

A vibrant, surreal illustration. At the top center, a globe of Earth is framed by a blue circular aura. A rainbow arches across the top left. Two large, glowing hands, one blue and one brown, hold the globe. Below the globe, a glowing yellow path leads to a group of people standing in a lush, green landscape. The background is filled with various symbols of nature, including birds, butterflies, and a large tree trunk at the bottom. The overall scene is rich in color and detail, suggesting a connection between nature, humanity, and the planet.

*Become Healthy
or
Extinct!*

Darryl D'Souza

Become Healthy or Extinct!

In pursuit of Symbiosis with Mother Earth

*A book on Health, Nutrition and Metaphysics of the
Human Body that teaches how to cure Chronic Illness
with Integrated Natural Therapies*

Written by

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Preface

What is the most valuable thing in the world today?

Riches, Assets or Resources?

Food, Water or Electricity?

People, Technology or Information?

You might actually choose none of the above and instead say it is peace of mind, perhaps because that is getting scarcer by the day. We tend to value something more only when it starts slipping away from our hands. Isn't it?

There are a growing number of people who say it is health, because if you do not have health, none of the above really matters. If you are not healthy, you have to spend a lot of time as well as money to fix your health. You have to subject your body to medicines, regular exercise and a special diet. As you get busy doing all of this, you lose time, energy and opportunities to do other things, such as work, making money, spending time with your family and friends, recreation, travelling, entertainment and pursuing your hobbies. But if you are healthy and have vibrant energy every day of your life, you can draw on these two resources to fulfil all your needs to the max. So isn't health a very important aspect of life that should always take precedence no matter what? If you let your health go down the drain, there will come a time in your life, when you will struggle every day just to remain healthy, and that is when most other things won't matter.

With so many changes happening in the world today, we also see a rapid decline in the quantity and quality of many of our natural resources such as food, water and the environment, which are in turn, declining our health, at a faster rate than what we can cope with.

The title of this book, "Become Healthy or Extinct" may appear a bit radical at first, but its reality will grip your awareness by the time you are halfway through the book.

Take a brief look at the average health of people across the world today and see where it is headed. Till about a century ago, chronic illness (an indicator of the diseased state of the human gene set) was not a common occurrence till the age of 50 years. However, if you look at averages in the world today (2019), you will see that chronic illness has started manifesting as early as at the age of 35 years. In some cultures that follow unhealthy lifestyles, chronic illnesses such as obesity, hormonal imbalance, indigestion, gastric problems, blood impurities, allergies, asthma, sinusitis, skin problems, migraines, eye problems, thyroid problems, lung problems, diabetes, vitamin

deficiency and autoimmune disorders have started manifesting at the age of 25 years itself. So from a state of good health up till 50 years of age just a century back, we barely manage good health till the age of 25 nowadays.

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

Can you estimate the survival chances of a baby born with the illnesses listed above? Bringing up a child who has incurable or chronic illness right from birth is a very extended, trying and exhausting experience. There are people who have been through the ordeal, and they wish it for no one else.

Would this not mean that in another 20 years every parent would be faced with a grim choice of whether they really want to bring a child into this world just to experience sickness and suffering?

This scenario will mark the beginning of the extinction phase of the human race, because an increasing number of people will choose not to have any children at that time. Human life would not be worth it, so as to say.

If you feel like passing this off as just a theory right now, know that your inaction with every passing day will only make it more real.

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

Yes, it may be getting done for a few smart people, who have access to the right resources and knowledge, but what about you and your family?

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

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

Think about this for a while. What do you think you have more power over?

Enforcing quick changes in the present global systems of bad food, water and environment? OR

Making changes in your own daily choices?

The latter, I think, because even the most powerful individuals on this planet have not as yet effected quick changes in the quality of resources just by their own personal will. Even if we all put in efforts, it would take years for entire systems to change. Do you think you have so much time at hand?

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

Of course, changing the system for better is what we all must constantly work towards, but it takes a lot of time and a lot of effort to do so. Leave aside the "how to fix the system" question for now, because by the time you complete reading this book, you will have several answers to that as well.

The scary possibility of becoming extinct will certainly not be there for some people, who have found ways of being in the best of health, effortlessly, even till the age of 50 years. They even think that they will live in good health till about 100 years and may even see ripe old age of 125. I count myself in this club, and I hope you are tempted to come join it too. There are many amazing things that you can do in a 125 years, but you will discover them only once you start living it. You will start living it only once you know how.

The truth is that the human body is designed to be in a growth phase till 50 years of age, and so also, perfectly healthy with no signs of aging till this time. My assertion may sound radical, if you've long held the wrong notion that the human body has a growth phase that lasts for about 25 years, followed by a plateau phase till about 40 years of age, after which a phase of decline is imminent. Further in this book, I explain why complete human growth is not over till the age of 50 years. Before that however, I will show you how to become healthier with every passing day of your life.

