
- Poor digestion of food, especially fats but not only.
- Liver and Gallbladder stones.
- Microbes, yeast, candida and overall parasitic infestation. If the liver is healthy and secretes enough bile the environment of the GI-tract changes and such microbes are not able to thrive. The liver also has the ability to fight off microbes and parasites by, For example, releasing higher copper levels which are deadly for parasites. A healthy liver might be the most critical factor in overcoming parasitic infestations.
- Nutritional deficiencies and imbalances due to poor ability to maintain equilibrium.
- Poor eyesight, the liver's meridian connects to the eye and a clogged liver directly weakens eyesight. When the liver goes through its waves and circles of releasing waste, the eyesight changes accordingly throughout the day. The cleaner the liver becomes the better the eyesight. However, this is not the only factor but likely the greatest. For example iodine is needed for proper moisturization of the eyes.

## **Ways to support the liver**

- Low-fat diet taxes the liver the least thus allows healing and higher potential for all its functions.
- Herbs and glandular for the liver itself. The correct herbal formula does make a tremendous difference.
- A proper diet considering the compensation factor is resulting in little to none nutritional deficiencies and imbalances thus taxes the liver the least. If the liver is poor, one should assist by supplying all essential nutrients as well as practicing a complete diet. This includes compensating for deep rooted nutritional deficiencies and imbalance.
- Coffee enemas, other enemas have similar effects.
- Strong kidney function takes away the stress from the liver.
- Overall a healthy lifestyle is critical to maintaining liver health.
- Fasting, be it intermittent or water-only. Not dry as the liver needs water to flush thus one should not use this technique in such a condition.

## **Pineal Gland**

The pineal gland secretes the hormone melatonin. This simple hormone is special because its secretion is dictated by light. Researchers have determined that melatonin has two primary functions in humans, to help control the circadian (or biological) rhythm and regulate certain reproductive hormones.

### **Possible signs of weakness**

- Poor circadian rhythm such as the inability to have a proper night's sleep.

### **Ways to support the pineal gland**

- Herbs and glandular for the pineal gland.
- Removal of heavy metals such as mercury and fluoride.
- No strong lights including electronic devices, best would be to use candles during the last hours each day.

## **Spleen**

The spleen serves a critical role in immune function because it purifies the blood and helps the immune system to recognize and attack foreign pathogens and allergens. It produces lymphocytes and monocytes (white blood cells) and is full of the type of lymphocytes called macrophages, which remove pathogens and toxins of all kinds from the blood and lymph. It is also the organ that is responsible for both the storage and purification of red blood cells.

The spleen also acts as a blood reservoir or holding tank where blood is stored for emergencies. The spleen destroys weakened, toxic and old blood cells, creating bilirubin from their hemoglobin. Bilirubin gives bile its unique color.

### **Possible signs of weakness**

- Low immunity

## Weekly Check-up

Daily inner work & on the macro cosmos, little stress, proper activity levels & breath

### Correct dietary compensation

*(As outlined in all dietary & detoxification levels. This is essential or body chemistry will be thrown off balance thus suboptimal progress takes place, if at all)*

- Continuously feeling stronger on a weekly basis, less sensitive and more balanced
- Fingernails are strong, not weak & brittle. Same for teeth.

### Correct compensation of one's present state of the pillars of health; Toxicity levels; Cellular weaknesses; Nutritional imbalance & deficiency

**Elimination in need of support** *(kidney herbs, fiber & clays, enemas, sauna, skin treatment, and so forth)*

- Kidney pain, likely noticed due to middle back pain radiating downwards
- Swelling *(often occurs at legs)*
- Pressure increase *(high diastolic blood pressure, often also noticed with ear pressure)*
- Eating a more astringent/cleansing diet than the body is used to

**Adrenal glands in need of support** *(low external and internal stress, herbal formula, possibly glandular)*

- Low energy levels, low nerve energy, hard to take a deep breath, weak legs and arms, no 'pump energy' in the gym, etc.
- Anxiety attacks, feel overly anxious or shy
- Cravings for salt and other stimulants such as coffee, meat & fat
- Systolic blood pressure below 120 (below 100 likely indicates chronic adrenals)

**Thyroid in need of support** *(herbal formula, kelp, glandular)*

- Low body temperature, often noticed by cold hands & feet
- Sweat profusely or hardly at all

**Pancreas & Liver in need of support** *(bitter herbs, glandular for pancreas)*

- Undigested foods in stool, generally poor digestion & bowel movements
- Gas after eating. Often indicates poor digestion, especially if its common
- Pain behind the right, lower rib area relates to liver & pancreas

The nutritional state has to be addressed through full spectrum intake & supplementation as well as targeted supplementation. All as needed.

# Detoxification is compensation

There are the three pillars of physical health namely (1) toxicity, (2) the strength of all the cells and (3) nutritional level & balances. In addition come our emotional and mental states and so forth to complete the micro cosmos next to our full macro cosmos which is also part of one's creation. True detoxification means cleansing and strengthening the micro and macro cosmos. Pretty much everything we do with the lower bodies is subject to the laws of compensation, understand it or be at its mercy.

- Dietary intake has to be compensated; fake fruit with greens, acidic foods with greens, long-term depletion & damage and decay through present compensation, For example, low bone density will need to be caught up on.
- Physical toxicity has to be compensated by appropriate and balanced cleansing. Herbal clays & fiber supplements, herbal bowel formulas, enemas, fasting and so forth are the tools of compensation disregarding.
- Nutritional deficiencies & imbalances are compensated through a proper dietary intake, including supplemental aid, and support of the processes of digestion, absorption and utilization.
- Cellular weaknesses have to be compensated through stimulation (causing further decay) and/or herbal and glandular tools which strengthen the respective cells while boosting their function. The body will do anything to maintain the best possible cellular function and food is the preferred option – all animal products are highly stimulative, high fat is stimulative, lots of food is stimulative and so forth. To heal and strengthen effectively, one must try to keep stimulation at a minimum whereby cellular function is promoted via adaptogenic herbs and/or glandular while addressing the root cause of the cellular environment.
- Emotional states are compensated by letting go and taking care of such.
- Mental states are compensated via healing of such.
- Position in life is compensated by taking care of it.

Detoxification is about compensation: for our past and present. The more we cleanse, strengthen, let go and overall develop ourselves, including the position we have in and towards life, the less need for compensation arises as all bodies become more self-sustaining and vice versa.

*“Compensation is the chief activity of men for their short life span! He is not aware of it as he thinks the consequences to be his necessities.” ~ Walter Schaub*

# Optimal Detoxification

True detoxification means continuous attention to one's micro and macro cosmos.

A conducive and productive environment I do consider the most critical point. If it is not so either, walk away or make it so. Your improvements will never be optimal, even close to unless you take care of this. You might have to eat garbage for a while until you have repositioned yourself. This is part of the process and okay. We are talking about our macro cosmos which is a massive part of our health. The trick is to increase health in the micro and macro simultaneously, if not one will inhibit the growth of the other and development ultimately comes to a halt while one blames dietary practices and so forth. We often overlook this aspect and do not recognize how much our environment actually affects our health. This is the main reason why it is suggested to pay close attention and possibly greatly change environment when one needs to boost the micro cosmos quickly. I cannot stress this point enough.

The key point for the micro cosmos is to continuously and progressively transition over the dietary levels while maintaining balance and strength through compensating as described in the chapter prior. Maintaining balance and strength in the micro will guarantee enough energy also to take care of the macro resulting in more comfortable and effective long-term success, always remember this. The initial focus is to regain balance quickly appropriately to one's situation. Also, we all have specific individual needs, not only physically but also emotionally, mentally and socially.

- We all can follow our own hearts and become the knower through doing. In the meantime, we can remain deaf to beliefs, theories and opinions but rather focus on experiences of others.
- We all can continuously focus on improving our toxicity levels, nutritional status, and cellular strength. There is no failure or cheat meal when we do so as these are part of the process according to one's position and needs. Progress is one wonderful process of development.
- Eat less, drink more, this includes blended food. Drink before eating. When eating we should chew every bite to liquid, not sometimes but always.
- Rather steamed vegetables than a lot of fats.
- Two meals a day is more powerful than three or four smaller ones, especially if the window of food consumption is kept at a certain time, such as For example, in successive 5-6 hours. This is called intermittent fasting and indeed is very

effective. If the body is weak such as due to poor adrenal function eating small meals more often might be the better choice at that time.

- It's better to eat in the morning and stop eating in the afternoon. The body's internal rhythm is designed to digest food in the early hours whereby the focus shift in the latter part of the day to prepare for the cleansing in the night.
- Never overeat, stop when full or before.
- Let's not ingest any food when in internal or external conflict
- Daily exercise to our current ability. 30 to 60 minutes of cardiovascular movement each day, at least, helps with digestion and assimilation of food. Overdoing helps no one.
- If the need of healing arises, we all should establish a solid and realistic plan to be able to reposition ourselves. Not just physically but our whole micro and macro cosmos.
- A solid plan for probable parasitic involvement should be focused on initially.
- If there is no rush, we can choose our own pace without losing focus. Nurturing a goal and never letting it slip results in realization. Whatever happens, we can always get back up and continuously walk towards that goal, unless we choose to shift our focus of course.

# The Healing System

The intent lies in progressively cleansing & strengthening all bodies (physical, emotional, mental, etc.) including ones full macro cosmos next to becoming overall more aware as such is most critical for survival. All while compensating on a daily basis to the best of one's ability thus consistently remain balanced and strong at the optimal possible level.

\*compensation encompasses ones present three pillars of health (cellular level, toxicity, nutritional level & balance), one's food intake (completeness of food, kind of food, food quality, cooked/raw, herbs, nutritional supplements etc.), parasitic involvement and also all life circumstances, finances, work, desires, family & friends, position in and to life, emotional and mental state and so forth. The form of compensation can be any form of activity, food, treatment, essential oils or herbal teas, supplements, sex, or whatever that helps you to make progress in developing yourself.

The better, wiser and more creative one compensates; the quicker one can cleanse & strengthen while maintaining balance.

*Nutrition is a tragedy of compensation.*

*~ Dimitri Manser*

## Health on one Page

*“Let us never set up our own will against the holy will of God. There was not only liberty allowed to man, in taking the fruits of paradise, but everlasting life made sure to him upon his obedience. There was a trial appointed of his obedience. By transgression he would forfeit his Maker’s favour, and deserve his displeasure, with all its awful effects; so that he would become liable to pain, disease, and death. Worse than that, he would lose the holy image of God, and all the comfort of his favour; and feel the torment of sinful passions, and the terror of his Maker’s vengeance, which must endure forever with his never dying soul.”*

*“You must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.”*

*“I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”*

*“What is human food? There are many books, opinions and discussions about this topic. For me, it is clear: All the fruits that don’t disturb the equilibrium of the body, berries! Everything else is a waste of energy!”*

*“THE paradise, as it has been referred to us, is available through a cleansing of the body and the associated recovery of the spirit (purification)”*

~ Walter Schaube

Whenever your mind (or someone else) sneaks in and tells you that there is an autoimmune disorder with you or any other such ‘impossible-to-manage-situation’, then remember this...

There is no such thing – you are clogged, nutritionally depleted & imbalanced and cellularly weak due to having gone astray of the above. Your pipes are struggling to get the waste out, and your body cries for compensation to get back to strength and chemical balance.

Health is an energetic agreement of yourself.

Change the agreement.

Change yourself.

*“It’s about choice.”*

~ Duane Heppner

## Finish

*"You shouldn't know that you have a body, and anytime you are aware of it that is acidosis or something related."*

*"You don't feel a healthy body."*

*"When you cannot sleep, not stop, not have any need for rest – you are in Wellville,"*

~ Dr. Robert Morse N.D.

*"The berry diet is the tittle of raw foods."*

*"Paradise eaters are like a rubin."*

~ Walter Schaube



# Part 4: An In-Depth Look



## Tom asks Questions

This is Tom.

He has read the book up to this point and still has many questions, is partly confused and also critical to the presentation.



Tom: Okay, as you mentioned at the beginning that we don't 'dance around the void' let's make it so. Did you really say that you understand - and on top of this - can cure all diseases? Sounds very fishy to me.

First, I never said that diseases can be cured, and indeed this is not true. Disease is a term modern medicine uses to categorize the various degrees of the three pillars of health. This only serves to confuse everyone including themselves. Physically speaking, every single condition has its root cause in toxicity, the nutritional state, and cellular strength and all the effects these result in such as a low immune system to fight off microbes and parasites. Of course, if one does not manifest any considerable change to the better in at least one but better all three pillars the condition will not improve. Modern medicine only manages the situation and actually makes the pillars worse by using invasive methods, almost every single time. By addressing all the pillars positively, whatever method, health improves to the degree of facilitated change. But even this view is very limited as the other lower bodies can be considered much more important, and all its interferences, and health of the physical body has greatly to do with those.

What you are saying about modern medicine is disrespectful.

I understand where you are coming from and believe me, I'd love to say it differently if it would be appropriate but the urge to remain truthful and real is more important to me, avoiding to do so will never lead to development. Modern medicine and its overall impact on the whole world is massive. On one side, it does not offer any true solution – true healing – and, in addition, suppresses all the various options that actually do offer them to whatever degree. If the system would truly support health, we would only be allowed to eat real food and not chemical laden junk food. Kids in school would be educated on how health works. The systems in power would support health to the whole of life. This is what a healthy society would do. We are not healthy my friend. Far from this. And the reason thereof, among others, is the present healthcare system who does not even understand what health means let alone is able to guide anyone there. It's interesting how we have these emotional and mental programs that make us defend that which creates harm, makes one wonder where these are coming from. Ultimately it all comes down to comparison, if you did experience a fuller degree of your potential, you would not ask this question.

Let me say this: Western culture health care system, past and present, is one of the most evil, if not the most, manifestation on the planet. It is the medium that results in extreme amount of suffering through direct application and even worse, truth suppression and control. Some of you see this.

Without broad-brushing all medical disciplines, there are many pluses and potential with the modern system. It is us, all of us - be it in modern or traditional health care who can facilitate 'harm' through our own state of awareness and health of our bodies and this is not restricted to modern medicine by all means. We all decide to let manipulative and deceptive energies take a hold on us thus give into passiveness, turn a blind eye, stay delusional, hold on to our course without allowing for expansion and so forth. It's just that the system is designed in a certain way, and it must be exposed for what it is. Modern medicine is a system that has been built on takeovers, suppression, profit and control, and not due to being the best option by all means.

Every page and sentence that I have written I looked at and asked myself ... 'is it true, is it kind and is it necessary?' It sure is a reality to me, many I personally know and over a decade of individuals I have come across with. It is also kind as I mention my opinion in a manner to offer a solution, and I say it again, I don't know everything, far from it, but we must start somewhere and this presentation is what I can offer. I understand very well that most of us could be considered victims of the system but also that we all have free will and choose our own positions either consciously or unconsciously any given moment. We all are subject to cause and effect karma and being part of the modern killing machine might not be the best position to be in, this includes everyone that desires to improve their health but also the ones involved in any such profession. Cause and effect karma is very real - we all position ourselves and then experience the effect thereof which usually goes way beyond our perception. Often it seems to be that we are in certain positions because we need such to grow and actually as we can handle it - we are offered the chance of greatness. And about the question of being necessary, I don't see anything more necessary.

We need to stop having Gandhi like attitudes; the love idea is part of the situation we find ourselves in and actually purposely used to create passive behavior. Life is about survival, and I am not sure when was the last time I have seen a gazelle sit down doing silly things when a lion chases it. It seems unbelievable to our minds in how far we have gone and have let ourselves be led astray but is understandable with the state of health we all are in not excluding everything else that is taking place. And Tom, this is a presentation, and it's your choice what you want to take from it. It's one possibility.

With what degree are you backing this up?

I don't have a degree, at least not the one you might be looking for as it simply was not part of the journey I have chosen. I've left one of the top universities and health courses in the world including my scholarship due to not finding there what I was looking for. I had all the options, and universities in my country are mainly offered by the

government. Instead I did labor work, studied every single health practitioner I found to be helpful in improving my own knowledge as well as tried it all on myself. I then proceeded in coaching others. I was also one of the most involved ones in the course Dr. Robert Morse offered which I consider the best health course that has ever taken place for which there are many reasons, and we will cover these later on. In addition, I was greatly involved in an herbal business. My degree is one of direct experience in the realm of reality. This is not to say that I do not believe in degrees; it's what I have chosen for my journey.

Your book is scientific incorrect. For example Dr. Carrel's 'chicken experiment' is a fraud.

I've read about it too Tom, but I don't care. I usually study both sides of the coin. But in the end we don't know anyway if the information we are presented with is really true or not. Most scientific studies, especially the double blind ones, are heavily influenced and manipulated. And if they are not, then they often don't reach the public or are not incorporated. The health system is a huge mess and anyone that thinks he is save by holding on to such studies will have a good Wake Up call one day. It's about the end result, what truly work. What makes you truly healthy?

Also, I'm sure some things I mentioned are not fully correct and can be improved upon. I'll focus on this, I won't run away. I've gone through my own process and now gained this information. We all can only know so much. We can work together, we must.

Okay, I've made all these notes, so I don't forget to ask you all I want to know. But before we even start - I can't forget that chapter about enemas, have you lost your mind?!? I prefer drinking my coffee and lemon water ...

You see Tom, many of us have been or are in very difficult situations, and we must use any methods to be able to improve our health or even keep the physical body alive. With this said, enemas are likely the most powerful procedure we have available to support the cleansing process and to help maintain stability and balance. It's easy to do, very cheap and, if done correctly, very effective. The benefits are massive, and that's just very real. I tried pretty much everything Tom and I can tell you that not making use of enemas is one of the greatest limitations as it makes for a much less effective, comfortable and actually successful journey. It also makes detoxification less risky. The weaker, more toxic and overall the worse one's situation is, the more one can benefit from enemas. Maybe when you get a parasite out you will prefer using enemas to keep your temple clean. It's all about choice and consequences thereof. You can be in a very difficult situation and get yourself through it somewhat balanced using enemas. You

can be moody and a total mess and 1-2 enemas can pull you right out of it. This causes a ripple effect as you will not feel attracted to eat emotionally anymore.

Parasites ... okay ... I almost forgot about this, where did you come up with this?

I know, not the most pleasant topic but indeed very real. Get on a program and make sure that everything you ingest is either blended or juiced to the degree that only small particles are ingested. Then get a 'spaghetti strainer' and put it in your toilet. There is quite a good chance that this experience might be helpful to you. You could also just use google and research the topic for yourself. One story I know of is from one individual that found a parasite in his pants after switching to a cleansing diet, alive. Others got them out in the toilet, also alive. If you use herbs, you likely will get them out dead if you manage to kill them which is not as easy as you might think and depends on the kind of parasitic situation that is involved. Even others get scared and think that everything that comes out are parasites which is not true by all means as toxicity takes on many forms. If you just focus on improving your toxicity levels, nutritional state and strength of the cells eventually everyone is okay but for some of us it's indeed a deeper issue. Btw. you might also want to pay attention to the moon cycle and see for yourself how your cravings and desires change when it gets a full moon. Especially the ones that have parasites with stronger holds on them might likely find some interesting patterns. Ask some individuals dealing with Lyme or similar.

Do you believe cancer to be a man-made disease?