Isn't that something you would want to start understanding right away?

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How I came to write this book

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

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

Although the colitis became manageable after a few years with a lot of effort, the allergy kept getting worse with each passing month even though I was on regular medication. It would manifest as an intense skin irritation all over my body that would get so bad, I would end up scratching my skin off. Doctors could not diagnose my illness or stop it from getting worse, so forget the talk of a cure. The continuous medication made me very drowsy, and my failing performance at work prompted me to give it up and just sit at home doing nothing. I began to even have difficulty wearing clothes and footwear, since their friction would irritate my skin severely. After every meal, I had to scratch my gums and grind my teeth to soothe my gum irritation. The year was 2004, and I was so fed up of my state, that I began contemplating suicide. So intense was my trauma.

It was in this desperate state of mind that I tried Acupressure as a treatment taught to me by a retired textile engineer, Ashvin Dalal, in Mumbai. At first, I thought it was a complete joke that pressing some points on the body could achieve things that the best systems of medicines could not, but I had nothing to lose and was still determined to live. Though sceptical, I religiously followed the treatment he advised me, and was quite surprised to see signs of remission within two weeks. I did not believe it at first and just continued the treatment diligently. To my utter amazement, my allergies completely reversed within 6 months! It was a complete shock for me. I was fighting an illness that had no known cause and no remedy, but this amazing system of treatment cured me.

What's more, it happened with no medication whatsoever!

This experience became a very powerful realization for me that made me quickly learn the acupressure system and teach it to others, especially to those suffering from chronic health problems. I went back to work, so did this on weekends.

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

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

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

The truth is that ever since I started using The Natural Health Therapy in 2005, all my maladies vanished completely. I have not fallen sick for even a single day since then and neither have I taken a single medicine, nor needed visited the doctor. It has been nothing short of miraculous!

So what am I saying here?

I am saying that I cured my sick body that suffered for over a decade from Amoebiasis, Colitis, Dysentery, Constipation, Indigestion, Acidity, Irritable Bowel Syndrome, Allergies, Skin Disorders, Internal Heat, Internal Toxicity, Systemic Candidiasis and a gut system that was so inflamed that it caused 3rd degree Piles that had to be surgically removed, and I have brought my body to a state where I have not been sick for even a single day in the last 14 years.

I did have one side effect from using The Natural Health Therapy though...

It reversed my biological age by about 25 years!

If you find this outcome truly amazing and wish to have similar results in your life, then this is the book for you. If you happen to find my website, take a look at my photo album 'Reverse Aging' that shows me aging over 15 years and then reversing all of it in the next 7 years.

If you have never really suffered from prolonged illness, your immune system will be in a good condition, making it easier for you to maintain good health and fitness as well as slow down your aging process. But it is quite another thing to achieve the vibrant state of health that I have, especially from the state that I started off 14 years ago. This gives me the confidence to assert that what I am teaching in this book will do wonders for you as well.

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

I would like to thank all the readers of the previous editions of this book, who asked me deeper questions on its topics. It helped me add more substance to this book. Special thanks also to some friends who helped edit its text.

Most of all, I give deep thanks and gratitude to my higher self - the silent architect of my life, who designed all the trials and tribulations that helped me bring out this piece of work. I would never have believed ~ tough life can be the swiftest teacher ~ had I not been through its enigma myself.

Darryl D'Souza 19th February 2019

Disclaimer: All the information and ideas expressed in this book are my own understandings from over 28 years of research and experience with the laws of nature, the laws of the human body and my experiences of which conventional health practices and systems of treatment of illnesses worked for me and which did not, in the process of my recovery from an incurable near death state to a vibrant state of health that I have been in since the last 14 years.

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

An introduction to this book

I have written this book at a level of understanding that I call Macrocosmic Functional Knowledge. Macrocosmic means, a view of everything around us that can be perceived by the human senses. Functional Knowledge is simply the knowledge of how various aspects of nature and the human body function in relation to each other. Macrocosmic Functional Knowledge helps you easily grasp many understandings, because they exist at the level of your direct perception, which you can verify by simple experience. It is unlike a microcosmic system, where you cannot see or verify facts because the details are too tiny for your normal sensory perception.

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

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

One reason why we do not have the control of health in our hands is because we have been conditioned to think that it requires deep microscopic information that we cannot analyse ourselves, to understand how health and nutrition works, with the result that we give it all up to the ‘experts’.

Truth reflects at all levels of the cosmos. As above, So below. What operates at the microcosmic level also has its counterpart operating in the macrocosmic and megacosmic levels. It is for us to decide at which level we have greater competence and correspondingly choose that level of working most of the time. We can always seek reference from the other two levels, but only to make the knowledge more complete. In this book I will mostly use the macrocosmic level

because its tools are contained within our very own bodies and they relate to our direct level of perception and understanding that are seldom wrong.

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

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

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

This book is meant for:

People who have continuous health problems and cannot find a lasting cure.

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

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

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

People who want to cure obesity without exercising much.

Nutritionists, Dieticians, Health Coaches, Healers and Therapists.

Doctors who are looking for natural ways of curing chronic illness.

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

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

People who want an illness-free body that will adapt to the Earth Changes.

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

I am a researcher who works with all systems of knowledge. The reason knowledge comes to me, is because I work with an open mind. I have spent many years studying why conventional medicine does not work and in that process, came to understand what really works. If you would like to learn from a person like this, then please read on. In fact, I am the perfect example of a common man who has himself learned what works right for health, and therefore, emulating my example should not be a tough job at all for you.

But if you want to be educated by a doctor, who may just teach you how to be a good patient for the rest of your life, then this book, is obviously not for you.

I am not against doctors at all. In fact, I have a very high regard for their commitment, hard work and endurance in serving mankind, which is unmatched in any other field of work. What I am against is their lack of complete functional knowledge of the human body and nature at the microscopic level of understanding they have chosen to work with.

Nowadays, a number of mainstream doctors have started using natural remedies to cure people of chronic illnesses. Natural remedies have become more popular for the simple reason that they benefit a larger number of people in the long run.

Why is this so? It is because natural remedies use natural substances that agree with the human body and they do not have any side effects. And what does this prove? It proves that there is a growing realization among people that most inorganic medicines have serious side effects and many of them do not really cure chronic illness. You have always been made to believe that these medicines are your only option by an industry that thrives on serving itself, rather than your best interest.

It is also not my purpose to run down inorganic medicines completely, because they do serve many purposes, one of which is killing pathogens such as bacteria, mould, yeast, fungus, viruses and other parasites that harm us. These medicines achieve this effect because they are made of harmful inorganic chemicals that are fatal to living organisms. That is precisely why they are also harmful to humans if taken in high dosages or for prolonged periods. Inorganic medicines are also good for treating injuries and acute trauma. They are, however, not quite effective when it comes to curing chronic illnesses.

A Reality Check

Over the past century, haven't the number of medicines and drugs invented by man crossed the millions mark?

And during this same period of time, haven't our number of maladies and illnesses also crossed the millions mark?

Did you ever wonder why did the million medicines not cure the million illnesses?

We still have so many chronic illnesses that cannot be cured even after taking the latest medicines. You cannot say you are cured of an illness if you are popping pills for it all the time. Cure means the remission of an illness after the administration of a remedy.

So where is the problem?

Is it that the medicine men do not really know the true nature of our illnesses?
Are they making medicines out of the wrong substances?
Are they making medicines the wrong way?

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

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

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

In this book I bring back some ancient knowledge, where you do not need any inorganic man made substance to cure yourself. There is a great danger in using inorganic substances and this is because they are made of synthetic, un-natural substances that are neither in harmony with the human body nor with nature.

You are well aware of the effects of inorganic substances. They are your adverse reactions, side effects and allergic reactions. Do not accept these reactions as something normal just because your doctor tells you so. Most of the clinical trials of these inorganic medicines are done on species other than human. This too, speaks a lot about the intelligence of the people who do this kind of testing. The human body is very very different from that of mice and rabbits. Don't you agree?

The Natural Health Therapy that I am teaching in this book is designed to cure chronic illnesses without any inorganic medicines. It is a system about the truth of the human body and it's healing. It uses the human body as the prime instrument of diagnosis, treatment and healing as well. It is a system that puts more emphasis on improving the immunity of the human body to prevent illness.

Would you not be better off not having any illness in the first place?

Have you taken a good look at the present conditions we live in and the forces our bodies have to fight against just to survive? I am talking about the forces of environmental pollution, our stress levels, the lifestyles we are forced to follow which put chemicals not only on our bodies, but in them as well, the chemical coloring, artificial taste enhancers and preservatives in our packaged foods, the pesticide, fertilizer and artificial hormone traces in all our food and the new virus strains that do not respond to drug treatment. The human body is being constantly undermined by several wrong choices that we have made.

Is it not high time that we improve our health and the health of our children who must have a better future?

Must we not move from reactive healthcare to preventive healthcare?

Our present conditions and constraints

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

Some of the main causes of chronic illnesses are wrong habits, wrong foods and wrong substances. But why can't we give up our wrong habits or wrong foods or wrong substances? Are we stupid or just plain lazy? Well, frankly, we are neither.

The problem is that we have been misguided into thinking that many bad things are good for us, and so we imbibe them into our daily living.