First, what is labeled as cancer cells are the body's own cells that have become damaged through toxicity thus changed form. This condition has likely existed for as long as humans have, it's just that our lifestyles and the entire planet have gotten more toxic and the diets more depleted and imbalanced resulting in less resistant bodies thus we see a rise in it. And very critical, as we progress our children become weaker cellular speaking which will increase tendency even further.

What exactly is the difference between the lymphatic and the immune system?

The lymphatic system IS your true immune system. Only by cleaning it will you truly improve your immunity. Nutritional saturation and balance as well as strong cells will also make it stronger, these are part of a well-functioning lymphatic system.

Why do you use the term 'true detoxification'?

Because I need to separate myself from all the detoxification programs and opinions that exist as the mechanics involved are often not understood thus the focus lies solely

on one or two pillars of health, whereby another actually gets worse. Only with a complete approach can true detoxification take place. Also, I have specifically defined it in this presentation, continuous development in the full micro and macro cosmos is meant.

I don't feel comfortable with your approach right now and like to first go some other route?

I recommend you do what you feel you should do.

How long do I need to detox?

True detoxification means cleaning and strengthening the physical, emotional and mental body including the macro cosmos of the individual. Either we improve or get worse, it's all up to us, every day.

When I start to eat more fruits and vegetables, I start to feel uncomfortable at times.

Yes Tom, truly improving in one's health means to face oneself and is not always a comfortable journey. You have been supplied within this presentation with a lot of wisdom, and if you apply it all, properly, you should do well. Much more so than those of us who went into this without such knowledge. Sometimes you might feel like being drunk, other times you will likely feel angry being in your own skin. We all have created some deeper stuff, time to deal with it.

What's the point of all this?

What makes more sense, ask silly questions or move forward? This is our life, and I don't see why we should not make use of the options that are available to us to the best of our ability. If you knew what this change truly means you would embrace it.

How much should I eat?

This depends on your own individual situation. The stronger, cleaner and more nourished you are the less food you will need and crave for. The body will also crave food to balance out external stressors or to suppress development if one pushes too fast. With this said, it's best to eat the most nutrient dense and complete food you can find and pay attention to compensating correctly especially the more imbalanced foods you consume. Make sure you address all your cellular weaknesses, especially the adrenal glands and the thyroid. If you don't digest the food well take care of this, or you will be hungry constantly and likely cause harm. And last but not least, eat according to your desire and needs including the current situation and position you are in. Don't just try

to force yourself to eat less but listen to and observe all your bodies' needs, including emotional and mental, and give it what they need. Work on your macro cosmos as much as you can, this will lead to you making more optimal choices automatically. You will see for yourself that the quantity of food you will crave for will be reduced while simultaneously your energy levels will improve. Of course, you must actually do improve your health to get this experience and not mistakenly interpret the cleansing or some form of balancing process.

### Macro Ratios?

There is no general macro ratio, depending on the individual's condition and situation the ratios between carbs/protein/fats will change. There are many factors that play a critical role in improving one's health. In the beginning, it could be said that one needs more minerals and fat, whereby over time the diet will get more to one of fruits and vegetables. You can get an idea when looking at the dietary pyramid or detoxification levels. The less fat and protein you eat the quicker the cleansing will be as more energy is available to the body which should say quite a bit about the optimal ratios. However, this is so only if one compensates appropriately for one's nutritional state, cellular weaknesses and eliminations. Imagine your macro cosmos is suppressing you greatly, I'm sure you will crave a little fatter in those time. It's about awareness and using it to your benefit in each position you find yourself in.

### That's too little protein.

That's true because a diet of fruits and vegetables almost entirely does not contain protein. However, it contains amino acids which are of a much higher quality being the prime building blocks of protein. To get enough thereof is not that difficult and actually is a minor concern considering all the other aspects the diet should cover. Eating plenty of greens will take care of it. Many greens such as wheatgrass and nettles, but also nuts and so forth have very high quality and complete 'protein' that are much easier for the body to assimilate. Either way, the body does not need huge amounts of protein, in fact, large amounts of any form of dense nutrition interfere with optimal function and inhibit the cleansing process, this includes a strong focus on greens. What is important is correct compensation; it's about mineral saturation and balance as well as supporting one's weaknesses and not about protein or amino acids.

### What if I get skinny?

Getting little protein is not the reason of why one gets skinny. It's more about compensating correctly – maintaining nutritional saturation – as well as having a strong digestion, absorption and utilization. Most of us who chose the route of self-cleansing

have not had the strongest bodies to begin with which includes myself and I got indeed skinny. If the body is strong it almost doesn't matter what one eats – one will be strong and large without much effort. However, if the digestion is impaired, among others, one can do anything and will never get to such a position unless the condition is overcome. Don't worry, you will not waste away as the main reasons why most of us got skinny on our journeys have been covered which is the fake fruit that depletes and imbalances the body nutritionally, which For example weakens digestion. Nevertheless, if you have tendency to get skinny then you will have to face this condition and indeed will lose some additional weight initially, especially if you have to semi-fast for a while – there is just no way around this as it is the body's natural way of rebuilding. Focus on optimal food intake, just eat berries & lemons as your fruit and do some green juices to compensate for your weakness and/or use cooked vegetables which can help to slow you down. This way you will build your nutritional state up most effectively while controlling the pace of your cleansing with the cooked vegetables. If your digestion is really poor, you do not have that choice and likely have to dig deep to get it all fixed and the weight will likely get low. But your energy and internal balance will not suffer if you do it the right way.

So, what would be a way of gaining muscles?

I would focus on improving digestion, absorption, utilization and elimination which includes strengthening the adrenal gland and nervous system. When the adrenals are healthy the nerve energy one has improves which results in the 'pump-energy' bodybuilders usually get from consuming meat products, in fact, one will get much more. It is true that one likely cannot get as big as when eating animal products with all the fake powders, steroids, etc. as the inflammatory component is not there – much of that swelling and water weight will go away by eating an anti-inflammatory diet. Steroids and hormones are naturally in animal products, among others. Not so much the strength which likely will even be higher. Nevertheless, first we all have to fix our situations, and if you are looking for a temporary lala-land muscle boost including health consequences, this is not the way to do it. This is about focusing on your health, your development and acquiring the best position to facilitate the both.

There are so many herbs and other tools around to boost growth hormones, cellular function or similar. Play with it, use what is offered within the natural realm. This is where all the isolated chemicals come from, and guess what, you won't have to deal with all the side effects but can actually improve your health by using the right tools.

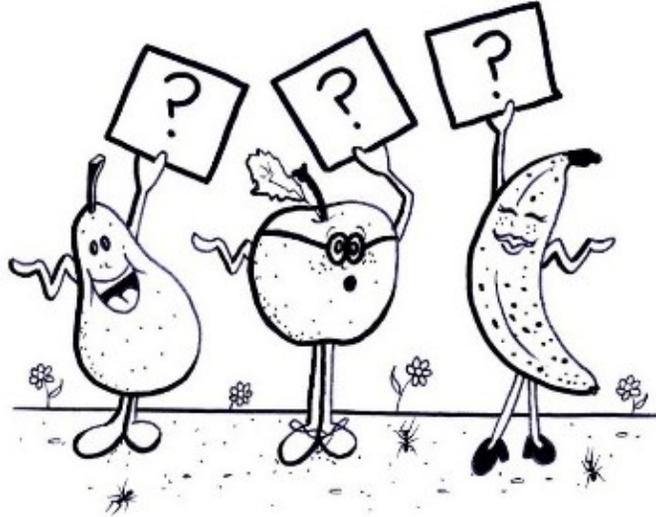


Are you saying I should not count calories? Are you promoting a calorie restricted diet? Overall I don't as what is presented here is not a diet – it's a systematic approach to increasing the health of all the bodies. On the other hand, yes I indeed do. This is a calorie restricted diet in the sense that the whole calorie theory is a modern medicine concept of justifying the eating habits of weak, toxic and depleted individuals that don't understand the different dietary levels of compensation. And this is very real, nobody that truly heals the body remains eating massive quantities. All long-lived cultures eat little highly nutrient dense food and with the healing system outlined within these pages we all can surpass even those as Walter Schaube clearly demonstrates. Let's have a closer look.

- Fake depleted tech food does not supply the needed nutrients to cover the sugars, fats and amino acids in their digestive and assimilative process. This also includes hybridization generally. This leads to dietary compensation and nutritional deficiencies & imbalances resulting in cravings hence increased food intake.
- The person doesn't chew well – the food isn't ground and being mixed with saliva enough, in turn taxing the whole digestive process.
- Pancreatic and liver digestive secretions are not sufficient due to low function of the cells comprising the gland and organ, missing nutrients needed for the production of such or blockages in the said tissues hinder the flow of the secretions.
- Because of insufficient digestive secretions, bile in particular, the pH balance in the gut is off balance, which in turn compromises all chemical processes.
- Lymphatic stagnation in the wall of the colon (in particular in the small intestine), or obstructions on the wall, limit the amount of absorption of nutrients. Villi's are possibly damaged which occurs mainly due to undigested proteins entering the intestines.
- Weak adrenal glands produce inadequate amounts of steroid hormones (including mineralocorticoids), hindering the utilization of minerals including magnesium, zinc, iron, cobalt and so many other nutrients.
- Weak parathyroid glands (produces parathormone which raises blood calcium levels) and a weak thyroid gland produces (calcitonin which lowers blood calcium levels) thus insufficient amount of carriers, which are necessary for the utilization of calcium.
- An underactive thyroid leads to a low rate of metabolism, which in turn impairs the whole process of utilizing energy.
- A weakened or hyperstimulated pituitary gland can also have a huge impact because of inadequate secretion of gland stimulating hormones (affecting the functional ability of the adrenal glands, thyroid glands and parathyroid glands – among others.)
- Parasitic involvement drains energy and asks for additional food.
- The cleansing process is mistakenly looked at as hunger and suppressed by eating

As you see, the potential for being ineffective in the entire process of digesting and assimilating any food is vast. It can be said for certain, everyone is on a different level. Labeling food with a certain amount of calories or other nutritional values can, therefore, become very inaccurate as the result differs from person to person.

The calorie concept is even more questionable on a raw food diet. Fruits and vegetables can differ greatly in the amount of energy they have. Whether the produce was grown in fertile soil, was picked at utmost ripeness, is hybridized, and other environmental factors play a significant role in the energy yield of the specific produce.



A second and very important factor regarding this subject is the limitation of thinking involved. The focus of 'what do I get from the food?' is mainly only looked at on the chemical level, and not even in depth. What about the aspects of physics such as magnetics, energetics, and similar factors. Those have a part in energy yield as well.

There is the general believe that energy is equivalent to calories and this is nonsense as so many individuals clearly demonstrate. Energy comes from strong cells, nutritional saturation & balance and a clean body as well as proper handling of all bodies to maintain highest energetic output. Focusing on the mental and emotional body drains your energy. Let the energy flow through, you don't need to focus mentally to make use of the mind. In fact, if you just let it all be and focus in the moment, you will comprehend much more.

We need a lot of calories to thrive.

Study 'Quantum Eating' by Tonya Zavasta, Walter Schaub, Arnold Ehret, all the water-only and dry fasters, and everyone that is truly healthy.

Did you have an eating disorder in the past?

There are no eating disorders but only imbalances in the three pillars of health not excluding the emotional and mental body. Missing minerals, imbalanced minerals, glandular weaknesses, high toxicity levels, emotional and mental situations and so forth all make for such 'disorders'. This is a highly insulting term to label someone who is

actually suffering due to the consequences of the modern health system which does not even understand either of the pillars nor actually does truly anything to change it. If I remove certain minerals from your body or weaken some of your cells, you will automatically change your behavior – the body adjusts and tries to compensate for an optimal function for the sake of survival.

Okay, so what should I do, I'm constantly hungry and need to eat fruit every half hour or so?

You likely are mineral deficient, especially if you have eaten fake fruit without compensating for it. Doing so will deplete and imbalance the mineral reserves strongly and as the body does not like to get weaker it will give you signals to eat more, and cravings for those foods that will help you to get back to balance. The flora will also start to get out of proper order. If you continue to use depleting foods, such as fake fruit, the situation will even get more out of hand as the amount of sugar in those fruits need minerals to be processed that are not supplied by the food itself. Burning the sugar off through activity will help somewhat but is not a solution but simply an aid in managing the situation. You should also check your digestive system, if you are not digesting your food, especially the greens, you will not even be able to compensate or replenish your reserves no matter what you eat, except for berries which are always at the very top. If your bowels are toxic, or you have harmed your villi's in the past, you likely won't absorb the nutrients as well. Thus, the cravings will remain. In addition, if the adrenals are down, among others, which is the gland with the greatest influence on utilization – getting the nutrients to the cells – you will still crave food as the task of supplying the cells with nutrients remains unsuccessful. On top of this comes the microbes that likely flourish in your gut and tell you to eat more and more. Nevertheless, the root of being hungry constantly is mainly either incorrect eating considering the compensation factor resulting in nutritional deficiencies and imbalance and/or cellular weaknesses of the digestive and glandular system. It's suggested you apply the system to your individual needs.

Could you elaborate further on the compensation concept?

The modern nutritional theory has all these RDA's – how much we all supposedly need of each nutrient per day. There even are these handy websites which help in calculating to make sure that we get all the nutrients at the perfect RDA levels. A good example is the fatty acids. There have been studies made that when we eat, For example, a few walnuts a day that we maintain better brain function over the years. That's quite a statement and also suggests that if we do not supply the fatty acids, that we will not maintain our brain function, at least not optimally. However, this view is very limited

as the efficiency of the body is not considered and the rest of one's food intake left open. It might be clear that when the digestive system and some glands are not functioning properly that this has a massive impact on how well we assimilate fatty acids. Or that missing minerals will shut down enzyme function causing different degrees of functional ability. On top of this comes the compensation of other foods, For example, we all are familiar that eating lots of meat will cause acidosis thus weaken the body as a whole – it will create an imbalance. With this said, likely the most substantial factor can be experienced by anyone who conducts a longer water-only fast of around four to six weeks. At least I did not lose my brain when I did so, in fact, mental capacity will improve. So how come? How come symptoms of deficiencies seem not to be a massive issue when properly water-only fasting for the correct length of time?

The reality is that the walnuts indeed improve brain function at the normal dietary habits most of us have, it's an essential form of compensation for that level. However, the further one improves the health of the body, and the more complete one eats – which is at its peak at fasting - the less this is of concern. We might initially need 5 walnuts a day for optimal function, and at some point only 1 up to none.

If you have a closer look at various dietary theories you will find that everyone disagrees, that different countries have different 'optimal levels' and that it just doesn't seem to make sense which it indeed does not as we are all very different in our current three pillars of health, and almost no one eats the same diet. In fact, you might find that forgetting the whole RDA concept and instead focus on a compensated full spectrum mineral intake as well as correct support of your weaknesses and elimination processes will be much more superior. Your body will help you accomplish this by directing you to certain foods, listen.

I'm not sure if I understand the whole concept of fruit; I know many that eat lots of fruits, and they are doing marvelous...

It is true that depending on the degree of health one can thrive on eating lots of fake fruits while compensating correctly with greens, also long-term. However, this will not result in truly improving the health of the body which is what I am referring to here – how to get from position A to position B; how to systematically and continuously improve. A food that depletes and imbalances mineral reserves, among others, such as most fake fruit does, is not the best choice by all means. If enough greens are compensated the effect is narrowed out and merely results in energy loss whereby if not, the damage can be quite severe and the pace of decline depends on the current situation of the three pillars of health. One needs to have both experiences, the one of eating fake fruit and the one of only consuming truly complete fruit for weeks and better

months to see the magnitude of this topic. It's not a small effect by all means and indeed makes a huge difference in one's development and actually can be the difference of one declining slowly and improving quickly. If one works with very weak and depleted cases, this becomes very evident. Eating imbalanced food in such a position is especially insulting to the body and robs massive amounts of energy, the body is forced to regain balance, at which task it is not effective at, rather than to focus on the healing process. Getting back to complete balance can take hours if one is very weak. In addition, the nutritional state is made worse thus the individual becomes even weaker, at least in the nutritional pillar. Side effects of imbalanced electrolytes are mood swings, blood sugar changes, weakness, depression, shyness, and much more – it's not a journey that I would recommend. This is not the way to go and has nothing to do with true healing which means that one steadily and effectively improves in all three pillars simultaneously. This is also the reason why fasting, on water or dry, is so much more effective than the fake fruit experience. The ones that use fake fruit and actually do heal often focus strongly on little food, intermittent fasting, herbal support and so forth which are all very beneficial practises. Nevertheless, they often overlook the magnitude fake fruit has and would indeed do so much better eating only complete fruit. It would also make it much less critical to focus on all such practises and overall the experience is much more pleasant.

Also Tom, whenever one improves his current diet such as going from a properly cooked food diet to a proper raw food diet – one will feel better and likely also improve one's health. But this is merely a jump in diet and not a full systematic approach with the depth that is described within these pages.

So what about the movement that advocates eating unlimited fruit?

This is a diet. If one makes that claim considering healing let me say it as it is disregarding, Arnold Ehret, the father of modern veganism - a true genius – he would perform flips in his grave if he did see this. I guess Schaubé just looks at it patiently as he is very familiar with the mechanics of that particular doom loop, and so am I. It's merely a constant unbalancing and rebalancing of one's chemistry with side-effects including adaptation of one's flora and has indeed very little to do with true healing. If you recognize how little sugar is needed you will see this. It's not about calories.

And what about high fat, there are plenty that do it and thrive.

These are diets Tom, something one eats to remain on the level one currently is at which includes the possibility of 'thriving' to the norm of what we might think to be so. Nothing wrong with this and it is actually needed at times. Let me say this here ... unless

you know how to get too much energy you are not on a journey that makes use of your full potential, not even close. Everyone can experience this by eating berries and some herbs for a few weeks, correctly, which includes consuming the right quantity and proper elimination support. This is however not suggested as it will likely greatly overwhelm all bodies and simultaneously expose too much of one's creation which is what too much energy means. Unless you have to slowly and gradually move in the direction of a certain systematic path you are just on a diet and eventually will go downwards if not already such as by suppressing lymphatic and kidney function, among others, due to eating higher fat content. While you are busy thinking that all is fine your lymphatic system is being suppressed and toxicity starts to slowly build within its realm, cellular waste products are inhibited from leaving your body. You might look good for a while, but this does not mean much and people drop dead every day 'looking good'.

#### What about Atkins?

I remember when Morse mentioned that Atkins died way too early as he should have gone to jail with all the people he has guided astray. Now, I'll not go that far but it sure is good for a laugh and if you can't then maybe it's enough to challenge you to let go of certain beliefs. I see where Atkins is coming from but again, this has mainly to do with a diet that focuses on nutritional balance and saturation overlooking the lymphatic system thus true healing cannot take place.

#### What about Paleo?

Same thing. It's limited in contrast to what is presented here. My intent is not to be offensive as I see why these dietary practices have come to be. I have hit more walls than pretty much all ever will, the health field is a huge mess.

Why do you think that one diet fits it all? There are many out there, such as Dr. Nicholas Gonzales, which use different dietary regimes for their clients depending on their body's individual makeup.