Who misguides us? Firstly, it is those whose interests get served by keeping us in a state of ignorance. Secondly, it is those who do not know any better.

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

Modern medicine is after all one of the biggest businesses in the world today and it works very hard at sustaining itself. The business protocol works like this - When you find a new disease, just do not bother to find its root cause or natural remedy, because that is simply not part of the business. This approach in fact, sabotages the business. So instead, get busy, beat the competition, and make a new medical drug that can suppress the disease. Then get the drug approved through short clinical trials on lab rats. Next, sell the drug all over the place and make pots of money. When the drug is commonly used by the human population and its side effects start getting reported; bring out a new improved version of the drug that does not cause the same side effects. Then sell a lot of the new version of the drug and make some more pots of money. When after a few years, it is

clearly established by consumers, that the improved version of the drug is also causing some different side effects, agree to have it banned and in its place, make two entirely new drugs, one to freshly address the original illness and the other, to take care of the new illnesses caused by the side effects of the first and second versions of the drug. Whichever way you go in this business, you will make pots and pots of money. It all works out fine for the business as long as no real cures are given. Many of our medical drugs have had such histories. Yet we clamour for modern medical drugs, just because we want quick fixes, but we are none the wiser.

It is unfortunate that modern medicine does not yet have a proper understanding of the human body and even with all its microscopic tools put together, it still cannot fix the human body completely.

You are bound to fail when you use limited understanding, limiting tools and unsuitable substances, like inorganic chemical medicines, to cure an organism as complex and as organic as the human body.

In contrast, natural therapies use natural, organic substances that are found in nature. Many of these substances have been a part of our regular diets for thousands of years and their therapeutic properties are well known. They do not cause any side effects, because they have been designed by nature to work with the human body, not against it. Natural therapies stimulate the body's internal systems to cleanse it and cure the root causes of chronic ailments. They follow the same laws of nature that the human body also follows and that is precisely why they work so perfectly well with it.

How we landed in our pitiful state

Over the last few centuries, as mankind established civil society, certain structural systems were put in place. One very important structural system was to assign certain groups of people only specific types of work. This was done to facilitate all round progress in society and also because it was not feasible for just one group to do all the different types of work. By focusing their intellects on specific jobs, each group began to not only excel in its own domain, but also experience phenomenal success in developing new technologies time and again. These groups of people came to be known as 'experts' in their domains and the general population started relying on the advice of these experts due to their depth of knowledge in their area of expertise. From their body of work, the experts formed different systems of practice.

Over the years, as these systems transformed themselves into big institutions, they also became mechanisms and channels for creating wealth and power, and naturally, subject to the control of a few who headed these institutions.

This is also what happened with the system of medicine. At the same time, the growing population of the world started experiencing ever-increasing health problems, thereby demanding cures at a mass scale of operation from the medical establishments. Medical establishments therefore became businesses driven completely by scale of operation and profit, so that they could sustain themselves. As greed dominated service to mankind, medical experts began cutting themselves off from the universal intelligence of nature and working in isolated environments (laboratories), creating medicines that had no connection with nature, but to be used by the human being who was completely built by nature. They tried to bring nature (lab rats) into their laboratories so that they could test the effects of their medicines, but even this did not work out, because they just could not mimic a natural environment in their laboratories perfectly.

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

So, at that time, the populations also got engrossed in priorities of what they felt was progress, and even though they were getting sicker, they never cared to question why sickness should increase with worldly progress. They did not make

time to handle their own health problems. They did what they thought was the next best thing - Outsourcing the management of their health to the experts and the medical establishments, assuming they could buy health through medicines from the money they made from doing their part of the work for progress.

This is what continued for a long time bringing us to the situation that we are in today - Over a million medicines, and yet, a million illnesses still around!

Do you wonder who benefited during all this time?

Evidence shows that it was the medicine industry to a great extent.

And what about the sick populations?

Evidence shows that they have only got sicker.

The mere fact that there are still a million illnesses around is enough to clearly prove that the medicine industry has miserably failed at doing the job they were outsourced for.

I assume that you understand the term 'outsourcing' by now, because it is a very popular model of business nowadays. I also hope that you know what you need to do when a model like that does not work for you. Yes, you need to stop outsourcing your health to the medicine industry by taking the management of your health back into your own hands.

So how would you now start managing your own health?

By seeking out some new expert yet again?

How could you trust this expert unless you have the same level of knowledge to verify what is being explained to you as the way to good health?

The reason why I have written this book is to help you to understand the basic workings of the human body, fundamentals of nutrition, real causes of disease, processes that send illness into remission, and finally, also the basic laws of nature that support good health. Writing this book at the macrocosmic level of understanding is part of the plan that will help you understand the entire science of health and healing in a much simpler way.

Causes of Chronic Illness and Disease

The causes are listed in order of when they normally occur in life, since every stage of sickness contributes negatively to the next stage of life.

1) Karma of past lives:

Unresolved stressful acts of our past lives can also manifest as a physical or mental illness in our present life. The reality of this metaphysical science can only be understood through experience. Thankfully, a low percentage of the population suffers from this problem. These illnesses typically do not show any traceable causes in the medical history. Seldom is an improvement of more than 10-15% experienced with conventional treatments. The cures for these types of illness lie in Hypnosis, Counselling, Past Life Regression, Breathwork, Inner Child Work, Energy Work and similar therapies.

2) Health of parents during conception:

Seeds of chronic illness could have also been sown before our birth – in the state of health of our parents, at the time of our conception. The latest gene map of both the parents is what is passed on to the child during conception. These illnesses are usually called genetic or hereditary illnesses.

Most parents assume that if they were healthy while conceiving children, then their children should also be quite healthy. But, in-depth analysis shows this to be far from truth. Even if one has been diagnosed with a chronic illness, at say 35 years of age, the illness actually starts in the body about 5 years prior. It just gets aggravated to an extent that manifests itself physically at age 35.

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

It is therefore very important that parents do whatever possible to be in good health before they plan to conceive. Parents must clearly understand that the health of their child squarely depends on the quality of their own seed. Most aspiring parents who do not give their health its due priority are directly responsible for birthing weak children who struggle with health issues all through their lives. Activities like regular exercise, sports, yoga, pranayam, acupressure, eating healthy nutrition, and following healthy habits, if done between the ages of 5 to 20 years, will greatly reduce the chances of the

manifestation of a hereditary illness in a child's life. Certain practices, foods and habits are better suited towards negating certain hereditary illnesses.

3) Diseases during one's lifetime:

Many of us have had diseases like pneumonia, typhoid, cholera, tuberculosis, jaundice, colitis, kidney infection, gastroenteritis and malaria, or we get infected by internal parasites such as worms and other bugs at some stage in our lives. We treat these diseases with some medication and forget about it. What we do not realize is that most medications or treatments do not bring the affected internal organs back to their original health. There is always some residual weakness in the organ that becomes the new operating level of that organ, which is lower than before, but life goes on. Many a times, the medications themselves internally damage some of our organs.

Many of us have had several sicknesses by the time we are 35 years old. At this stage in life, the aging process and fatigue also acts on all our organs. This brings the hidden weakness in our earlier affected organs to the fore. By this age most of us forget about all our past illnesses and wonder about the sudden appearance of some 'sickly symptoms'. We go to our doctors in order to figure out what has suddenly gone wrong and we look for probable causes across the previous few months and quite often, find none. When doctors cannot trace any definite cause, they conclude that sickly symptoms are normal signs of ageing, or the result of stress. In truth, however, the reasons are hidden in the prior weakness of our internal organs.

Our household pets are also sources of infection. Always keep them clean and healthy and free from diseases.

4) Pollutants:

Pollutants that we constantly and often unknowingly put into our bodies become causes of chronic illness because they accumulate in the body at specific sites and severely disturb normal cellular activity. They also weaken the immunity of the area where they accumulate, which makes the area prone to attacks from parasites, pathogens, bacteria, yeast, fungus, mould and amoeba. Examples of pollutants are mercury erosion from dental fillings, metal erosion from cooking utensils, inorganic food additives, erosion from water pipes, fibreglass filaments from insulation, asbestos fibres from appliances, fumes from paints, resins, aerosols and gas leaks, solvents and alcohols from packaged products that are used in their cleaning, and finally, all the synthetic makeups, creams, lotions and sprays that we put on our skin. Most of these are inorganic substances that the human body was never designed to process or digest.

5) Unhealthy Food:

- Foods that are not the natural diet of man (explained in a later chapter).
- Food that was cooked days earlier and not preserved well. Food that has been re-heated and cooled many times. Gradual decomposition of food occurs even at refrigeration temperatures.
- Highly processed foods, because they are often quite salty or sour and have harmful additives that cause cancer. Besides this, they hardly have any healthy nutrition left in them.
- Deep-fried foods that contain too much cooking oil that is harmful for the human body. Natural sources of oil present in various natural foods are enough for the human body.
- Food that is too spicy or food that has too much sugar or sea salt.
- Foods containing synthetic preservatives, taste enhancers, stabilizers or artificial color. These additives destroy the good bacteria in the intestines and form toxins in the digestive system.
- Food that has been grown unnaturally with the help of unnatural fertilizer, unnatural pesticide and synthetic hormones, which unnaturally shorten their growth cycle and increase their yield.
- Food whose natural cellular structure has been damaged by irradiation, such as food cooked in the Microwave.
- Genetically Modified (GM) food or Genetically Engineered (GE) food.
- Water contaminated by inorganic additives and disease carrying germs.
- Food not suited for your body type (explained later).