I truly respect Dr. Nicholas Gonzales work, and it likely might help to use his view to better the system. I don't think though that we humans have such different make ups and that it's more a temporary focus without going deep into the body's chronic levels which would result in centering and balancing out dietary needs, we would end up on more optimal diets. Also, it's the chronic cellular weaknesses that need to be supported individually, and this varies to great degrees thus make each program for each individual somewhat unique. That's what is described within these pages. It's about using the most powerful of dietary habits, in the sense of dynamic energy, and

additionally make use of herbal & supplemental aid to keep the individual balanced and effectively supported in all the aspects of his health. And this is only for the quickest pace, some need to go slower and actually can benefit from adapting their diets to their own weaknesses. For example, someone with weak adrenal glands should be careful eating starches whereby he might do better with protein. Still, this is merely a level in which ones health is being managed and possibly some nutritional imbalance can be tackled which, however, can be desired at times.

What diets do is they use the foods to stimulate and promote weaknesses as well as aid in the nutritional state. This is the classic description of mainstream diets. However, this is not systematic and effective healing and mainly overlooks the toxicity and cellular pillar. We must at least progressively transition towards the most powerful of diets and use various forms of compensation to do so effectively. It's about optimal compensation; the better, the quicker one can progress. I guess Gonzales was quite good at this, but I see potential here.

So what do you suggest to me, I still want to eat some meat?

You actually could eat some meat at the cooked vegetable level, like 2-3 times a week, or even every day. Eat two meals; only berries for breakfast (whole or smoothie), and cooked vegetables with meat as the second meal. Practice intermittent fasting. If you use herbs and proper supplements you can achieve quite a bit with this approach. Focus on adrenal health and support your kidney well through this process. Do some enemas, clean your colon. You will notice your desire for meat fading away, especially when your adrenals will start to turn on. Just slowly reduce it, start to eat it every other day or so. Use your own knowledge and achievements and add to it whatever you like from my presentation.

What about all that herb and supplemental talk, that's just about money and not helpful.

Imagine you eat apples which are depleting your mineral reserves, among others chromium as such is needed for sugar metabolism. Now, considering that we all have eaten processed food in the past, which can even be more depleting, it should be obvious that we are deficient in minerals. I mean, what kind of question is this as most of us have bones that break easily clearly demonstrating that our mineral reserves are not optimal. It's also been shown over and over again that correct mineral supplementation will increase bone density or restore enzyme function as minerals are needed to do so. Herbs are well known to enhance tissue function and aid in detoxification. If you want to keep your cost minimal, you could ask specifically ... you

might want to start with a 15 \$ enema bag and lemons, but that won't take care effectively of any nutritional imbalance or cellular weakness.

Also, I heard others talk that herbs are toxic. That seems even far out to me; I have a hard time looking at peppermint tea and cinnamon as toxic.

I heard about this too. I heard a lot of things to be honest. In addition to what I heard I have seen my glands improve by taking herbs. I have also seen that it helps with elimination such as by using a good herbal broom or kidney herbs, hundreds of times and it is very obvious. Or that effective liver herbs clean out a highly toxic liver, quite effectively. I have also seen and experienced myself that herbs did more harm than good. Of course, the question lies more in how we use the herbs as everything can be used for our self-sabotaging in order to successfully suppress/slow down development which is what we all do to some degree. The vast difference in herbal quality and formulas must also be considered. Using herbs by itself without proper diet won't do much either, it's about a complete and full spectrum approach and herbs can be very helpful if used appropriately. Some herbs are promoting the cleansing process heavily, and others have far out properties such as bringing emotional and mental toxicity to the surface. This process is not well understood and often it's easier just to blame the external than realise that we all really don't know much at all.

With all this said, what does actually heal us?

Let's again remind us that healing means development in the micro and macro cosmos of ourselves. Diet, herbs, supplements and fasting, etc. can assist in this process.

The body uses energy to heal. When we eat a certain food, we should always ask ourselves about the net energy yield that we get from the food. The less energy we expend in the process of extracting energy from food, in dealing with its residues, and the more the food actually contains, the better. Upon consuming cooked starches, meat and/or dairy, the amount of energy gained is very small especially if the individual is in a weakened condition. The body's systemic energy drops considerably as we are anatomical and physiologically not adapted to eat these foods in the first place. Nature's universal remedy is fasting as this allows for the most available free energy in a natural setting. The reason this is often not the optimal choice for us is due to us having gone far astray of such a natural position. It is the body in its current state of the three pillars of health including the other subtle bodies and the whole macro cosmos that will determine what the best option at each given time is. One could also say that we heal ourselves, we did create it. Thus, we need to go through the repositioning.

Why is my sex drive low when I start eating mainly fruits and vegetables?

This is a hand down adrenal gland weakness.

B12?

There are supposedly 16 Vitamins Tom, why ask for one? Deficiencies arise due to weakness, toxicity and eating incomplete food. We all are and do so often thus it might be wise to use the available tools to regain balance. At least until we become stronger and cleaner.

B12 is strongly connected to one's adrenal gland as such is needed to utilize the mineral cobalt. It's also connected to one's digestive strength and the intrinsic factor. Either way, overall deficiencies are about the compensation of imbalanced food and poor levels of the three pillars of health. If one had imbalanced and depleted himself strongly one should use specifically targeted aid, this goes for all nutrients. A strong B12 deficiency can and will shut down the whole nervous system and greatly cause imbalances emotionally and mentally, among others, but it's not just a single nutrient deficiency ... it's so much more thus one should always address the body as a whole while targeting single nutrient deficiencies if such are present.

Let's look at Dr. Joel Wallach's message:

*"Vitamin B12 deficiency health problems include: Pernicious anemia (macrocytic, megaloblastic anemia), Dementia, Neuropsychiatric behaviour, Brain, spinal cord, optic nerve and peripheral nerve demyelination, Neuropathy, Sore tongue, General weakness, Liver disease"*

Or about Lithium, a trace mineral

*"Using data for 27 countries from 1978 to 1987, it is shown that the incidence rates of suicide, homicide, and rape are significantly higher in countries whose drinking water supplies contain little or no lithium than in countries with water lithium levels ranging from 70 – 170 ug/L;..."*

*And; "Human Behavioural Acts Resulting From Lithium Deficiency: Mass Murder, Serial Killers, Cannibalism, Domestic violence, Violent crime, suicide, suicide bombers."*

Or Essential fatty acids;

*"deficiencies will produce thrombosis (i.e., cerebral stroke, coronary thrombosis, pulmonary embolism, and deep vein thrombosis, skin disease (including dry/cracked skin, dermatitis, eczema, psoriasis, rosacea acne, etc.), respiratory disease (including asthma, chronic bronchitis, unremitting cough, etc.), and depression."*

Obviously all these symptoms have different root causes, not just nutritional deficiencies. There are three pillars to health. As suggested, get yourself the book "Epigenetics", Wallach is wonderful.

But it is not natural to use supplements, we cannot improve on nature?

Nature is part of life, and so are we. We chose to ingest all kinds of garbage for eons and now face a natural or 'unnatural' scenario. However, you want to describe it. I see this place as part of duality and life is always now meaning duality has its balance at the moment. As far as I see it the pendulum is increasing meaning that both sides will become stronger. It's a massive limitation to use ideas and techniques of the past while neglecting the possibilities of the present moment; this is not healthy but a time trap. This is an inner body commonly referred to as the causal body. We've created artificial food, and a toxic planet and duality takes care of it with its own means. As so often we are left with the choice. This idea usually comes from the concept of 'natural hygiene' which had its place in the past, but we must go beyond this now.

There are nuclear power plants on the planet which are highly toxic even though there have been other technologies around for centuries that are not invasive for the natural environment such as the ones Tesla discovered. We use deadly Wi-Fi everywhere and think it to be fun, have you studied what this stuff does to our kids? Heavy metals are everywhere, some of these like mercury are among the category of highly toxic substances, as are fluoride and chlorine. Some of these are in some vaccines that are given to children that are a few months old. GMO tech food is marketed to us to be healthy even though it causes havoc to our biology. Look at all the animals, especially in the sea, they are dying all over the place due to what we do to this world. We burn our forests, for the sake of what? And then we go to war to fight each other for no true reason but power and control greatly insulting the natural environment. And all this even though we depend on three essentials, food, air and water. Of course, if you only watch the news on TV & read newspapers and think all is fine you really are not paying attention. Youtube, in particular, is very helpful these days; you might want to start with the term 'human farming'. Use these tools and get some real news. Also, consuming more real, complete and raw food yields more energy and a centering of the body which help to increase awareness. This also takes care of all the awareness suppressing chemicals to a fair good degree.

So what about those that have studied in the medical field?

It's not about the medical field; it's about every single aspect of our society. We must look at what we have been programmed with, and clear our mind. And then, from that

clear and pure view, see what is true and what represents illusion. All are more than welcome, we all can do so much greatness for ourselves. But if we want to do so we truly must clear our shackles first. I like how Duane Heppner refers to it by using the term 'taplining'. Google it.

I've been through the medical procedures, they completely destroyed me. Now I can't get rid of the hate and anger?

It's the system, and those that use invasive procedures are mostly unaware. Actually, it is you that harmed yourself, by not being able to recognize it. They did their part, and you yours. If it helps; imagine those that hurt you as children in adult bodies, just replace a baby head with theirs. This is what they are, children in adult bodies and they should not be allowed to have such control. In fact, that's not true, children are wonderful.

Nevertheless, to be fair, you should do the same to yourself. I do it to, we all grow and develop ourselves and looking back, we have been children. This is just life. We all are children, or we wouldn't be here. It's interesting though that we often forget it, thinking that the earth is a safe place. Do you see animals leaving their home without looking right and left, checking safety?

I eat everything, should I supplement?

Yes, get yourself the book 'Epigenetics' of Dr. Joel Wallach and find some high-quality whole food supplements. Don't be silly, this is dangerous and truly not wise. You will create a lot of suffering if you continue this road, most mineral deficiencies render you strongly imbalanced and weak which is not a good position to be in at these times. Some minerals if lacking or imbalanced enough will make you heavily depressed, passive or suicidal and others even lead to criminal activity and all kinds of undesired behavior. Same goes for the other essential nutrients. This is cause and effect; I guess one could say it brings the 'dark side' forth in one. This might be the reason Schaub labels fake fruit the way he does as it greatly promotes nutritional deficiencies and imbalance.

If I want to start detoxing, how do I know when to detoxify and when I need to rebuild the body using raw foods?

True detoxification means cleaning and strengthening at the same time. It happens simultaneously, even when one practices water-only fasting as the body will increase bone density, strengthen tissue and so forth while the cleansing process takes place. This of course only is so if it is done appropriately meaning with the right preparation and in a correct state of all the three pillars of health. Overall, when eating, one needs

to consider compensating correctly especially to maintain nutritional balance as otherwise one will indeed cleanse the body and at the same time get nutritionally weaker doing so as is the case when eating fake fruit exclusively. The body gets cleaner while mineral levels get depleted and imbalanced. As mentioned, this is not the kind of detoxification that is referred throughout these pages, and it is possible to clean the lymphatic system while improving the nutritional status and cellular strength at the same time.

There's this talk about the mucoid plaque, is it real?

Yes. The kinds of food we eat, especially flour products, are very sticky and due to weak digestion will remain undigested within the body. Nevertheless, many of the pictures used to illustrate it are often some form of fiber & clay product. There is a lot of confusion out there especially when people start to get imbalanced nutritionally. Also, most toxicity is within the lymphatic system and not plastered on the bowel walls.

So how can I get it out, all the way through the colon and intestines?

Herbal formulas and fiber & clay combo are excellent for the small intestines, lemon enemas for the bowels. And berries obviously, especially the dark ones like black currants. Very powerful. It's suggested that you clean out the intestines as much as you can before you start water-only fasting. Some deeper fasting on these foods will take care of it.

Do fiber & clay products not enervate me, interfere with my progress?

That is not so. It is true that one must use the right clays and fiber products. It's not simply about eating dirt. There are better options. In fact, using fiber & clay in combination is a critical form of aiding elimination, and to reduce stress from the kidneys. It also removes internal stress for other tissue. This is especially true when consuming the most powerful foods. Let's use the black currants, for example, if one eats such foods exclusively the body will start dumping toxicity very quickly, much quicker than the body can truly handle. The degree obviously depends on the level of health one is at but generally most can't tolerate it, especially with black currants as these are likely at the very top of the food chain. Thus too much waste is stirred up, loosened up, and the body gets overwhelmed as the kidneys can't handle it, or the lymphatic system is simply too dehydrated to move it out. So what happens is that there is this loosened up toxicity that the body needs to stabilize resulting in internal stress. This can lead to vomiting or diarrhea, and overall discomfort in many different ways, whatever option the body has at its disposal. The tissues that get stressed the most are the kidneys, adrenal glands, and the liver. This is not effective healing by all means and

the opposite of what we want to take place, it's about limiting this scenario as much as possible, resulting in the least stress and most effective elimination. This is what the clay & fiber combo does; it provides a place for the toxicity to be absorbed quickly. Try it out, eat berries or some other cleansing food for a few days without using a fiber & clay combo and then make use of it. The process is so much more effective and comfortable, clearly demonstrated in energy levels, the amount of sleep needed as well as overall discomfort. If one does not use clays one has to go much slower to remain balanced on all areas which is also one of the reasons for the many various belief systems that have been created, what a limitation.

I am missing an acid/alkaline forming chart, is this unimportant?

Google Acid/alkaline chart, you will find many.

Also, as covered in the chapter about alkalization, ultimately we are talking about true hydration which is equivalent with cleansing of the lymphatic system. Just focusing on ingesting alkaline food leaves room for so much. Also, some acid foods, like lemons, are highly alkaline forming and actually promote hydration.

It's better to focus on compensating the mineral content of the diet as well as understanding what kind of foods promote lymphatic movement & cleansing and which suppress it. Eating prime quality food also makes a massive difference in its effect on minerals and hydration, and food quantity of course.

I've heard that fructose is toxic?

Which it is, fructose corn syrup indeed is toxic, and it's in a lot of processed foods. On the other hand, fruit sugar is not toxic by itself. The concern with it is that fake fruit depletes minerals, in particular, the ones used for sugar metabolism as they are not contained in the correct amount. Once depleted enough we get ineffective in processing sugar especially if sugar is supplied without the full nutrient matrix needed to process it which is the case with fake fruit, ripe or unripe. I guess at that point fake fruit indeed becomes toxic. This topic is mainly about minerals next to misinterpreting the cleansing process which, however, is another story.

My wife and I would like to have children.

That's wonderful Tom, but I suggest you to wait for a while. Seriously, get yourselves healthy first and fully familiar with this journey and then proceed in creating a prime healthy body for the child. To achieve this properly, you will have to spend a few years on it. At that point, I'm sure you won't have difficulties to conceive either which has a lot to do with glandular health such as pituitary function. It's all cause and effect. The

mother's milk will be excellent and the seed of us men powerful. Remember the cows and bulls, farmer use the bull with the strongest seed for most cows as they know how important the seed is. You might also want to study Dr. Joel Wallach's work about epigenetics to understand the nutritional topic better and then go way beyond with the compensation factor. If the mother is already pregnant you want to pay close attention on how quickly you proceed with any cleansing process, you don't want to cleanse too fast in the sense of overwhelming the elimination pathways nor take any chance ever to do so as this could create an unideal scenario for the child. Children, as we all, can also be detoxed.

You should also get more familiar with the endocrine disrupters that are affecting all of us. Fluoride in water and table salt is one of the most influential ones. Many other food additives, preservatives and so forth not excluded. In fact, you might want to study Kevin Galalae's work; these substances are purposely placed to disrupt our fertility. Might be better you avoid these, they don't just make you infertile.

What products should I take?

The ones helpful for your individual situation, condition and desire.

A friend of mine is using around 20 products and still does not improve, what might be going on there?

First, just using products alone won't do it, it has to be a full spectrum approach encompassing everything in the micro and macro that needs to be addressed. 2<sup>nd</sup>, if you, for example, have a chronically weak adrenal glands and you are not supporting that gland adequately you will feel weak and most likely not improve, no matter what you do besides this as the influence from the adrenal gland is massive for the whole body. Same would be so if a very deep deficiency is not covered. It's about fixing the most critical stressors. This might be a gland, an organ, a nutritional deficiency & imbalance, heavy metal toxicity or also a parasite situation. Often it is also something in the other subtle bodies or in the macro cosmos, some kind of massive stress that shuts down the physical body. It's about finding these strong stressors and fix them, next to all the basics of course.

Why do some health practitioners look unhealthy?

I'm not sure what kind of glasses you are wearing but most of the ones in the health field that truly focus on delivering truth look all wonderful too me. This includes the ones in modern medicine. The ones that indeed could be considered unhealthy looking

are those that consciously create deception and harm, but there are not that many of those, are there?

I have massive respect for anyone that is in the health field, stands his position and creates a benefit no matter what the system and money dictates. This is very hard especially as one is constantly suppressed, belittled, ridiculed, financially harassed on top of having to deal with the ridiculousness of the situation such as seeing others that 'create harm' being supported. I'm mentioning this as every time I see a true genius I can feel it, there is just not enough respect.

Why are you supporting the slaughtering of animals by promoting dead glands?

That's a good question, Tom. Do you have any other option that is even more powerful in promoting healing of tissue? I'll gladly change any day if you can convince me through direct experience. There are very potent herbs out there, and if science actually would entirely focus on creating the most potent and effective remedies, we would not need any of this stuff.

Am I addicted to XYZ?

Considering addictions, you are compensating. You might want to remove incomplete food from your diet, start eating a lot of greens (cooked and raw), strengthen your tissue and cleanse yourself a little. You might also do it in a way to get in control of microbes and parasites. Check your glands and use a powerful nutritional aid. You also want to have a look at your emotional and mental body as well as your macro cosmos. Place your intent fully on health and awareness and never give up. If you need to have a drink (or whatever) from time to time make it a good unsulfured wine, you could even add some herbs in there, get creative. I'm sure this will help.

What about wheatgrass juice – is it okay to pump green drinks?

Green drinks are awesome to nourish the body which should be one of the primary focuses in the beginning. Just don't forget that we are not herbivores with four stomachs and that this kind of concentrated nutrition is too much for us unless we need it to compensate for the present dietary routine. Don't fall for limitation, it's about what is needed at each moment and not 'more is better' which does result in energy loss. In fact, eating berries will strengthen bones more so than do greens, it's a question of optimal balanced nutrition for our specific makeup. Greens have different concentrations and ratios of nutrients, some are in excess, others too low thus the body has to get rid of the excess and is left alone with not as much as you would think. Greens and herbs are great for healing due to their powerful unique properties, the oxygen content is also very

helpful, but not in excess, correct quantity is always critical for optimal progress. As long as the body is full of worms, greatly deficient and weak a focus on greens and herbs can be very helpful. Remember, complete original vegetables (herbs) for medicine, in combination with fasting, and complete original fruit for food. Also, immediately eating solely berries each day, with an advanced condition, would serve to trigger an 'explosion' of waste being stirred up.

Be active after some potent green juice and pay attention to how much you sweat – then do the same with berries. It's too much Tom; the body is sweating it out, what a waste of energy. Let me check again; still no cow.

### Why don't I like the taste of fruit and vegetables?

I don't blame you for the produce quality we have these days. Also, eating high fat and cooked as well as animal foods and other non-optimal foods do greatly affect taste buds. Some drugs like MSG in food also make one insensitive. It's like with the smokers, if you do it you don't mind and once you stop it's indeed disgusting. There is also microbial and parasitic influence involved here that creates dependency and certain desires. Imagine a cow that does not like grass, I assume the issue is somewhere with the cow and not the grass unless it has been hybridized to bamboo and picked unripenly.