6) Unhealthy Habits that upset Digestion

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

A list of our bad habits that upset digestion:

- Our body clock is set to expect food at certain times, so it prepares the body for a digestion cycle. When food does not arrive at those times, acid preparation in the stomach gets triggered and this causes acid reflux. Missing approximate timings a few times a week is ok, but not daily.
- While eating, we get so overwhelmed by the tastes that we often stuff our stomach till it is 100% full. Stop eating when the stomach is 80% full, because the stomach is a hollow muscle that needs 20% vacant space for churning food in order to mix it well with our digestive juices.
- We do not chew food well enough, and this makes it more difficult and time consuming for larger food bits to be broken down in later stages of digestion.
- Some people drink up to 2 glasses of water after every meal. Drinking more than ½ a glass of water just after a meal dilutes the digestive juices in the stomach, thereby slowing down digestion. One can drink water ½ hour before a meal or 1 ½ hour after a meal.
- After a good meal, many of us are in the habit of taking a nap. This hampers the flow of food, and in turn, the digestion process. Yes, peristalsis does take care of the food movement in the intestines, but sleeping horizontally puts up a big resistance to food flow.
- People have wrong notions that long walks after a meal aid in digestion. Long walks divert the blood that is required in the stomach region, to exercised areas of the body instead, thereby slowing down digestion.

7) Substance Abuse Habits:

Long term chewing of tobacco, smoking of cigarettes, cigars or bidis, consumption of alcohol, and the use of recreational drugs cause chronic weakness in related organs of the human body.

8) External Environment:

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

We often face outbreaks of contagious diseases within the human population, as well as from animals and birds and other species of life on the planet.

The stress in some places is high due to religious intolerance, race bias, the absence of law and order and high noise levels from traffic and machinery.

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

Sadly, all these external environments are of our own creation because of the wrong choices we have made over time. Even though we have now begun to understand all this, it is very difficult to reverse the damage being caused, because there are powerful businesses that oppose such reversals since they do not serve their business interests.

9) Modern Lifestyles:

Modern life is filled with hardship and unpleasant situations we cannot get out of, people who cause us a lot of stress, and things that we are bound to do even though we do not want to. We might also have convoluted religious or spiritual beliefs, bad memories, and harmful vows and values that make up our psyche. All this creates a lot of emotional and mental distress in our lives and it changes our mental perception that life is not good, but full of suffering.

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

10) Disturbances in the development of the Human Energy Bodies:

This aspect, detailed in the later chapter on 'Metaphysics of The Human Body' can also be the cause of life-long physical and mental illnesses.

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

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

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

From the perfect healthy body of our younger years, we become bodies with hidden weaknesses that do not surface till about 35 years or later. Around this time, we feel our energy levels depleting and so we start exercise regimes and dietary supplements and when they do not work, we finally resort to medications to help us get by. Many medications that we use nowadays do not really cure our illnesses. They are in fact the crutches that we use in life to get by and we think that it is normal and we are ok.

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

Yet, this is what our medicine men would like us to believe is normal.

After all, it is what promotes their business!

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

From what I have covered in this book up till now, I hope you are beginning to understand where all our illnesses come from. It is now time to move further and understand an important aspect of health, the true needs and capabilities of the human body. It is never too late to follow good habits, eat the right diet and adopt natural healing practises to improve our health. It is not an uphill task either, but just a matter of change of mind set and adopting new habits in place of the old.

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

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

Illnesses are more easily cured in the domain that they occur. This means that a purely physical disease is more easily cured by a purely physical treatment, and an illness caused by energy imbalance in the body is best cured by an energy balancing treatment. I say this after having complete knowledge of what is possible from energy to matter and matter to energy across the entire spectrum of the human body. This entire spectrum of the human body is detailed in the later chapter on Metaphysics of The Human Body.

There have been instances of grave physical illnesses such as cancer that got cured by the mind and energy in a very short time. Those are cancers caused by energy imbalances that can be cured easily by changing energy patterns. In the chapter on cancer I have explained the different types of cancers, their root causes and different protocols of cure.

An area of healing called Energy Work, which includes techniques such as Reiki, Pranic Healing, Faith Healing, Psychic Surgery, Divine Matrix healing and similar techniques, sometimes accomplish healing tasks that seem impossible.

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

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

This book contains knowledge that can be operated by everyone, now.

The Human Body

The human body is a complex, yet amazing creation. It has been studied a lot. Yet, its study is still on-going and not complete. It is virtually impossible for any single person to have complete knowledge of the human body. Thankfully, to maintain this human body in a healthy state, one does not need to have all that detailed knowledge. Working at the level of your direct perception will be enough to accomplish the task. We did have this understanding in the ancient past and all that we need to do now is remember it again. So let us understand certain aspects of the basic functioning of the human body that are necessary for maintaining good health and curing disease.

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

Out of all these systems, we will focus mostly on the digestive system. Why?

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

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

The Digestive System:

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

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

It is also important to understand that the preparation for digestion does not start just in the mouth or the stomach. It starts in the brain right from the time a person starts thinking of the type of food he desires or expects. The foods' images and sensations feed the brain with information, and the brain in turn sends out signals to all the relevant organs to start preparing for that particular type of food. Digestive juices and enzymes begin to get secreted right from this point in time. Salivation is one of those processes that we experience quite well. Not having meals at regular times when they are expected is the reason for acid build-up in the stomach due to the unused hydrochloric acid that was prepared in time.

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

If we choose to eat our food slowly, in a peaceful state of mind, all this happens automatically. When we eat food in a hurry, it does not get chewed well, and we do not even get enough pleasure from the experience. Because our taste buds are only in the mouth, after we swallow the food, the tasty experience is over and to prolong the tasty experience we put the next morsel of food in our mouths. The bad habit of "stuffing ourselves" comes from trying to prolong the tasty experience that is shortened by quickly swallowing food instead of chewing it. People who chew their food well get satisfied and do not end up overeating.

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

In the stomach, the epithelial cells that line the inner surface of the stomach secrete mucus (which protects the stomach lining) and digestive gastric juices like hydrochloric acid, pepsin and rennin, which enable the breakdown of food constituents like proteins that must happen during this stage. The highly acidic environment in the stomach also helps to kill pathogens harmful to the digestive system. Few constituents from food such as alcohol, get directly absorbed into the blood through the stomach lining. This is why alcohol hits you very quickly.

The stomach muscles keep on mixing the food with digestive juices till the correct pH required for digesting the partly liquefied food constituents is reached. Only after this is done, the pyloric valve opens up and slowly empties the contents of the stomach into the duodenum. Water is also treated in the same way. After you drink water, it does not just pass through the stomach and into the duodenum and intestines. It is first prepared by the stomach, till the required pH that allows for the extraction of the minerals and electrolytes present in the water is reached. The amount of time water is held in the stomach depends on the quantity of water as well as its composition, and could vary from 15 to 30 minutes. It is only after this period that the pyloric valve opens and lets the water into the duodenum and intestines for complete absorption.

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

The small intestine is where most of the absorption of nutrients happens. It comprises of two sections, the Jejunum, which is about 8-feet long and the Ileum, which is about 16-feet long. The inner surface of the intestines has circular folds called villi that more than triple the surface area of absorption. Villi are also covered with epithelial cells, which are further lined with microvilli, increasing the surface area even more.

The small intestine is where liquefied food, digestive enzymes produced by the intestine, and millions of gut bacteria, yeasts and fungus interact to further breakdown the nutrients in the food, which are finally absorbed by the intestine and then passed on into the blood. The unabsorbed residue left after absorption of all the useful ingredients goes into the colon through the ileocecal valve.

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

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

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

Regular bowel movement up to twice a day, once in the morning and once in the evening or night, reduces this toxic burden on the system. When babies are young and their digestive system is new, they pass stools 3 to 4 times a day. It is only with age that the frequency of passing stools reduces to once a day or even once in two days indicating a constipated, toxic and slow digestive tract.

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

The Liver

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

The liver produces bile, which is delivered through bile ducts to the gall bladder where it is stored. When the acidic, semi-liquid food from the stomach arrives in the duodenum, an adequate quantity of stored bile from the gall bladder is quickly poured into the duodenum to render the food alkaline. This helps the pancreatic enzymes digest fats more easily. The liver needs this reservoir of bile, because it cannot produce bile as quickly as the stomach produces acid. Bile preparation is just one among the hundreds of other jobs the liver does, and that is why it is produced drop-by-drop and slowly deposited in the gall bladder. Quick muscular contractions of the gall bladder pour bile into the duodenum.

Although the liver separates out wastes that are carried by the blood to the kidneys where they are eliminated, certain toxins that come to the liver get passed into the bile that the liver produces. These toxic substances in the bile separate out and coat the liver ducts and the gall bladder chamber. Over time, they form stones that block the liver ducts and the gallbladder duct. Removal of the gall bladder due to the presence of stones is one of the most damaging procedures for the digestive system.

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

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

First, the food remains acidic since it is not neutralized by an adequate amount of bile and this acidic food moves from the duodenum into the intestines resulting in duodenal ulcers and acidity within the intestines and in the blood.