### I eat solely fruits and vegetables and have edema?

Impaired kidney function does lower one's capacity to eliminate. If the kidneys are unable to get rid of the stirred up toxins edema is a common side effect. This is not desired, and you should pay more attention to your weaknesses, nutritional status and pace of eliminations including elimination support.

### What about fermented food such as sauerkraut?

An example would be that fermented nut yogurts can be helpful in supplying some key nutrients and to serve as compensation. On the other hand, considering a higher level of detoxification, I don't see where fermented foods have true value, at least I have not experienced a strong effect that is noteworthy. Fermentation makes nutrients more accessible which can be a great thing. However, the difference of, For example, berries and lemons to fermented food is very vast indeed. It's all about improving gradually and fermented nut-yoghurts and sauerkraut can be an enjoyable and a great option.

I'm not so sure about the flora and probiotics. I have experienced a lot with it but have not come to a conclusion considering all different dietary levels. Focusing on the three pillars as outlined in this book seems much more critical instead on focusing on microbes and the overall flora. Fixing digestion through addressing the liver, pancreas

and nutritional saturation is what usually makes all the difference. Proper flora will come out of a complete approach. Schaube also mentions that the flora is merely a side-effect of compensation, of us eating too much. We are feeding, better culturing, the devil in us sort of speak and can't get over it due to the overall scenario that we have created for ourselves not understanding at all what is going on. He clearly states that when one eats optimally including the optimal quantity the flora will go away and digestion as we know it, the culturing, come to a halt. Bowel movements will no longer change color to brown. The body needs very little food for itself. By understanding the compensation subject, we can understand that we don't need critters in us to remain nourished. What was there first, the hen or the egg? Nevertheless, time will tell as I have not experienced this on all levels for a long period. I have not been able to eat 1 pound of berries for months at a time which would be needed to have this experience sufficiently. It was interesting though how calm the mind was after 4 weeks on water-only, or how it all changes when one eats little and especially complete food. One starts to feel so good it can only be experienced. And of course, I was always curious why parasite herbs actually kill the entire flora ... as if they knew.

*"The unnecessary cultivation of microbes distort our radio frequency, the one we actually aspire to receive."*

~ Walter Schaube

My teeth start to get worse and worse on a strict fruitarian diet?

Yes, because you are eating your teeth with every bite you consume fake fruit and especially unripe fruit. Your body does not like its mineral balance to be affected in the bloodstream thus it will do anything to keep it in range, teeth are a great mineral resource especially as it is so close to the mouth. The only way one seemingly can get away with eating exclusively fake fruit is by eating a little food as the body will compensate using its own powers but still, will be energetically taxed. Eating enough greens next to the fake fruit, and being able to digest them while maintaining appropriate activity levels should take care of the teeth. It's still energetically unwise, in particular once one is aware of it.

When I eat fruit, I am in pain and / or get diarrhea?

That's classic cleansing. Either start slower or do some steamed vegetables and herbs for a while or better, learn how to compensate the elimination process. Make sure you replenish your nutritional status for the sake of covering missing minerals that might be responsible for this situation such as low chromium that might weaken your digestion. If you have chronic diarrhea, you definitely need to consider mineral

supplementation and a focus on liver and pancreas. Detoxification is meant to be uncomfortable at times, it's about managing to the best of one's ability.

What is a natural menstrual cycle for women?

I am not fully sure; I'm not a woman...

It's said that woman can get to a state in which they rarely lose any blood but only spot if at all, but that is a long-term improvement that happens over years while the body gets cleaner and cleaner. Well known around aboriginals and otherwise truly healthy individuals.

If the cycle stops shortly after discontinuing processed and stimulating fake food this usually indicates a pituitary weakness that now is exposed, among others, and should be addressed. The body might also go through a certain time period of adjustment.

What about seaweed?

These are excellent foods if you can get them unpolluted. It's also said that seaweed have more nutrients these days as lots of the minerals from the soil have been washed into the sea due to our agricultural practice, among others. Whenever you want to know the effect of food, ask yourself what the food does consider each pillar of health. Does it help to remove toxicity or will it add to it which includes suppression of the lymphatic system due to the nature of the food? Will it replenish my nutritional level or create a further imbalance? And last but not least, will it help to promote cellular function or enervate through stimulation?

What about my pet, it has a tumor – can I detox it too?

I have been involved once in detoxing a wolf, literally half of his body was one large tumor. He improved quickly on water only but, unfortunately, was too advanced and passed away later on, made some great improvements, though. I've also heard from many others who have put their dogs on grape diets and fully restored their youth as well as eliminated tons of parasites by doing so. Why don't you start giving your pet its natural diet and support kidney function – they have similar tissues. I also am not sure if it's smart to give your dog grapes exclusively, make your own research about this. There are healers out there that specialize on pets. Animals are usually stronger than us and tolerate fasting well, depends on their advancement though.

I like the drawings, who's the artist?

Monica Lubanska.

You mentioned that you would further elaborate on the topic of water?

Indeed. In fact, I studied this topic extensively for around one and a half year back in school and wrote my final paper on it. Often there is talk about soft, energized or living water. This is a term used to describe one aspect of the quality water can have besides the chemical content such as minerals, chemicals, and other debris. To understand this topic, you must understand that water molecules are capable of sticking to each other, forming 'groups' so to speak. These groups are called clusters. Dependent upon the size of the clusters the ability of the water and the effect on the human organism change accordingly. Clusters can vary in size strongly, dozens if not hundreds of molecules can stick to each other. There's mounting evidence that there can be differences between various types of waters although they are, chemically speaking, the same. The larger the clusters in the water are, the more difficult it becomes for your body to absorb the water. The body has to break apart the clusters in turn making the water 'softer' thus the water becomes able to enter into deeper areas of tissues. And this explains one part of the mystery. Water containing larger clusters must go through some form of 'digestive process' thus taxing the body energy wise. Smaller cluster mean a lower energy requirement for 'softening' the water and should be preferred. This can easily be experienced as a high-quality soft water gets absorbed quickly whereby a hard water remains longer in the stomach. One of the simplest methods to break apart clusters is by having the water move in a vortex manner. The water will increase in velocity at such a rate at the core of the vortex that clusters burst. This is the method nature uses. It happens everywhere whereby water has its natural fluency and cycles. By forcing water through pipes with a high pressure, the water clogs up, causing clusters to form and increase in size. When water expands greatly, such as by vaporization, clusters also burst. This happens during distillation.

The other aspect I'd like to cover briefly is the 'memory' part of water. Sharks possess one fascinating ability: they have a highly developed sense of smell rendering them capable of detecting their prey from afar. Once blood gets into the water, the shark somehow knows where to go by locating the blood. But how can they possibly detect blood that is located miles away, even though, chemically speaking, no blood particles could have possibly reached them? The shark's sense is able to register the frequency of the blood. The water acts as a carrier for the frequencies. Water is able to become part of a vibration and pass on information. Homeopathy shows how strong this effect can be. Even a herb greatly diluted in water has a noticeable effect. It's the vibration of the herb that has its original potency stored within the water.

Turning back to drinking water; there are many machines, devices, and other tools that claim to yield the perfect frequency for the water. The concerns with this are that you

never really know whether their claim is true. Another variable is that the frequency that may be perfect for you one day may no longer be perfect for you the following day. So, there is another part of the water that cannot be seen, but that can have an impact on the body. Both of these issues can be dealt with by breaking the clusters through vortex and expansion which also clears the vibration. How effective this is, I'm uncertain of. There are various other methods that should do the trick as well, such as crystals.

The chemical aspect should be quite clear, the water should not contain hormones, pesticides or heavy metals and the only way to guarantee this is to filter the water yourself. Reverse Osmosis (RO) and distillation are the two options for this whereby distillation is far better as it also clears the clusters more effectively than anything else. The water expands greatly into vapor which breaks the clusters. RO water gets quite clean but seems not to hydrate well, and one should not use this type of water without further processing it, and even then, it seems not to be the best option. Distilled water by itself is quite aggressive in its cleansing effect which can be a great thing but also result in depleting the body if it's overdone. This is not a small effect, and one should compensate for it by adding ionic minerals or likely will end up in issues much greater than the benefits themselves. One can also alternate between pure distilled water and one with added minerals. This part is important, don't drink distilled water only in large quantities without compensating for it. Likely the best water is a high-quality pure spring water. Water should contain minerals.

As mentioned earlier, using a distiller and adding some ionic minerals and lemon juice or apple cider vinegar is recommended. You can also use the distilled water as an empty base to create potent teas and infusions. This is the most flexible, safest, doable and economical way. Some tea like potent nourishing teas, such as a 'calcium tea', is quite effective in dealing with nutritional saturation, For example bone spurs can be dealt with.

The amount of water that is suggested depends on the state of health of each of us. The more toxic we are, the less we are hydrated. Drinking water will not change the cellular level of hydration but only a successful cleansing of the lymphatic system. Often there is the talk of drinking 8-12 cups of water daily which is the suggestion of someone eating a standard world diet. The more salt, the more fats like nuts, the more cooked food, the weaker the kidneys, the more toxic the body, and so forth – the more water we need and should drink to support the body. Also, if we are in a cleansing process, the body can be supplied with additional water to help flush out all the waste and make it not so hard for the kidneys and liver, but not in excess. If one eats a lot of fruit and vegetables, with little to no salt and so forth, one will have to drink less which is great as by far the

best water that we can ingest is contained in high water content fruits. The clusters are minimal, the water pure and its overall vibration at its peak. Still, for most of us this is not enough as we first need to get through a process to get there. On the other hand, some that have cleansed their body effectively and reached a high level of hydration drink only small amounts of water, if at all. Like For example Schaubé who eats one pound of berries each day, nothing else. However, most of us are far from that state, and we should drink some water. Drinking too much is counterproductive, and as stated above, this is not the way the body gets hydrated as one must cleanse the lymphatic system. If you are eating a diet of fruits exclusively, you will not need much water but more so kidney support, that's the factor everyone misses. Fruit and dry fasting go well together and help to increase the pressure in the body which helps for the low stimulative properties of fruit, it helps to assist cellular function. However, it's only beneficial if the kidneys work appropriately as they otherwise will get overwhelmed resulting in a counterproductive scenario. It's the pressure that gets lowered by drinking lots of water as it results in less potent cleansing. Thus the weak kidneys we all have are not burdened so much, and as almost no one understands how to support kidneys, most advocate to drink lots of water and you most likely have never heard of this. Another aha moment. The more, the better is not always true and doesn't fit the topic of water (and health) in particular. Initially, especially if the liver is toxic, one needs to drink more water to assist its cleansing. Once the body has adjusted and the correct program is maintained drinking less water while getting most from fruit is very beneficial.

By no means are the statements within this topic meant to insinuate that eating a high amount of fruits in your diet will leave you with little to no need for additional hydration. When you have, what could be considered normal thirst, drink accordingly. Always focus on detoxifying your body properly and strengthen your kidneys, pituitary gland and other tissues involved in water management. If the pituitary is weak, low levels of antidiuretic hormone, your body will expel more water. Once health in those areas has been restored, and you eat a diet of mainly fruits, then your need for water will likely decrease.

When you feel thirsty all the time, systemic acidosis is highly suspected and water by itself will not solve this. You must cleanse to rehydrate your interstitial fluids. By drinking excessive amounts of water in a state of high toxicity and acidosis, you will only contribute to water retention (edema). This in turn becomes of great concern itself, which can and has even led to death.

It's also great to understand that we contain a huge percentage of water in our body that is capable of taking on certain energies. Distracting energies such as sound waves

or wireless waves can influence our own equilibrium and affect us. One example is the music industry that has been manipulated by using 440 Hz, which is not a healthy frequency. 432 Hz is what we should be using. Wi-Fi does similar things, and this is not healthy. On the other hand, the stronger and more balanced our nutrition the better we can adapt and maintain our own vibrations. A cleaner body vibrates stronger. We also vibrate at a certain level, which varies with our awareness and likely greatly affects our own health. Let's quote Schaube again,

*"Paradise-eaters are like a rubin."*

With all this said, what should I eat?

Every one of us is individually different in the three pillars of health, in the subtle body as well as in his macro position including in relation to life itself. The body will crave food according to the condition of all bodies as well as the intent one has. If one is under high levels of mental stress such as on an exam or some family drama, this affects diet. It's about understanding how cause and effect work in case of how the body gets strengthened, cleansed and nourished and vice versa. This way one can choose the best option at any time while even be able to know what food will support which mental state, physical demand or emotional condition to the best degree. You are indeed wonderful Tom; I am sure you will find your own balance.

As long as you have not truly restored health in your body and exclusively eat berries or other complete fruit at the right quantity you will remain compensating. Transition to that state and if you never get there that is also okay, we all have different lives. Now you know though what you are dealing with.

Carrot juice?

Carrots are strongly hybridized. Originally these have been the size of a finger of a teenager. In fact, we do not only overlook this with carrots but with so many foods. Corn was thin like a pencil. Modern egg hens have been bred to lay hundreds of eggs per year, whereby in a natural setting it would be around 10-20. Chickens that are produced for meat consumption have been increased in size greatly. Dairy cows have been altered enormously in which they have much greater udders, not just one size greater but many. Most food has been altered in laboratories, and it does not serve our health nor our natural environment, but is merely Childs play. On top of this we produce food completely unnatural in fields. I suggest you do not eat any of this fake food Tom, you will not like where you end up nor ever experience true health. This is what I mean when I refer to Real food. Look at the dietary levels. Do your research and do the best you can, we can't do more.

What about a mono-diet of a particular fruit for some weeks, what do you say?

I suggest focusing on the daily consuming of the highest quality food available. Intermittent fasting is recommended. Eat when you are hungry and study the cleansing process. If you want just to go on one single fruit group, then choose all the berries and lemons and simply eat the kind that you want for each particular meal. There is no need just to eat one fruit all the time unless this is what your body craves every single meal. In fact, eating strictly one fruit for long periods can lead to strong nutritional imbalances, especially if you choose heavily imbalanced fake fruit such as apples. In that case it would be a given unless you eat small amounts and/or have a strong body that is able to adapt to it. Still, progress will always suffer doing such.

So, what would be the quickest way that you recommend? I want to improve as quickly as possible.

This depends greatly on where you are at. If you are not in a serious condition, you might want to follow the one strategy as outlined in the chapter 'a possible approach'. Eat cooked vegetables mainly for one month while you use the specific supplemental program for that level. You should also visit a chiropractor and some other therapies that you feel drawn to at this stage. Learn to do enemas powerfully. After that initial month, you go to the detoxification level 1 for at least one month. Then slowly adapt the principles of level 2 over the course of one further month and eventually remain eating mainly berries and lemons for a few weeks, at least but better as long as you can. During the course of that raw food regime, you should make use of enemas and a suitable herbal and supplemental program for your specific needs. After this, if you still desire to kick it up a notch, you might want to visit a water-only fasting center and do a 3 to 4 weeks water-only fast. This whole course of events would be a very effective but also safe approach for most, not all, as some should go slower, and others need to go even faster while often they can and should slow down after a strict initial period. It is also critical that one supports the body adequately to one's own individual state of health. Otherwise, imbalance and stress in the body will result. These suggestions are only for the ones that feel ready for it – always use some professional guidance and don't act emotionally. Each stage can also be prolonged, except the water-only fast, don't exceed 3-4 weeks at the first fast.

How do you eat as a raw vegan?

I'm not a raw vegan Tom. If I would consider myself to be anything then it is a 'free being of light'. Why limit yourself? I suggest to be present in the moment and learn to make optimal choices from that position. If we all end up eating raw vegan foods exclusively, then so be it. It's a great thing, no question. But let's do it right and not focus

on fake fruit, too much food or inappropriate ratios but rather on getting closer to the paradise level.

No one can heal using animal products?

Study Weston A. Price, Dr. Lawrence Wilson (nutritional balancing), Dr. Nicholas Gonzales, etc.

A proper raw food diet is not the most powerful diet?

“Unbelievable” by Storm Talifero.

How should I look at spirituality? I am confused and don't know what I should believe.

That's great, you shouldn't believe anything. Just focus on what is real to you and follow your heart. That's what I do.

Should I protest?

What makes more sense; protesting about Monsanto or using that time to grow your own natural food and get closer to independence? It's about the agreement. This world needs dreamers, real dreamers that demonstrate it. Make your dreams happen, you can do anything if your heart is pure and sincere. Just place your intent on it and make it happen. The whole of life will assist you.

How can we solve most of our issues?

I'm not sure if that focus will serve us. All states such as hate, lust, anger, greed, attachment, vanity etc. but also love, happiness, joy, care for the fellow man, purity, honesty and such are deeply affected by the health of the individual, all the bodies. If we want our micro and macro cosmos to change, we have to do it ourselves as we are the creator thereof. What the world will do should not concern us too much, especially initially. It's great to be aware of it though. Be active in your own realm and increasing that realm. You Tom might one day become so healthy that your macro cosmos will be the entire world, who knows.

What is your religion?

I'm fine with everything Tom, the whole of life truly is wonderful. What about you?

Could you elaborate on Cause and Effect?

We chose the position in life and have to deal with our decisions. For example, we eat processed fake food thus cause havoc to our body. We nutritionally deplete ourselves

thus have to deal with the effects accordingly such as confusion or sensitivity and weakness. Or our glands and tissue become damaged resulting in their respective effects. Physically there should be enough clarification within this presentation.

Emotional and mental it seems to be precise in the same manner. We choose the relation we have with others, how we interact and so forth. If we feel drawn to do something we can, or not. All of this leads to the ties and attachments we eventually end up with. Mentally we have our programming and our study, this influences our decisions greatly. It all is like a gigantic 'unseen' spider web that we create within us, reaching out to other beings, materialistic manifestations and so forth.

Due to all our decisions and actions we end up at a certain position. Can you see the decisions that brought you into your current state? You can unwind everything, create a new you. Use your imagination to accomplish this. Of course, often this is not easy as we created all of this, it is actually manifested on either the physical level or some other unseen subtle planes. We are literally bound by it and need to go through the unwinding process. What makes it tricky is that we often don't even know that we are stuck or that any parts of the 'web' is actually there. We 'think' that we are beyond our creations, that we don't have to eventually face ourselves, but we all do. We exactly meet our own creations any given moment.

Wipe the slate clean, reposition, become free and wonderful...like the sun shining.

This is true healing.

Any suggestions to help with this?

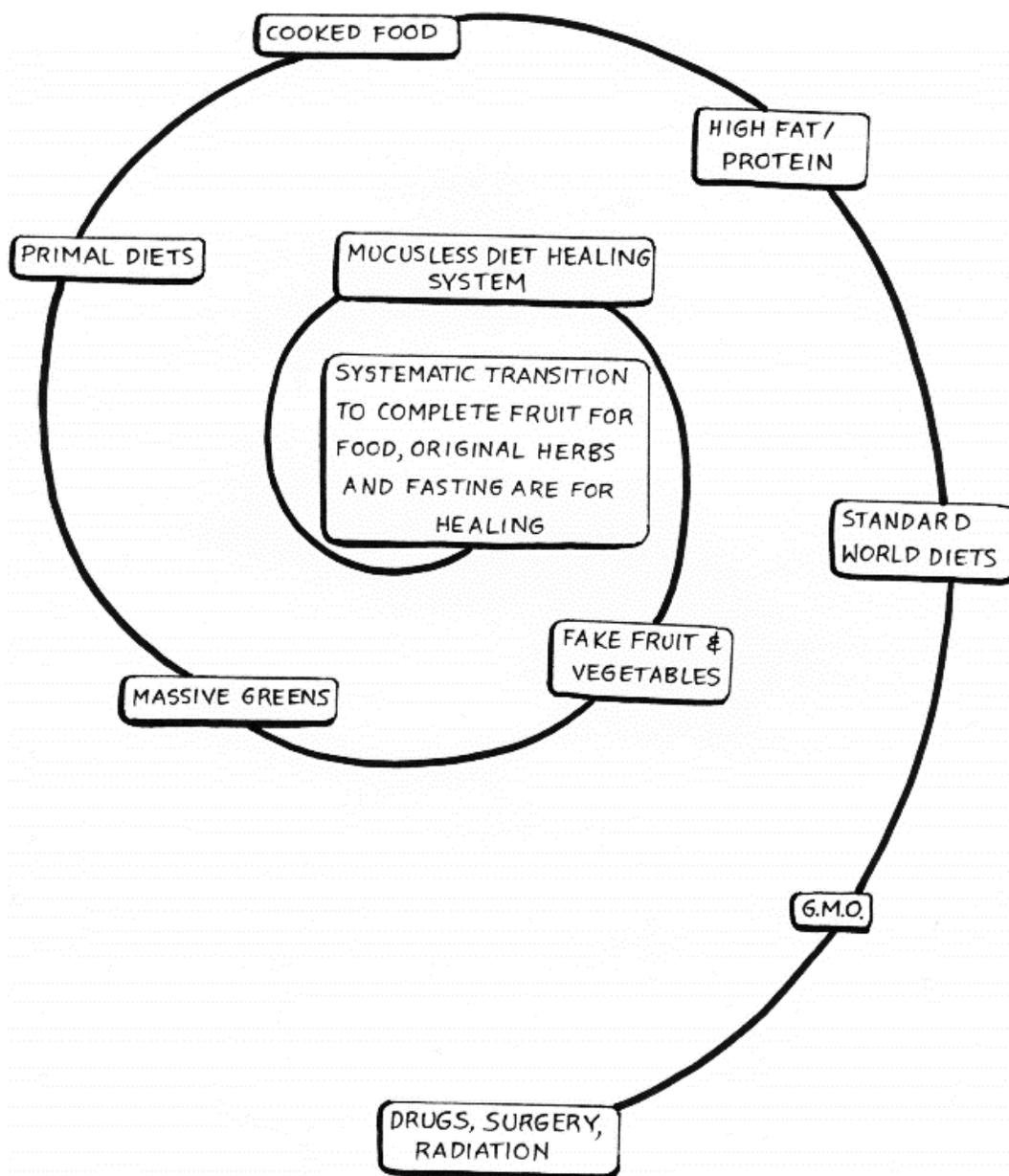
Focus on your awareness, withdraw the focus of the physical and all other lower bodies. Just be. A great way to help with this is to focus on your sight, and nothing else. For example, sit on a couch and focus on the corners of the rooms. Move your attention around in the room without thinking or feeling anything. Often we are so conditioned to use our mind and emotions, or be focused only on the physical, that we forget that we are beyond. Eventually it's about being constantly in this mode, you want to be fully present in the moment, always. A high energy diet greatly helps with this.

I studied many different theories in the health field, and if I understand you, it sounds like all of them are correct?

Not necessarily, but they sure all are looking at the whole picture from a different angle and have created their unique systems out of such. You must understand that Robert Morse and Walter Schaubé have acquired a unique wisdom that is not mainstream information by all means. However, this information is needed to understand the depth

of view that is shared throughout this presentation. Without understanding the lymphatic system and the amount of toxicity that can be withheld in the body one is clearly not able to see what we are facing nor how to truly tackle the situation which is Morse's speciality. Also, without Walter Schaub's tip of the iceberg of the dietary levels one will almost for certain remain confused and lost. Morse has just come forth a little less than five years ago and to comprehend Schaub's message and know it to be reality is indeed not easy, he is far out, and this is where one has to take his own experiences.

You see Tom, there are all these various theories and concepts about health, but they all reside at a different level of efficiency and depth of understanding. Most focus on the nutritional state solely like pretty much all cooked food advice is aimed at. Next comes the more original type of diets, eating food that has not been hybridized and is of high



quality. This still does not target and initiate effective cleansing nor a high level of dynamic energy. The raw food level that focuses on green juices with a low level of fat is the first level that starts to touch the lymphatic system, but it's too dense, and we are not designed for this kind of concentrated chemistry. Eating fake fruit with greens as the dietary regime goes a little further especially as many of these advocates also promote water-only fasting. Nevertheless, the true focus on the lymphatic system starts within the presentation of Arnold Ehret and his mucus-less system. Unfortunately, this system does not incorporate the understanding of complete fruit and their effects versus fake fruit, which is quite a strong limitation and can also be dangerous depending on the individual and his current situation. In between all of these theories, there are many different approaches, some of which are powerful especially the ones that fairly well address all the three pillars. Some of the results that come with these approaches are interesting to look at and often serve to disprove the theories that others have fixated on. Few practitioners understand the mechanics involved. They don't touch the core with the true original complete food nor do they understand the topic of compensation in its entirety thus they can't optimally guide one to the highest level. They also fail with many individuals as the particular situation of the three pillars of health are too much imbalanced and not addressed by that particular approach. Thus many end up chasing one theory after the other. Even Walter Schaub himself, who presents the tip of the iceberg in case of dietetics and its mechanics being the most advanced of all, does not cover how one can get there from any possible position thus most can't even recognize him. He does mainly stress compensation of one's food, not of one's current position in all three pillars of health. The pillars must be added to his presentation including how to improve them effectively & therapeutically by understanding the depth and the mechanics of each single one. Robert Morse does supply this information in the most depth but neglects the nutritional topic, the compensation factor, and its magnitude thus comes partially to false conclusions. Dr. Joel Wallach helps disregarding. Arnold Ehret with his genius systematic approach adds to it. These are among the most wonderful individuals in the health field, but they all have their limitations, there is no one out there that teaches all the levels and how to improve effectively without running the chance of hitting one or two walls (or more). What is taking place is that everyone is running around the center, pointing to the errors of the others but not seeing the own. In fact, denying the success of others as it does create a conflict in one's own belief system and attitudes develop out of this. And this then reflects on the followers, causing all the conflicts. I guess this is part of human nature and serves to protect our own creations, in particularly the mental one, by making us 'think' that it is the true and real reality. And all this even though others demonstrate right in front of us that we are holding on to limitation and restriction, but it all flips right back to us as the effect

thereof is limiting ourselves. The mind is always restrictive in comparison to the whole of life. One of the main obstacles of all those that advocate in the health field is that they build their presentation on limitations and going beyond these would mean that they have to let go of their creations. We don't like to expose ourselves like this. Especially not if we are dependent upon our creations such as through its income stream, or even stronger, ego and pride. The complete respond would be to study everything that one does not understand no matter the source and stay open to improvements. I guess most do not act as such, or only to a certain degree, as they are already doing quite fine, so they are not motivated to go this far. Or often people are under strong attachments such as veganism thus won't pay attention to anyone consuming animal products even though they might yield valuable lessons. Overall there are so many wonderful ones that do deliver some pieces of the puzzle thus it's critical to look at the whole of life and get the experiences needed to be able to understand each message. Often we find the answers right where we don't want to look. I immersed myself in the healthcare waters and exited with the understanding of this presentation. All of this I owe to my wonderful teachers who have spent decades putting their work together, and of course, the ones that helped me go through the process.

Can you see it, Tom, how amazing and wonderful it ALL IS. We all are in this same life, and many are doing their best to support it with their own unique view. It's interesting that we tend to forget that we all have the same roots and often loose ourselves in separation while simultaneously limiting our own views thinking that we know, defending our ego. Life is always bigger than each of us. We all have the opportunity to let go of holding on to our personal view and instead use ourselves to support the whole of life with all we have got. By doing so actively, we also support ourselves to the best of our ability. This is what could be considered the peak of true healing, it might even be the reason why we are here, who knows.

What about those that claim to be 'breatharians'?

That's a good question, why don't you figure this one out for yourself. Arnold Ehret gives a great hint by referring to us as 'air-gas-engines'. Genesis Sunfire also has some great material about this topic that you might be interested in.

With all this said, what do you suggest to do?

Become a radical, and wise, risk-taker. Always take the risk and in the direction your heart tells you, that's for the wise. Embrace the lessons you are confronted with. Get rid of your front, expose yourself, be naked. You'll be fine.

And don't forget Tom, you are your greatest and only healer.

# My Story

I've outlined my experiences for the benefit of others. If you choose to follow any of my advice you deserve to know some of the "what's", "whys" and "how's" about myself. There are many lessons and viewpoints packed into this part of the presentation and you are welcome to use the references.

It started when I was about 14. I had some blemished skin on my face and, not knowing what to do, I purchased some acne creams at the pharmacy. It not only didn't work, but it also got worse, and I glowed like Santa Claus on a school excursion. I wondered if omitting certain foods would improve my condition, thus I cut out some specific foods for a few weeks in different manners and noticed a direct connection (all influenced by my mom, you are indeed wonderful ♥). When I asked the pharmacy personnel, they told me foods have nothing to do with skin conditions. I might have been 14, but I wasn't buying that line. I followed my good sense.

Thanks to a great friend, Google, it took only one day to learn that toxicity and malfunction were the causes of my condition. Moreover, it dawned on me that our healthcare system must be in denial of the facts. This, logically, had to mean that most of what is being done in this system is based on false information. When I recognized this I felt like something had just punched me in my stomach, it felt wrong once I was thinking about the younger kids in hospitals getting this type of treatment whereby my mind just couldn't figure out a reason for why something like this would be real. I mean this literally, I got intense physical pain in my stomach, a great demonstration of the connection between the subtle bodies and the physical one. This might have very well been one of the most influential days in my life which left me with a never ending urge to get to the bottom of all this.

I spent many hours almost every day trying to see through the health system. The most difficult part has always been first to accept what I found and study what I was presented with. I had access to all kind of information, but it took me about four years until I personally started to incorporate a much healthier regime and not until the latter part of my 20thiest year to fully embrace it. At the time prior I was mainly studying different views without practicing any myself. I didn't want to change my lifestyle that much at that time going through the school system. It was simply way too much fun with all my friends thus I didn't even think about changing much. I did follow some strict routines for a few months at certain times to see what would happen to be able to further my study, and then I went back to what I was used to. I didn't have any strong

concerns with my health, so I stayed with what I felt comfortable with. I also did not feel fully ready to make the change with what I knew even though I had already studied Arnold Ehret and similar individuals at around seventeen or so – I guess it was just too extreme for my position at that time.

Some traveling after school followed in which I studied many different raw food advocates. I learned a lot but simultaneously became more confused with all the different theories that didn't fit together. When I returned home, I stopped eating all cooked foods as well as alcohol and weed from the 'party-lifestyle' that I was greatly enjoying during my holidays. I went fruitarian overnight and my body chucked both toenails due to the energetic difference, not the best idea but that was what I needed for balance at that time as mentally I seriously needed a reality check. Just a few days into it I discovered Dr. Robert Morse's online presence, he just started putting his information on the web. He nailed it for me in the first video and all the different books, theories and hundreds of hours I spent in the last years started to make sense. So here I was already enrolled for the University course, health science & technology, with nothing in my mind but to get to the bottom of the health field. I did choose that course only due to being in disagreement with pretty much all naturopathic courses at that time as I already was aware of their practices and limitations. Also due to the situation that these schools are not offered at official universities but only at private ones thus they are not supported financially by the system in Switzerland (and other countries) whereby the medical establishment is. This was seemingly the best choice to get a degree which is what is usually aimed at. Thus, I enrolled in it around half a year ago while I was still traveling. After a few months of menial jobs and a fruit based diet, I started university while spending all my free time with Robert Morse's teachings and the movement that developed out of it. These have been the days I discontinued my social life as the only thing I wanted to do was learn about this as much as I could, I was undertaking two courses at the same time. I managed the first semester at the university while spending my free time and nights with Morse's presentation. One of the last lectures about prosthesis clearly showed me which of the two would become my future. We were presented with a magazine cover on which a half-man-half-machine type of person was illustrated. The idea was to show how magnificent the future might be by being able to replace mechanically pretty much all parts of the body that seemingly just decay due to old age. There is nothing wrong about those inventions and technologies; they are great and very useful. Some lectures that I had were really good. However, I was in that room, lemon fasting, and indeed was not attuned to this presentation at all.

I carved some driftwood into a hand-sized key, painted it gold and sent it to Robert Morse in Florida. Included was a request to spend some time with him. I wanted some

clinical experiences, to offset my many experience that occurred in a short time. That golden Key that he gave to the world. It was just an idea, but it worked, and I spent several weeks in Florida learning from the great man himself.

Upon this experience, I quit university and started doing manual jobs again while spending the rest of the day experiencing as much as possible with the art of detoxification. I wasn't focusing on getting healthy – I focused on testing all kinds of variations, potencies, diets, herbs, fasting and so forth.

Sometimes it worked very well, sometimes not at all and I ended up in discomfort up to intense pain especially due to heavily promoting elimination while trying to stabilize my body. I learned to support and restore my glands using herbs and glandular while being on a non-stimulative fruitarian diet still having a compromised system. My adrenals have been chronically weak, when I initially switched diets I slept around 10 hours and was fatigue the rest of the day. Once restored, that changed quickly to 8 hours and steady energy all day long, on the same diet.

Many times I stumbled and lost it, but I always got back up just to run into it again. I wanted to experience every single corner of this art to see what is factual, what works, what not and ultimately; I just wanted to defeat my mind which was hungry for experience to be able to select between reality and illusion.

One by one I went through every possible scenario that I could imagine and possibly learn something from. After all, I wanted to get to the bottom of this health system, for myself. It was my own mission as I just wasn't the same anymore once I realized as a kid that we got it all backward, and I wanted to know why, I was curious and the more I dug, the more interesting it got.

I did not want to end up misleading others thus I proceeded with everything I possibly could to make sure of that - no matter if I hurt myself which often happened through trial and error using myself as the guinea pig. In reality, I just followed my heart and let nothing stop me. I made everyone crazy around me, and I could see that it didn't make a hell lot of sense from someone else's perspective making the situation even more awkward. I am also fortunate to have been born in Switzerland and to get a great job which supplied me with enough time and finances to test and play all I wanted, and I sure did. Most notably though, I can count myself lucky having such great parents who gave me real support.

There have been hundreds of others along the way that started practicing some type of this lifestyle, and we shared and learned together. I spent much time helping others to start on this journey and also learned many things by doing so. At a certain time, I

started focusing on all the difficult cases which did struggle or even got worse. With these and my own intense experiences I did come to see why Robert Morse knows what he knows; the weaker and more toxic one is the more aggressive one has to work with the individual and the more obvious it becomes how the body works as small imbalances show up very quickly.

I went through many variations such as mono diet fasting, juice fasting, two week long water-only fasts as well as the same only with herbs up to things like trying, on purpose, to speed up the cleansing as much as possible while still being able to stabilize myself.

At one point, I did a lemon juice fast using 25 lemons each day and simultaneously was trying to maintain equilibrium with my elimination. This particular experience didn't end that well; after two weeks I broke it with a watermelon upon which my whole head, tongue, and throat swell up for three entire days without me being able to get it stabilized.

That's what happens when one starts to dig into deeper layers of toxicity and brakes too much loose at once, greatly overwhelms the capacity to eliminate. I know, it sounds stupid but it was critical to me to understand how this works and takes place in a real-life scenario, and I didn't expect it would end that bad of course. Just some days later I started again doing another two weeks while using around 15 lemons per day as well as switching my herbal routine to which I did not experience a single issue at all but improved very quickly.

As you can see; I took this very serious and what is undeniable is the information that I was able to gather from this and similar experiments which I would perform one after the other for roughly three years.

After around three years of this I had gathered many experiences but I wanted to have one last experience before starting to share what I've come to know, and that was a longer water-only fast. Some extent of this book had already been written in his own ways at that time, but I did not have this experience and wanted to know how I could compare it to what I knew.

Thus, I started water-only fasting aiming for four weeks. I prepared myself and thought that my knowledge and experience precluded my going to a professional clinic. I had already done twice a two-week water-only fast and spent three years preparing my body. I did so out of many reasons but mainly as I wanted to be left alone and fully focus on my own progress. Also, why would someone pay for such an experience in the first place – it's just water isn't it? To cut to the chase, I ended up spending the most wonderful 36 days on this water-only fast seeing incredible improvements. I was

amazed and quickly fell in love with this process as I never saw such a balanced and effective process. It's amazing to see how we all are deeply connected and aided by life and its intelligence. However, around the four weeks mark I decided to take it a little further as I originally planned as I started feeling better than I ever did in my entire life. The amount of peace was incredibly high, and my body was still going strong. My eyesight, which was compromised all my life, turned to be hawk-eyed around that time. Imagine drinking water for four weeks and one morning you wake up with the perfect eyesight, better than with any glasses you have ever worn. The quick improvement was so fascinating and new to me that I would stare at the trees and all the leaves for hours, as I could see in full sharpness for the first time in my life. With all this going on, I told myself that 42 days would be the maximum and that if I got hungry before I would simply start to eat, I took it one day at a time. One should know that the body never starves on a fast but indicates when food needs to be supplied to it. There are many books written about this, and I read most of them prior to embarking on this fast. Ultimately one can only understand what is written here if one did or will fast himself. Otherwise, one might indeed think that I had lost my mind which I didn't, but I had some other imbalances that affected me from making risk-free choices which we will go over shortly. The next week nothing happened, no cleansing, just feeling better and better. However, at day 37 hell broke loose. I found myself on the floor having incredible pain all over my stomach and GI-tract radiating into my whole body, it felt like each single cell was on fire. I could not lie down because I had to belch around every 15 seconds and to lie down was not possible as pressure would build up in the stomach making it even worse. My body was constantly trying to vomit, but nothing would come out. My almost non-existing mind at that time turned into constant chatter, almost uncontrollable. What the hell was going on? Fortunately, I knew, I just never have heard or read of anything that even comes close to this magnitude. My mouth and breath smelled like rotten eggs and every few hours I could scrape a layer of orange material of my tongue. Sulfur. Whatever gets into our body and does not leave again through a hole or pore finds some place within the interstitial spaces and stays there until one passes with it or gets it out before that happens. This is particularly true with sulfur in the toxic rock form, as it is likely one of the hardest substance to cleanse out of the body. This is the reason the pharmaceutical company's love it so much, it massively suppresses the lymphatic system thus stops every attempt of the body to get rid of waste and with that goes the symptom. Cold and flu get suppressed, and the mucus stops running thus sulfur is greatly used in antibiotics. What a marvelous idea to lock toxins even deeper into the tissue. Anyway, I digress. So here I was with loosened up sulfur in my GI-tract some of it expanding into gas and others burning my intestinal wall; sulfur

is very aggressive. Due to its fungal proliferating properties it was also driving my mind crazy, fungus somehow affects the mind getting it to chatter all over the place.

After 3 days, in which I could not sleep for a minute due to the pain I was in - a dear colleague of mine gave me a massage which got my nerves to calm down, and I finally fell asleep. Nevertheless, my body was still dealing with what the body itself broke loose and around the fifth day even started to reject water, just a sip would instantly make me vomit thus I ended up dry fasting for two days without having any other option, my body was almost paralyzed at that time and indeed very close to giving in.

The amount of mucus I peed out after that dry fast even shocked me and once again proofed the very real connection between the lymphatic system and the kidneys being responsible for its filtration. This week has been the worst physical week of my life, but ultimately, I learned more from that time and its long-term effects than pretty much everything before.

On around the 7<sup>th</sup> day, I took a parasite tincture which calmed my uncontrollable mind-chatter down within seconds – what a blessing these plants are. All together this experience lasted nine days until I started getting the sulfur and another black build up out via my bowels.

I got around five golf ball sized masses out consisting of pure sulfur in addition to much more black hardened whatever... I could feel every single movement of this stool all the way throughout the whole GI-tract burning its wall. I started to eat on the 43<sup>th</sup> day without having any other option prior being frank.

Of course, just around 50g of fruit which is an appropriate amount for such a long fast. You might wonder why I did not go to the hospital which I didn't, I didn't because the chance of getting someone that even somewhat would understand this process was pretty much zero, that was my belief, and I never felt that my body would somehow not make it.

Any form of drug would likely have a much higher effect on the body and could have killed it immediately, I was more afraid of this than facing my own process. I was being helped other ways, and that was certainly enough for me, such as by Ms. R♥. The best survival tip during an extreme crisis is, never give up, and defer to the whole of life. Life will support one if the intent is right, I did experience this more than once in my life. I also don't believe that the body initiates any elimination on a water-only fast without being able to handle it, and I likely am one of the individuals that have experienced the most intense elimination that possibly can take place in this experience.

The question lies in us being able to handle it emotionally and mentally and not freak out but remain focused and calm. We are talking about a water-only fast and not some other routine such as by using fake food, strong herbs or even isolates as one might be able to push to the limit doing so.

I also learned that pain could kill one due to exhausting the mind and emotions. I am not sure if the term exhaustion justifies how I felt once this elimination was over. I ended up an emotional wreck. This is what can happen, the body will initiate eliminations that are so intense that it will weaken the body (I am referring to this due to the thought that one could pass on a water-only fast due to toxicity, the body knows what it is doing. It might be possible though if one is very weak and depleted). During this whole experience, I have not been afraid for one second nor doubted the body's ability to get through it but it sure got me to the very limit. The only reason I made it through was due to the experiences that I gained in the past prior to the fast and most importantly as my intent was set on presenting this presentation to the world, and I accepted whatever I had to go through in order to be able to do so.

And in reality, I got what I wanted. The experience needed to complete this presentation which encompassed everything I learned afterward to get me back stabilized. I just didn't know that this is what I asked for as I am not so much the thinking person but more so just go with my heart and take the risk when I feel like doing so.

Even Shelton himself, the great water-only faster, has not mentioned any such experience or any other practitioner that I have ever looked at. I lost many pounds of waste, but physically it took me months to recover from this event. On one side, I had to deal with the dramatic, energetic change in my body that occurred with this elimination and simultaneously with the exhaustion as well as a mental upgrade I got from this fast. What I experienced was different to all I did before, the healing on the water-only fast did not contain any imbalance but simply a very steady increase in stability besides the physical cleansing that took place, at least until I pushed over the top. Thus I knew that there was a missing part in the theory that I have learned, but I did not see exactly which part at that time. So, I found myself on a new journey and simultaneously had to deal with the physical effects. The body did initiate this cleansing, but I definitely wasn't ready for this change to handle it appropriately which is a very critical point to consider when doing any cleansing especially a longer water-only fast; are we able to take this much progress at once on all levels and remain balanced? One should never undertake a fast this way, that is a long water-only fast without guided preparation in a professional clinic. I was not prepared well at all as I demineralised and nutritionally imbalanced myself before the fast using too much fake fruit. Fake fruit depletes and the water-only fast becomes a struggle. If one leaves fake

fruit out, one never has to take any such chances, especially initially or to overcome specific conditions as true detoxification (as described in this presentation) will take care of it better. There are always other, better options, which do not involve such risks, and the details have been shared in prior chapters. I simply didn't know back then. I feel that the main reason for why this happened in my case is due to have gone in this fast with an imbalanced nutritional state that has developed through consuming too much fake fruit over the years prior. The body ends up depleted and especially greatly imbalanced nutritionally thus is weakened, and likely the chances for having issues with heavy metal toxicities are increased strongly. Also, the strength of the fast gets exponentially stronger each day and week. What a fools error from the physical perspective but I just felt so good after those first 30 days and my heart was telling me to proceed, and it was perfectly correct. You might not understand this, but this is by far the most valuable experience that I have and dealing with it and the consequences thereof is the reason why this presentation has the magnitude it has. It is what I needed at that time to bring me to balance. It's what I asked for by having the desire to present this to the world at the level I do now, as I needed this experience to break free from a massive mental layer that I was holding onto, that was influencing me. Interesting enough that release happened at around day 40 of the fast, noticeably.

The true reason I went on this fast the way I did was my own nature. I can't give any advice without having direct experience in it. If I have any doubt that it might not work, or that I can do anything to be more certain about my recommendations, I'll do it. I could always perceive many possibilities. Thus I tried everything I possibly could think of to be able to honorably present this presentation. I imagined a list in my head of all the possibilities, and one by one would tick it off through direct experience. The list constantly increased with the new experiences that I gathered thus it took me years to go through the full process until there was nothing left to tick off. How could I have possibly presented this presentation without testing the waters? For example, on the 30<sup>th</sup> day I could have stopped, and took the easy and smart way out, but this is not what I was after. I wanted to know and simultaneously felt that this would help me move ahead in my journey thus I took the risk. In fact, when I was living this experience there was no thought process about any of this as I was deeply in touch with my feeling and simply acted as such. I guess I didn't expect the lesson to be this hard, but it indeed was more than worth it as I got more than I ever could have imagined.

*Please understand that I am not trying to motivate anyone to undergo a 40-day water-only fast for 'spiritual' reasons or similar. This is my own unique journey and for that time this is what I felt to do. Use my journey as your reference. Please benefit from my experience. I would have*

*never undertaken such a long water-only fast at that time if I had had access to this type of presentation.*

Due to the situation I faced during and after the water-only fast I was able to understand what it means when one loses his health. Not only was I physically weakened but also in a stressful position in my life being involved in an herbal business that went through its own particular process. I also learned how to deal with mineral deficiencies by using supplementation which I prior was not focusing on due to not being 'natural', but man made. Due to seemingly having a little effect, which is true for almost all supplements but not for the best ones. I focused on nourishing herbal blends prior, but there is indeed a great difference. When health issues get real one starts adapting and changing, and it got very real to me. I developed 'Pica' around one year after this experience which is caused due to a more severe mineral deficiency. To give you a better idea of how I felt – when for example horses develop this condition they start eating the wooden fence and pregnant woman eat dirt. One is constantly hungry and the only two things that will satisfy the body thus stop the hunger is when minerals, in the correct form and the ones that are needed, are being supplied or when the body is not brought out of balance which was what puzzled my mind the most. Imbalanced food would massively affect me while exclusively consuming complete food or water-only fasting I did have a high level of energy and joy – it was such a vast difference, and I wanted to know why. How come just one day of berries, lemons or water-only would change everything even though I knew I had chronic deficiencies? I was low enough to have lost my stomach acid to the degree of not having one and found myself in a deadly catch-22 as without stomach acid minerals cannot be absorbed. The only food from which I could effectively absorb minerals was fruit due to its energetic properties resulting in their minerals being highly absorbable. However, not only was my digestion shut down but my whole body affected and got very sensitive. Nutritional reserves and saturation, in particular, minerals, make the body strong and resistant whereby little nutrients show itself in sensitivity. I was so severely depleted that food would bring me out of balance if the food did not match my body's chemical balance. Meaning, if blood maintains a ratio between mineral A and B of 2:1 and the food I ingested would be 10:1 I could feel it, dramatically. The most recognizable effect was tooth pain but not only; the whole body including emotional and mental states like deep depression, confusion or shyness were initiated by consuming imbalanced food. The situation was very uncomfortable but what a learning experience. Fruit like apples, bananas, dates, persimmons and so forth gave me instant tooth pain; it was impossible to eat even part of the fruit as the pain got so severe in seconds. The worst experience was the one I had with a banana; I made it to two bites on which immediate tooth pain followed while I was still chewing the second bite. The pain was so severe as if the tooth would explode from the inside out

and did slowly fade away over the course of a few minutes and took hours to go completely away. Whenever I spotted a banana for the next few weeks my body would visibly react to just seeing and focusing on it, I had 'banana phobia'. You might be either in shock or laughing at this point. I must admit I found it quite amusing myself to observe my body while going through this but, on the other hand, the experience was very real. One might think that there is nothing wrong with this type of food and on one level this is true but on another level these are not ideal at all. I did experience the effect fake fruit has on its fullest magnitude due to it mainly having a different mineral ratio than our body has which ends up affecting us. If you become mineral deficient, food sensitivities can develop. Even high-quality apples can produce hypersensitivities. The only food I could eat at that time was blended berries, the complete, and original ones, not the pumped up strawberries. Other heirloom foods like some nuts and herbs didn't affect me as much, but the nuts were too heavy for my digestive system and were no help in getting me out of the mess. I couldn't eat anything else without getting an immediate negative response. So, blended berries is what I ate for a while, once I figured out what was going on of course. I also used herbs and supplements and what followed was amazing; I noticeably could see my teeth (and everything else) heal rapidly, and much quicker than I have ever seen before. It was almost like being on a water-only fast but I could simultaneously increase my nutritional level. Once the topic of compensation is understood one can also better understand why water-only fasting is so vastly more powerful than common fake fruit or also vegetable juice fasting as the body constantly has to compensate the foods chemistry which does not match the one of the blood resulting in massive energy loss, its way off. The more effective the body is at handling any stressors, the less this effect is noticeable but still very real, and the energetic loss is indeed vast on whatever level one is. This is one of the main reasons when some do not heal quickly or not at all using juice and fake fruit. It's also the main reason why most eat so much as the body constantly asks for compensation of the imbalanced nutrient intake and then for the hungry critters that follow by consuming quantities of food that the body does not need thus true healing does not occur. One can feel better, like in any dietary improvement, but one will not heal especially the weaker one is. There is a huge difference between truly healing and being on a diet. A great example is Johanna Brandt, who realized that small quantities of grapes are much more powerful than larger ones ('The Grape Cure'). Likely the most interesting experience that I gained from this is that maintaining nutritional balance has an immense energetic as well as balancing effect, in fact, it is the predominant factor of balance on all levels. At the peak of my condition, I could eat berries for three days exclusively and already was able to perform athletically and most notably had a level of joy that literally makes one dance without any particular reason but optimal chemical equilibrium.

What was quite interesting about this experience is how quickly it developed, seemingly 'out of nowhere'. From being able to drink litres of juice to such a sensitive state in just a matter of a couple of days, less than a week. It was obviously building up but how drastic this change came really was astonishing. My teeth never have been in great shape as I was a cruncher at a very young age and filed them down, while I was sleeping. After a few weeks with my tooth pain I got the courage together to go to the dentist; she asked me if I like apple juice and told me that I had the teeth of an old man, and she wanted to pull two or so, I don't really remember. That made me laugh and she didn't really understand how someone could laugh about this. I told her that I am fine, and that I just wanted them to remove some black Tar on it, my teeth have been in bad shape. The teeth were so sensitive, that cleaning was the best full body message I have ever gotten in my entire life, I could feel every tissue that was connected to each tooth. My whole body was drenched in sweat as I walked out of the dentistry telling them that I'll take care of my own teeth.

I have written optimistically about this whole experience but, in fact, it was extremely difficult to manage and my physical body was not too far away from losing it. Nutritional deficiencies are the reason most people pass eventually, and I couldn't even eat two bites of banana or apple. And my present nutritional imbalance was very deep, affecting me tremendously. On the other hand, dealing with the new situation mentally and know how to proceed, remain balanced and do what is needed to get out of the situation is not easy. This was the second time I was in an extreme situation. At some days, I would contemplate almost all waking hours to be able to make it through. First one is in such a situation, and then one has to eat highly energetically – berries being by far the top – thus one's awareness starts to expand dramatically, and one's creation can be seen much more precise. This is very difficult. At this point I also faced a serious imbalance in my macro cosmos as I was heavily in debt, couldn't work manually and additionally spent all my life focusing on health which didn't really show up in the physical by all means. I started to see beyond all the teachings I have come across and saw exactly where they were lacking, where they could improve in assisting others. I didn't want to see this, I just wanted to escape and eat food to suppress me. But I couldn't. I couldn't even eat a banana. For around 4 years I was testing one healing system after the other, at its highest level, and I just didn't wanted to do it anymore. My batteries were totally burned and emotionally, not physically, I was crying many hours each day until eventually, after weeks, I was able to get it all stabilized. I would eat berries for 7-10 days and get out of pain and discomfort into a high level of joy without any negativity at all, but I would not be able to take it and started to eat other foods again, even not the best of foods, to suppress what I saw. It made it even worse as part of me wanted to keep feeling amazing. What a position and I could not change it as what I was facing

had nothing to do with the external world. Thus I ate until I found myself in pain again, which took just a few days, and was forced back onto berries. After some weeks, better months of doing so in which I finalized this book, I am more than okay now. This whole experience was such a deep change on so many levels as there was much more taking place. There are many forms of 'parasites', not just physical ones. What matters is that I was in this position of being sensitive while going through some deeper changes on the inner that kept me at that sensitive level. During months I would experience the effect of dietary compensation at its highest level. It's all cause and effect; you do the right thing and healing soars, much quicker than you could harm yourself, a few apparently minor changes and the pace slows down considerably, and some stronger ones immediately stop it. You see, I'm so attuned with this system I have no doubts to it. I could literally destroy my body until one step before it would lose it, and turn it back around. It's easy, and all of you can also reach this level of confidence if you are willing to put the work in.

You must know that my focus never was set on physical health but on overall development. Luckily I was in this experience and had access to information that would help me stabilize my mind and give me the chance to move further ahead. I do believe we all have this opportunity always, but not inside of our comfort zone. One must take the risk into the unknown, evolve or dissolve sort of speak. I was presented with the next step and dearly hold on to it. The reason I ended up in this situation after my fast one year prior was not because of the fast. Even though it made a contribution, so also did the fake fruit. However, these were only physical trigger points. It was my ability to perceive more of my own creation without having anything that served to stabilize me. I pushed over the top and couldn't handle it.

I had to comprehend fully the effect fake fruit has and surpass others such as Arnold Ehret, who might have even passed due to the lack of this understanding. I would have passed if I did not let go of my belief and was presented with Schaub's work. Some of you might find this insulting, but I do not. Ehret didn't pass because he fell, and I don't believe anymore that he was murdered. If one eats the correct fruit, the bones become so rock hard that it's literally impossible to break them by simply falling which, however, might not have been the case with Ehret. Also, getting imbalanced due to eating too much fake fruit and depleting the body affects one enormously which is what I experienced my view hence. And if indeed he did pass due to being killed it might have had to happen but this still won't remove this challenge to those readers who hold on dearly to the past and the belief that apples are complete foods which they clearly are not. Schaub is spot on when he marks them as evil. I have deep respect and gratitude to Ehret, but life is always now. I've been there; I've experienced it and

without berries I would not have made it and that's a fact. Ehret performed very long water-only fasts and ate mainly fake fruit and, even with all his fasting which balances, cleanses and strengthens only, he must have ended up depleted and then likely imbalanced by eating fake fruit as the likelihood thereof is much higher in such a position. If one hits rock-bottom in this regard, one can be lucky if he makes it out alive, difficult is a strong underestimate as the emotional and mental interference becomes massive. If I did not go through all my experiences prior, my 'boot-camp' sort of speak, I would have not made it past a week before freaking out and making something stupid which really can end fatally in that condition. Also, correct supplementation might be essential which was not available in those days. But who am I to say this, and I am not even saying that it's true; I just back Schaube who is indeed way beyond Ehret.

This experience forced me to trash my belief systems, questioning every detail of what I had learned. The water-only fast for detoxification was surprisingly potent, as was the powerful and effective berry approach. Also, the complete fruit quickly built a different quality of energy in my body that I was not used to – nutritional saturation. It's so strong you can feel how the body increases his electric potential. Fake fruit is junk food and the faker it is, the more junk it represents. Yes, apples are junk food. If one uses them intelligently due to their malic acid content, digestive properties or their fiber, this would be another story. The very day I let fake fruit go and replaced it through berries and lemons and some steamed vegetables was the day I started to heal rapidly. Why eat food that depletes the body - to cleanse? It can't be effective if it depletes and imbalances essential elements from your system. Also, if one is saturated one eats automatically less which increases cleansing additionally, also at night or other periods of fasting, the body heals quicker as all the nutrients are balanced, and the body saturated. It's a trap.

The main reason I found myself in all of this in the first place was due to my weaknesses, which are mainly found in the digestive system. My pancreas was chronically weak and at a certain time I couldn't even digest an apple or watermelon, seriously, and I didn't know at that time how to address this situation. One must be very precise in supporting the body in all areas or can quickly lose balance in such a condition as the body has little reserves, can't assimilate properly and needs even additional nutrients to deal with the healing process. I had no idea originally that this weakness was present in myself, like so many of us who think that we don't face deep chronic weaknesses. Nevertheless, my overall state of the body, including the specific weaknesses I had, and every other aspect of my health perfectly matched the longing of my heart and the experiences I was pulled towards in order to develop my own position on all levels. I don't believe in chances anymore...

I was taught originally that fake fruit was no big deal. WRONG! It's a massive concern and must be dealt with correctly, or the energy loss and created momentary imbalance short term are not helpful, and especially the long-term consequences are severe. Greatly unbalancing the body nutritionally is likely one of the most critical errors one can do and eating a lot of fake fruit without correctly compensating is possibly the fastest way to do so, in particular with certain weaknesses and if the initiated cleansing is not properly balanced. It took me a while to realize and change what got me into this situation in the first place which indeed was the strong focus on fake fruit and not the water-only fast that I did. You might be confused why someone would do something like this or not recognize the effect, but you must know that this is a very tricky trap. Even fake fruit yields massive amounts of dynamic energy compared to other food and unless one has the comparison of complete equilibrium that happens on a longer water-only fast or exclusively eating complete fruit for weeks, better months, at a time one will not see through it. Pretty much all of the effects that come with fake fruit are often categorized under the scope of healing events which is indeed dangerous. The most difficult aspect about undergoing a fake fruit regime is that it creates nutritional deficiencies and imbalances that serve to imbalance one's full superstructure of all bodies. This does not help in making optimal decisions or in finding a true doorway out, unless, of course, when one lets go of the lower bodies and focuses on his awareness, letting the whole of life guide one through it. Also, once one agrees with someone else's creation one often gets blinded to some extent.

Healing takes place very quickly if one does not focus on fake fruit but complete fruit. Once I finally let go and only started to consume complete food for a while and discovered the supplements with enough potency to get me out of that situation I ended up improving dramatically in a matter of days. Prior to this experience, I denied supplementation thinking that I knew something about it without knowing anything in reality. I hold on to an overall system based on fake fruit so strongly, the only way I could let it go was to experience intense pain and overall hit a wall so hard that it would shake it out of me. For someone not being involved in the natural health field, whom sort of speak went through a similar journey like me, might not understand this. There is a belief system that supplementation is not natural, but the fake fruit is, and that all supplements are not needed or harmful and that herbs and superfoods, if anything at all, are enough. Nothing could be further from the truth, and this is a very limiting and dangerous belief depending on one's state of the three pillars of health. It is true that our bodies do not need external aid if we are healthy and only consume complete food, but most of us are miles away from that scenario and need the compensation via correct supplementation or will greatly be taxed energetically. I was only partially absorbed in

this belief, but it was enough for my own digestive weakness and intent to end up the way I did.

Finally, I understood the message of Walter Schaube, a German practitioner with 30+ years' experience, who points out that berries are the only food that provide total balance. No additional compensating foods are needed. I didn't comprehend the magnitude of his presentation up to then as I simply did not have the necessary experiences. In fact, I knew about his work for almost the entire time as I read it while I still was at the university some 4 years prior this experience. I just didn't think it to be of such vast importance as he mainly focuses on the food without taking the bodies overall need for compensation of weaknesses and toxicity in consideration, which is what I have been focused on. Thus, I did not understand the true magnitude of his presentation. Still, I held to that message for the years as it was the only information that seemed to be able to get me beyond the mental box that I created for myself, and I felt this. In fact, one of the main reasons I did the long water-only fast was to comprehend his message. It's indeed interesting that we get what we ask for; it's just that we often overlook the price that needs to be paid to get there. Schaube is so far out that he is not easily understood.

One might become frustrated or even angry for following someone's advice when later it's discovered that you had made a 'bad' decision. When I realized my decision, I got angry and needed quite a while to get fully over it. I was angry at myself for not realizing what experiences I would have. It's much easier to get emotional and mental when the physical body is affected, which contributes to the circumstances. My liver was affected greatly, and anger and liver concerns are strongly connected. In fact, the reason most of us are out of balance is directly due to all the pillars of health being a far cry from optimal.

Along my journey I have seen many highly skilled individuals being suppressed by the very system they are in, fighting much harder as well as knowing much more than any of the so-called 'officials'. This left its imprint on me placing me in a situation that was negatively affecting me – I got lost in the drama. I was still able to focus on my awareness and make rational decisions etc. but the influence is massive and of course not understood by others which is also understandable – one might even look like nothing is wrong from the outside. It destabilized me to the point in which I briefly developed anger towards the one individual I have learned from the most even though I created everything myself doing it all up site down in order to stabilize my mind and longing. I was focusing on discovering the depths of how it all works thus not on my own physical improvements at all, and once I understood more of how it all works for which I had to get weak and sick to experience directly the depth of the matter, I blamed

my own teachers. This is somewhat understandable as I was not told all of the essentials and got hurt along the way by what I could not see coming. Certain things need to be mentioned as their impact is too strong one of which is the magnitude of fake fruit and their effect. Nevertheless, this is what can and does happen to most of us when our bodies become out of balance – we start blaming the external, and I sure was out of balance. Now I feel very grateful for this experience and also for having spent some years playing with fake fruit in combination with my digestive weakness. I learned the most of which you are presented with here by ‘detoxing’ on a poor nutritional level and by using fake fruit. This is neither true detoxification nor is it effective but what can be learned by doing so is indeed enormous. It was my school and strength builder. I learned to stabilize weaknesses, balance out elimination processes and function for these years on a level of nutritional depletion and imbalance most will never find them in as my digestive weakness greatly contributed to it. I learned the physiological functions of glands and organs, not from textbooks but by inducing hypo and hyperfunction of the tissue. Sometimes I would learn it simply by my own weakness, other times due to consciously manipulating my body in such a way.

I mentioned earlier that the school Dr. Robert Morse offered was the most advanced health course that has ever taken place. Let me elaborate further.

Due to following his ‘fruit, berries and melons’ advice, including a full herbal program, the ones that follow Morse become nutritionally depleted and imbalanced. The body goes on pilot flame, and healing is impeded. I am referring to long-term progress here, short-term one can have great success which makes it so difficult to recognize.

Morse designed a supreme herbal product line that is so genius and able to boost one’s cellular weaknesses, including many other attributes, that it somehow works. His unique understanding of physiology greatly contributes to his program. But it can’t compensate for the fake fruits depleting effect. Nothing can, as we need little food and eating imbalanced chemistry easily leads to overeating and long term to nutritional imbalances which both greatly suppress healing.

Dr. Robert Morse is wonderful. But like everyone in the health field that I have ever come across he has his flaws and excellence. What makes him unique is a great passion and fire to speak his truth, without holding back. To stick to his position for over 40 years clearly demonstrates this. But he should know better after those decades. Morse taught to eat fake fruit and herbs, and not to use supplements. He hurt a lot of people with this advice and, in fact, served to push me to the edge of physiological function including some of my friends. The reason for my strong language is because I am familiar with the energetic tie that must be involved, and it must be exposed, and he has

to meet himself eventually anyways. He denies and rejects that fake fruit depletes and imbalances the body, and/or to use adequate greens to compensate for their effect. He also puts down others that advocate nutritional supplementation which is an additional danger as his clients don't feel like using what actually could help them remain stable. Most of the symptoms accompanied by imbalance are placed under healing events. Morse somehow started to stick to his own created bubble. His actions lead many astray. Some get harmed, others suffer greatly. He also helps many, but their outcomes could be better.

It must be emphasized that in almost the entire health field, or better everywhere on this planet, this is what is taking place, not just with Morse who is in fact very advanced. Those three heads we talked about in the beginning, this is what hinders us from being totally real and perceivable. Morse is just my own prime example because he was the one that challenged me the most. After all I encountered, especially the pain and suffering I went through, I earned my way into the position that I chose. We all must come forth and embrace the greatest position we can have in assisting the whole of life. Doing so will serve for the greatest development for all, including ourselves. We must speak our truth. We must be real and take the risk.

We all can take this to heart. I have learned more from Morse in my entire life than from anybody else and for that I am very grateful. I also am aware that I attracted my own experiences with my own intent. Short and sweet to his paragraph, '~~fruits~~, berries and ~~melons~~' needs to be changed accordingly and replaced by 'berries, lemons and green juice', in combination with herbs, supplements and fasting of course. It may be simple but the outcome is immensely positive.

I thought a lot about exposing what I just did. You must know that I do not hold any resentment, anger or other negative emotions against anyone. I actually respect Robert Morse very much, so much that I thought for months how I could help everyone involved to understand this. This is likely one of the greatest references that I have at my disposal, and it also can help you. Morse did very well with what he offered. He exactly gave all of us the experiences that each one uniquely needed. Nevertheless, it's time for this level of information.

Overall this was the school Robert Morse offered and due to my own intent and physical state, chronic digestion, its focus on fake fruit had devastating effects on my physical body. Detoxing with fake fruit alone yields tremendous knowledge that cannot be learned anywhere else as the body develops nutritional deficiencies and imbalances whereby it simultaneously promotes the cleansing process and dynamic energy output powerfully. In such a state, any possible weaknesses show up much more than on any

other regimes. One also greatly has to deal with symptoms of nutritional deficiencies and imbalance that are strong challenges and can be equivalent to high levels of suffering. Some healing still takes place; actually it can be quite powerful especially initially, but still limited to what is shared within this presentation. This school, all its participants, and my own physiologic makeup and intent has greatly contributed to this presentation. Practicing true detoxification as outlined in this presentation is child's play in comparison, and so is water-only fasting, if conducted appropriately.

I tried various health approaches, diets and detox programs – each time pushing over the limit, to see where the limit lies - with the sole intent of understanding each of them as good as possible. I didn't aim at getting my body healthy, not at all, I wanted to solve this mental jigsaw puzzle and did everything to get there. I didn't do this because I wanted to earn the rewards, nor anything similar – I would have taken the same course even if I was alone on this earth. You see, my point is that this was what I felt I had to do. It was the only thing that I wanted to do. Every day that I would not do at least something to get closer to my goal I would feel miserable and vice versa, even if it meant that I did spend the day in pain and learnt how not to do something.

Every night when I would go to bed, for over five years but better since 14, I went to bed with the intent to get myself into the position that would be the best for the whole of life, whatever this would be. No matter if I was being burned with sulfur, as in my water-only fast, or if I was totally confused about what was going on.

Following my gut instinct, accepting my feelings and directing my life was the greatest healing I have ever experienced. Even if it meant that I greatly harmed my physical body or went through extreme pains, my health would still increase because this is what was needed to stabilize my mind and give me valuable experiences that I personally needed to grow. Follow your heart always, not sometimes; this will heal you more than anything.

The situation in the health field is that it is a monopoly controlled by the ones who have no understanding whatsoever of how to create and maintain health, or what life is all about. The ones that have maintained integrity have been suppressed and weakened for decades or better centuries. In particularly in the last years many of these individuals have come forth into the public with their presentations. What I have come to realize is that pretty much all of them have very valuable information but none has put it all together without missing certain aspects others present, how could they, they were all on their own. Dr. Robert Morse, as well as Dr. Joel Wallach, are key figures in the overall picture whereby Arnold Ehret's systematic approach and vast understanding is simply genius and must be incorporated. On top of this comes Walter Schaub, who surely

presents the most advanced information having discovered and presents that nutrition is all about compensation. These individuals, among others, are true legends having fought and maintained their position for decades each. I tried my best putting it all together but am aware of the fact that this is not going to suffice nor that I know everything by all means. Depending on what is going to happen with all of this we hopefully can start to work together and create something wonderful. Either way, it does not look like the system is going to comprehend any of this. Ultimately we all get what we give even though it might not always seem to be so from our limited views. We all must face ourselves. I also don't care too much about all of it as I cannot do more than present my truth. The question does lay elsewhere; what are you going to do about it, for yourself?

There is also no need to panic or to go berserk. The same intelligence that designed and put all your bodies together, it is also responsible for everything else. Do you really think that there is anything wrong with it? It's about choice.

I now feel satisfied with the information that I gathered. All of my experiences put a smile on my face – what a journey. I had to realize that I do know something that can benefit others. Also, that I am very ignorant of so much and that there are others that can help me with my ignorance. By giving, I shall receive. We must give to receive.

One could say that we are all on a journey of becoming more aware and growing beyond what we have come to know. It is not easy to do so, in particular when one is under pressure and seemingly must progress quickly. I believe that we all do what we find to be the best option available. Sometimes we have been taught certain beliefs or traditions that do result in us behaving in certain ways but this is just due to our nature of having a programmable mind and so forth. Life happens at the moment, and we can maneuver our ship the way we want to and do an 180 if needed. I did this many times and still accept and like my old self – it has all been an essential part of my journey. We must not let the mind have power over us and try to create illusion, manipulation, and comparison by for example denying the past. Even the 'bad' boys choose their actions every moment and might very well think that their behavior results in the best case scenario which is also okay as we all need to learn our lessons. The main factor involved in all tragedy is unawareness of how life is all set up. Life supports life and challenges those that go against it.

If I would have the opportunity to let the 14 year old Dimitri be aware of something, send him a book or whatever, I would simply send him a post card stating – 'follow your heart, always' as indeed it seems to work every single time.

I hope you enjoyed reading about some of my experiences and hopefully learned a thing or two from what I was able to gather throughout my life. I stripped lots of physical, emotional and mental baggage from me and the more I do, the better I feel. The more I do so, the more I am left with the only thing I had to begin with and that matters; my true self.

I'm just a guy, like you, and am trying the best I can to feel comfortable with what I know to be real. This world is nuts and most of it fake, made up and full of lies, deception and control as most are focusing mentally, emotionally and physically 'giving in' to any influence. We run after things that don't matter while we simultaneously step on everything not knowing that we ultimately harm ourselves. What a great mess to learn from and grow. We could change, though.

I did all of what I did as this is what I encountered by following my heart. The experiences that I gained were the effects of me trying to get rid of my own obstacles within, and to understand what I was able to see in others.

I could hide somewhere in the mountains. Avoid facing myself. The reason I am not doing this is because I was once touched by a man's love a few years ago and ever since that very moment something changed. When I was completely lost, it was what Robert Morse demonstrated that stabilized me. There are also a few others that have deeply touched me with their presentations and it is the comparison of what they do that has often helped me to move beyond the current position I have found myself in. One could say that some of these comparisons have saved my life. After six years of scanning the health field for answers, reading one book after the other, I was lost, desperate and confused. And when I had to eat berries for weeks to save my body, in a weak and depleted state, while facing serious imbalances in my life, it was Duane who motivated me to go through it. To again take full responsibility over my life, and fight for it. Duane even got me to pay attention to my dreams and that this would be a gateway life uses to talk to us: like Noah and the Ark. Sometime after that I was shown to consume Weston price's butter oil and was able to read the message. It helped me tremendously and was spot on for my particular concern that I had with my liver, whereby I used various very high-quality supplements, oils, foods, fasting, and all kinds of stuff for over a year without any of such remarkable impact. Sometimes when one is too low help is needed, and life might give one a possibility. But you must be able to see it. The effect one individual can have on others is massive, and that's worth it all. We just need to loosen up and let go. Become real. Share what we know to be truth while not suppressing the opportunities to learn from others.

I'll be very real with you. There is not much that bothers me any more of all that is taking place. The whole of life is perfect and it created everything for a reason. I see the benefit involved and also that we are doing it to ourselves eventually. Most of us need to learn some lessons, and I am very much included in this which is great, I like adventures. But there is something I can do, and it bothers me if I don't take action. I can see the benefit I could have if I continue to take the risk. I can see the growth that would come forth due to it. What anyone else does, I don't care; it's none of my business. But I know what creates the most harm, and that is when one is not real. That's the true disease we all have, we're just too often not real and can't even see it, and this is what leads to everything. We must be real with everyone around us, about our desires, feelings, and intentions, which include permanent demonstration.

*The most beneficial attribute that you can develop for yourself is being REAL. Always, not sometimes...*

Let me give you a view that I use...

*I constantly try to develop myself.*

*I try my best to operate from my awareness rather than the mind which is prone to create a benefit for the personal self on the disadvantage of others. I try to use my mind to the best of my ability to create benefits for all parties.*

*I try to use emotions only to drive myself and others into win-win scenarios and not to confuse, manipulate and so forth.*

*I try physically to create health and vitality rather than an imbalance in my vital force.*

*If I lose it, which I sometimes do, I try to harm myself directly instead of indirectly through others.*

*All of this I do ultimately for myself; I learned through experience, positive and negative, that I am the full creator of my micro and macro cosmos.*

*What a design.*

Always try to operate from your awareness, use all bodies to your overall advantage.

Always try to be love.

Always be real.

*(You might find that the above mean the same)*

*"Whatever YU do, if it's from your HEART, YU are taken care of! Forget about KARMA."*

*~Duane the Great Writer*

I mentioned in the Introduction that I am always happy, 'in particular on the inner'. The reality of that is I go through up and downs as I am constantly challenging myself, and whenever I remove an attachment through gaining a greater view I do go through that process – I will feel the release or whatever comes with it. This might upset me, it might make me depressed for a while and, if I do it way too fast I would end up greatly unstable myself. It is part of my nature to simply push through some of these things at a rapid pace thus that has happened many times. I am describing this as 'being happy' as it is desired struggle. I am putting myself through it on purpose and learned to embrace it, it's part of the process – one can not only have the sweet and end up developing oneself. I understand this now to such a degree that even if I am in the middle of the release or struggle, I am aware of what is taking place and can stabilize myself to the best I see fit in that particular scenario.

We are talking about true development, and that is what brings true joy and happiness. One has to take risks to get there, step into the unknown and face oneself. Staying with attachments, attitudes, emotional thrills and junk food will never bring one true joy, but only emotional joy and all the effects that come from the food such as weakness, toxicity, imbalanced glands and old age.

When I first came across Robert Morse and he mentioned that there is a whole life beyond the physical it was a shock to my whole system, how could someone say something like this. This is not what I expected health to be at all. The reason I faced it was because I understood that his message about health was the most advanced I had ever come across thus I stuck with it, I thought that if he knows this much about health maybe there is something about this. Maybe those guys in Asia who sit in postures all day long are actually doing this for a reason, I didn't understand what they were doing when I was younger. YouTube is also a great tool to use for such scenarios, there are many sharing their 'near death experiences', or similar, we must be ready to receive the information and be able to step beyond a mental box that we possibly have at this time. Some of these are very interesting, in respect to individuals that actually 'die', find themselves outside of the physical body and then go through a process in which they eventually are left with the choice to come back or not. What is interesting is the shift in perspective that most of them go through, that they see that life is not about the personal self, that it is not about emotional and mental attachment but about development. About healing. And that the greatest form of healing is to help in the development of the whole of life, which all humans, animals, beings and so forth are part of. We often get so sucked into our lower bodies through mental programming and emotional attachments that we forget this. And of course, eating low energy foods sucks our energy dry like nothing else, and everyone is doing it – no wonder we are confused. But this is not the only trap,

eating of the forbidden tree (which all foods except complete fruit represent) and the imbalance that can come forth has a massive impact as well, it's like it imbalances the full superstructure of us making it much more difficult to be in control in the sense of operating fully from ones awareness rather than from the emotional or mental body, unless, of course, if one is adapt at such. This is why almost everything in this world doesn't make true sense, because almost everyone is operating from these lower bodies and is being influenced to various degrees, consciously or not.

What I am trying to bring across is that it's not about physical health. This is not true healing. It's about our strength, about our ability to adapt, about getting the most out of our experience. You see, in order to step onto the path of true healing, you must become a risk-taker. This is really what it is about. And it goes way beyond what is shared within this book, because there is no limit to it and my view is only one particular. We must take the risk from our momentary position and continuously keep going into the unknown. This is true healing.

The correct diet, herbs and an overall full spectrum approach really does force one into that direction. One could think that it is as simple as to just fill ones freezer with berries, consume the correct herbs and whatever one does at that time considering the program, but this is a very minor view. There is no way that one can stick to these energetic levels unless those lower bodies have been cleared. Schaubé says it perfectly, that a 'paradise-eater is like a rubin'. This also means that to become successful at such, first one has to go through his own purification process. And that process is not another emotional thrill, it's a removal of present blockages, illusions and restrictions and can be quite ugly. Please be aware that a paradise-eater understands the mechanics involved and cannot be compared to one hooked on the forbidden tree which is a very distorted energy, mainly due to the reason that one is left with the view that all other dietary approaches are completely wrong. It makes one think that he is at the top, and all others far away, which is not true. It causes the body to be divided, and it emanates to the external to whatever degree one allows.

True healing is not about sticking to any program. It's not about who can eat berries for longer periods. In fact, that's not even difficult when one transitions correctly and knows how to get there wisely. Once ready eating berries is like a wonderful holiday, it's amazing too feel this good. It was much more difficult for me to put this presentation together and actually find my own courage to do so. It's facing those fears and uncomfortable situations that heal, those that one longs for deeply but is afraid to face.

My greatest obstacle that I had now for multiple years is that the view I developed is so unique that others don't understand me. In fact, I can't share it in a simple talk. There

are so many obstacles and programs in existence to distort it that it's almost impossible to explain it without a full presentation.

When I was 14, and throughout this whole journey, I had no idea where I'll end up. I simply followed my heart and wherever it pulled me, wherever it 'lead' me, I went. I didn't judge, I just did it as it was the only thing I wanted to do. I could see the end result if I never give up. Not every part of myself of course, part of me always wanted to keep pouring stuff in my body and hold on to emotional attachments and mental programs instead of taking the risk, and I fell for it uncountable times. But this is not what it is about. I guess it can be describe with Earl Nightingale's message of [The Strangest Secret], just that the goal that I aimed for, what I imagined, I had no idea what it would be. It was an energetic imagination, what my heart was longing for. That energy that I felt when I was 14, the energy that I encountered and held responsible for the mess in the health field. I imagined that it would go away and I simply followed my heart in that direction and did whatever necessary to make it happen. That energy, because of the very fact that I have recognized it, it has lost its power on me. It's a real energy. When I was going through my experience with realizing the forbidden tree I felt it, I looked into its eyes sort of speak. This energy is the root cause of all that is taking place here. Duane describes it very well with the 'three headed god'. We all are on a journey of unwinding our shackles and that energy is placing obstacles all around us, these are just different according to our own desires, intent and overall journey.

Please understand that I am not a 'spiritual master' or whatever such thing is. I am immature disregarding and there are many much more evolved beings. The reason that I share the way I do is for you to understand how lost the modern health system truly is. Some individuals that I know can check your body, and its overall energies, without being anywhere near you physically, and tell you exactly what is wrong with you or what kind of influences you are holding on to. Others now detailed information about many of their past lives. And the most wonderful ones spend all day assisting the whole of life, some you cannot see. And they are just waiting to help you, but you must earn your way. The whole of life, and all its beings, it sees us. It's like the relation between a mother and a child. The child is allowed to stumble, to hit some walls, because it is essential for its own growth. The mother knows this. And as the mother sees our intent when we are young, so does life see our intent. It sees what we are trying to create for us, it sees everything. And it will guide us into the experiences we need to learn what this is all about. Often it's a wake-up call. It's about placing your intent.

*"It doesn't matter what you have and who you know, if you haven't prepared yourself in your real awareness you really have nothing."*

*~ Duane Heppner*

# Real Education

Google / YouTube, get your own real news.

- Brainwashing and manipulating the health, educational, political system, etc.
  - Suppressing the true knowledge of healing that has been proven through direct experience over and over again.
  - Promoting, using, even allowing deadly foods.
  - Pesticides and similar instead of focusing on strong soil and complete seeds.
  - Petroleum, Nuclear, and other harmful ways to generate power instead of clean energy which is readily available and researched.
  - Countries with pollution that affects the world.
  - Wars over power and control.
  - Immature beings are allowed to rule the planet.
- 
- GMO
  - Geoengineering
  - HAARP
  - Fatal Vaccines
  - Purpose & Origin of Pyramids
  - Nikola Tesla
  - Microwaves, Wi-Fi
  - Human farming
  - Hydroponics
- How to dump your TV
  - Child Circumcision
  - Religion is Black Magic
  - Modern Medicine is Black Magic
  - Corrupt monetary systems
  - The Federal Reserve Fraud
  - Subliminal Control
  - Gender Oppression

Everything that restricts, limits, influences, deceives and binds one physically, emotionally and mentally is black magic. We don't need anymore deception.

Have you noticed that people like to talk a lot, but rarely act upon it? That there are millions of politicians, but we still burn the forests and overall just act plain stupid way too often. If that's the case in a political or economic position it's called sugar-coating, manipulation, deception and overall just plain ignorance as it always comes back at one. I have seen many different ways various businesses have set themselves up and having unhappy employees depends pretty much entirely upon the way it is all set up...

*"In politics, nothing happens by accident. If it happens, you can bet it was planned that way."*

~ Franklin D. Roosevelt

Either one believes the deception and manipulation and “thinks” that all is fine or starts to wake up and take wise and proper action. Always look at the end result rather than the words or pictures, what is taking place, what are the effects? What is being demonstrated? There is an agenda going on, an agenda that keeps us from getting real support and a real education.

*“The greatest trick the devil ever pulled was convincing the world he didn’t exist.”*

So, what are we going to do? Become conscious of our actions and act upon it, or experience the effects of our unconscious actions?

Health is about the micro and macro cosmos of us. Suppressing and destroying either of it is self-destructing and vice versa, fostering vitality in the micro and creating something wonderful in the macro, while getting more aware, is what one can refer to as true health and/or healing.

Considering the health field and everything else, the systems won’t change unless we change.

What are we going to do?

Fight each other and emotionally tie us to the Drama and this La-La Land, or work with and for the whole of Life?

We don’t need to agree to the current situations, and the only way we do so is by **demonstrating** it through our actions.

*“People have become so dumbed down dah that their main concern so much of the time is the price of toxic gasoline,”*

~ Duane Heppner in one of his NuBooks

This book is a presentation of my own experiences and collection of wisdom and knowledge that I have acquired over the years. The purpose of this presentation is to support others in finding their own path and for myself to share my truth.

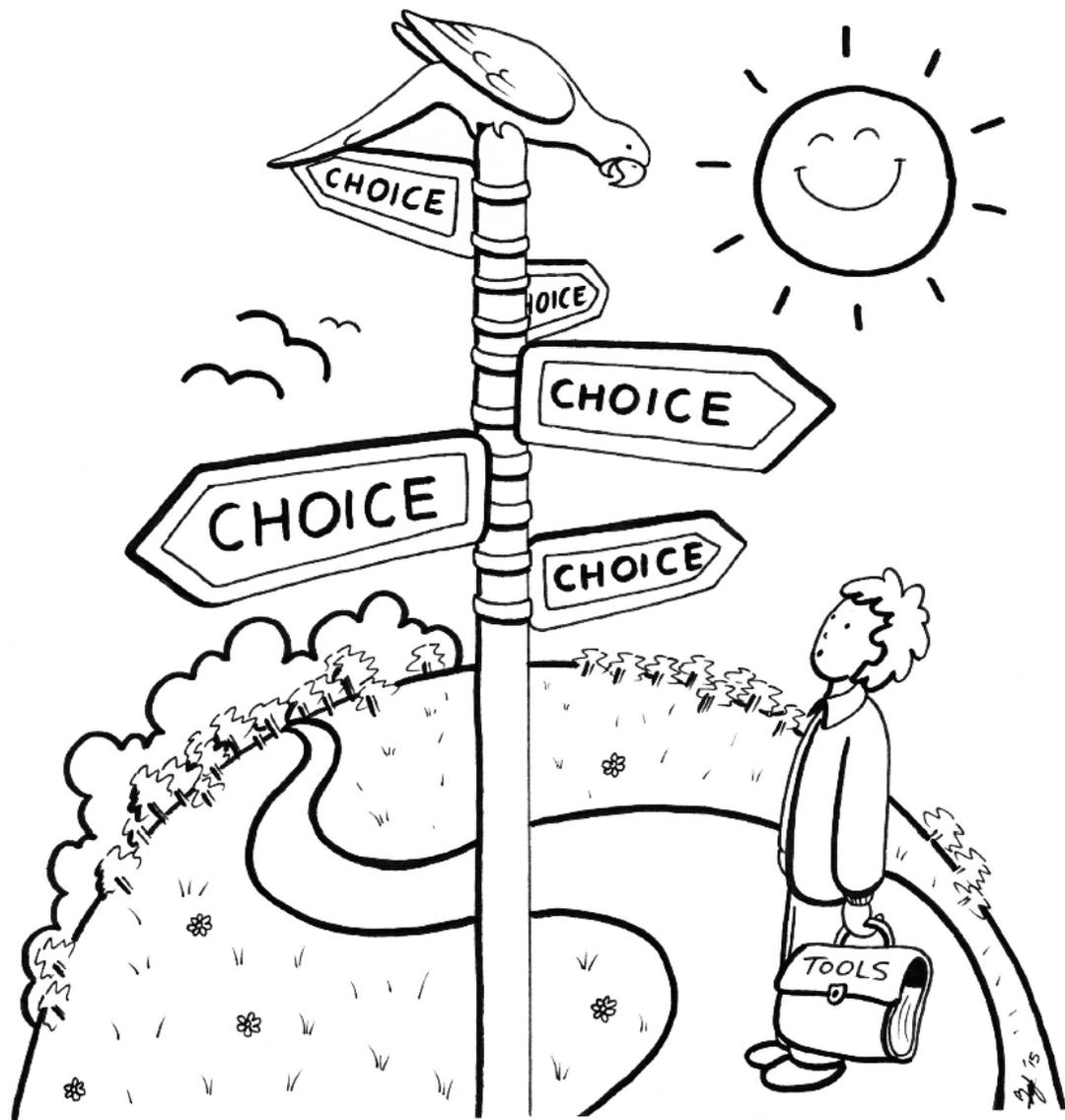
This book is not a contract.

The author does not desire to manipulate or control you in any way shape or form but to aid you in removing your own restrictions and shackles.

This message does also not include any emotional or mental manipulation, and similar, in order to control you unconsciously.

You can do whatever you choose to do.

Study this work, lay it aside and follow your heart.



# Inspiring Quotes

*"When "I" is replaced with "we" even illness becomes wellness."*

~ Malcolm X

*"FEAR has two meanings. Forget everything and run, or Face everything and rise."*

~ Dr. Sebi

*"People ask me if I eat avocados. Why would I want to mess with a 'fruit' that is like eating French fries?"*

*We know a lot about being near death, but who is having a near LIFE experience?*

~ Brother Air

*"The human engine must first be seen before all other physiological considerations as an air-gas engine."*

*"The average chronically sick person, especially the well fed one, is in fact a living cesspool."*

~ Arnold Ehret

*My belief is that the body is its own self-sustaining universe and when you put any material, raw or cooked, even water in your body it creates an imbalance or ripple effect, it distracts the body from going about its daily business and adapting to whatever environment or needs you may have at any given moment.*

~ Jericho Sunfire

*"This book is dedicated first to God, which is all I live for and try to express in every moment. God is the greatest healing power of all. I also acknowledge the hierarchy of God, including all the living and ascended masters, saints, saviors and angels who help keep God's creation in balance."*

*"You created your own situation."*

*"It's great to have a healthy body."*

*"You are mistaken if you think that a meat-eater can't experience God."*

*"Generally you are attracted to what you need in order to find more balance."*

*"What are you going to do, play all these silly games people play here?"*

~ Robert Morse

*"The lower bodies are an accumulation of cause and effect over a period of many lifetimes."*

*"We may avoid the laws of men for a while. But there are greater laws that cannot be broken."*

*"Fasting, eating certain foods, prayer, beseeching, pleading, the practice of austerities and the love of God will never lead the Atma into the secret dwelling place."*

*"People think they are people, they are not. People are universes, even children."*

*"The issue is that people's attention level is poor and that they think they are brilliant, but they are not and won't admit to it."*

*"People pass because they don't have any stimulation for life."*

*"If people are not disciplined they pass and come back until they realize that life is about discipline. Over 80% of the population believes in reincarnation."*

~ Timothy Arnold

*“Man does not understand that so much of his physical health will originate in other planes; the Astral, Causal, Mental, or Soul regions. All he can think about is that some biochemist’s medicine will cure his ailments or that a psychologist is going to free his mental realm of its aberrations.”*

*“There is no teacher, living or past, who can give us the actual understanding of Truth. A teacher can only put our feet upon the path and point the way. That is all. It is wholly dependent on the individual to make his way to Truth.”*

~ Paul Twitchell

*“On one side healing is good; on the other hand, it means that one runs the chance of losing the focus on the IS. I rather suffer while staying focused on the IS then lose it due to being self-satisfied. There is a bigger picture.”*

*“Do you want to stay weak? Do you want to stay dumbed down? Do you want to stay the couch potato or do you want to build your strength? And it’s going to take effort, it’s going to take the pain, it’s going to take doing what you have never done before. Will you do it?”*

*“You can do all these monkey tricks, but you will end up the monkey.”*

*“You must make the effort to do something, or you are sucked back. Get up and do something real, take the risk.”*

*“Your heart will take you to what is real.”*

*“I am not a spiritual person. I am just very real and am simply reporting the news.”*

*“People die in their comfort zone.”*

*“There are no restrictions in life, none, zero.”*

*“Life is the big adventure of waking up.”*

*“If people like dictators can convince others to self-destruct, wouldn’t it make sense to create a reality for people to become wonderful.”*

*“This is the training ground. You have to prove yourself to life, and then life will accept you. This is what life is about.”*

*You earn your way; we all must earn our way.*

*“You have to decide what is more important, your personal self or the reality LifeIS. That is what is being asked here.”*

~ Duane Heppner

# Marketing Strategy by Donation

As stated in the very beginning of this book;

*“This book is part of a presentation which is for the whole of life. We as a society have failed in maintaining a respectable level of health. We must change unless we like to agree with the effects.”*

The current system has failed due to being ruled by ego and profit and backed up by forces of dominance, manipulation, and control. We got the experience, let's move on.

Many of the so-called “economical marketing strategies” are based on increasing one's own profit by somehow creating a benefit for oneself which usually, not always, suppresses or manipulates others. Many times in history the rich have become and stayed rich due to “takeovers”, by stealing from others. All these views and strategies are very limited and have nothing to do with any healthy act but only serve to self-destruct. There is no way to get more than what one “deserves” / “worked for” / “energetically attracted through his own efforts”. The reward does not always have to be of physical nature. All these individuals somehow “think” in their minds that they are creating a benefit for themselves whereby they simply are creating their own restrictions and demise. There is no way to cheat life.

*“Just stop the labor force and go out there and give. It's that simple.”*

~ Timothy Arnold

*“If God is a mirror, and you drop it on the floor letting it shatter into a thousand pieces, then each and every one of us is one of those tiny splinters,”*

~ Robert Morse

With that being said, do you think it is wiser to give to or to take from other splinters?

In China doctors [Latin for teacher] got paid by their clients only if they remained disease free whereby, if one needed the doctor's support, the individual would cease payment.

Contributions can be made through the website, '[www.lymphbuster.com](http://www.lymphbuster.com)'. You can also help by sharing this book on the internet anywhere you please to, or contribute by sharing your experience and inputs in order to improve this presentation.

Much appreciated and thank you.

# Suggested Readings

The best way to see health is to look at others and their creations, what they demonstrate. I'm honored to share with you these wonderful beings. Use it to your benefit.

## Awareness

**"The AdventureIS Series, Book 1-8"**

Duane.The.Great.Writer.

For those interested in turning their life in a real adventure.

## Health

**"The Detox Miracle Sourcebook"**

Dr. Robert Morse N.D.

**"Kerngesund ohne Umwege"**

Walter Schaube

*(„Perfect health without Detours“, only in German)*

**"The Mucus less Diet Healing System: Annotated, Revised, and Edited"** Prof. Spira

**"Epigenetics"**

Dr. Joel Wallach

**"The MD Emperor has no clothes"**

Peter Glidden, N.D.

**"Cancer: Step Outside the box"**

Ty M. Bollinger

**"Quantum Eating"**

Tonya Zavasta

**"Unbelievable"**

Storm Talifero

**"Heal yourself 101"**

Markus Rothkranz

**"A Story of a Breatharian Warrior"**

Jericho Sunfire

**"Fasting and Eating for Health"**

Joel Fuhrman

**"Encyclopaedia of Whole Food Medicine"**

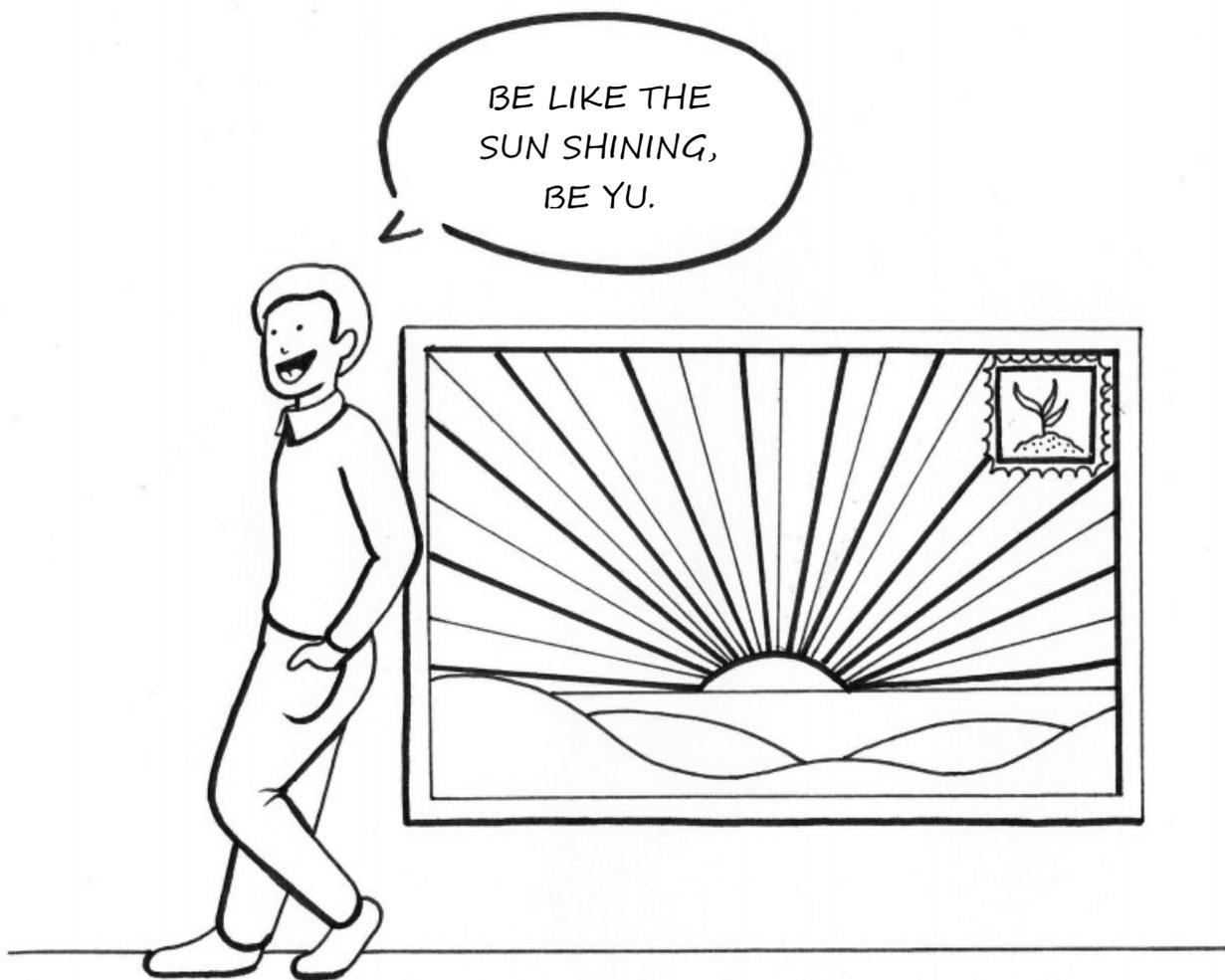
Don Tolman

**"The Grape Cure"**

Johanna Brandt

**"Peace without Poison"**

Kevin Mugur Galalae



*"Knowing is not enough, we must apply. Willing is not enough; we must do."*  
~ Bruce Lee