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

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

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

The Pancreas

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

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

The Lungs

Besides absorbing oxygen, the lungs also absorb the pollutants contained in air, such as vehicular exhaust fumes, fumes from evaporating petroleum products like petrol and paint, and alcohols from cleaning products. These are all inorganic compounds that are not supposed to be processed by the lungs, yet they do the best job they can, but with an obvious result of sluggishness and weakness in their functioning. Weakness in the lungs causes their work of eliminating carbon toxins from the blood to fall on the kidneys. This often turns out to be an overload of toxic content for the kidneys, thereby resulting in residual toxicity in the blood.

The Kidneys

The kidneys serve homeostatic functions such as the regulation of electrolytes, regulation of blood pressure by maintaining salt and water balance in the blood and also the maintenance of the acidic-alkaline balance. They filter out toxins contained in the blood that come from the unhealthy food and drink we consume. The more wrong our notions of healthy food and drink, the higher toxicity we subject our kidneys to. This toxicity is passed out from the kidneys to the urinary bladder and then out of the body through the urine. Kidneys are the second most overworked organs of the human body, because they are constantly engaged in throwing all sorts of wastes as well as uric acid and ammonia out from the body. The kidneys are also responsible for reabsorption of water, glucose, amino acids, and they also produce hormones such as calcitriol and erythropoietin. When the kidneys get loaded to their maximum limit and they cannot handle any more toxicity, such as the carbon toxins from the lungs, they leave that toxicity in the blood and its job of elimination through the sweat gets passed onto the skin.

The Skin

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

Think of fish put in an idle swimming pool for a few days. They keep on passing the pool water in and out of their gills, absorbing its oxygen to survive. After a few days, it is likely that the fish have passed every single drop of that pool water through their gills, which are actually filters. If you take the fish out of the pool water and inspect them, you will find all the inorganic substances of the pool

water, such as alum for sedimentation or chlorine used for water disinfection, embedded in their gills, their tissues and their body fluids. At the same time, you will find the pool water cleaned out of all these inorganic substances. The organic contents of the pool water also come into the fish, but they get naturally processed by the digestive system of the fish and are used up and their by-products, excreted out in the pool water. You will not find them stuck in the fish.

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

The human body is truly, the most amazing and efficient machine on the planet, and we unknowingly undermine its performance with our daily ignorant actions. Yet the body does its best, and only when we cross the farthest limits of its tolerance, we witness its gradual failing. This is what sickness is all about.

By its sensing and responding mechanisms, the body maintains set points of all its operational parameters. This mechanism is called Homeostasis. The human body has a defined hierarchy of more important and less important parameters to maintain. When subjected to disturbances, the body allows the less important parameters to get disturbed first, yet always trying to bring them back within their operational ranges.

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

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

We do many wrong things every day that disturb the homeostasis in the body. When these disturbances become permanent, they sometimes manifest as known illnesses. If the expression of a disturbance is not understood, it is often called an autoimmune reaction. All autoimmune reactions are actually legitimate

reactions by the human body that allow the disturbance of a lower level of homeostasis only to protect a higher and more critical level of homeostasis that is required by the human body to function adequately in a given state.

Autoimmune reaction conditions like Type II Diabetes are not really diseases. They are rightful states of imbalance that the body is holding to prevent itself from degrading to an even more critical state of sickness. Instead of mutely accepting these conditions as diseases, we must find out the cause of the imbalances instead of rushing to make synthetic medicines that suppress them.

Whenever you hear the following diagnosis from an expert, “It is an autoimmune reaction”, interpret it as “We neither understand the meaning of this expression by the body nor do we know what caused this reaction, so we offer you no choice, but to live with the ignorance that we the experts, have settled for”.

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

You will also understand that the brilliant workings of the human body are way beyond the brilliance of the smartest medical minds that ever walked this planet.

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

Laws of Nature

Nature has always given us the right guidance

Mother Nature always gives us the right guidance by her laws that are profound and deeper than our limited modern scientific understanding. After all, we are just tiny parts of her entire ecosystem and we are bound by her laws, although we may think quite to the contrary. How naïve for a tiny part to think that it can dictate its terms to the whole! In the recent natural disasters, many of which were caused by mankind's abuse of nature, we have seen how powerful nature is. All that we create without adherence to nature's laws brings about our own destruction and the destruction of ecosystems on this planet that support our life. It is naïve to think that we can act in isolation for our singular betterment, when the truth is that our every action affects the whole. Many people still live in the delusion that they can outsmart nature, and only postpone the harsher lessons that they are bound to learn. Their ignorant actions cause suffering to all.

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

The source of energy and nutrition

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

Every higher level of energy storage is also a step down from the pure energy of the sun. This is why the same quantity of plant or fruit, has a higher energy content than the same amount of meat. This might be wrongly disproved in a laboratory that treats nutrition like mathematics. Nutritionists may calculate the amount of protein, calories, fibre, fats and vitamins in a piece of meat, and prove it to be more than what is in a similar weight of fruit or vegetable, but they do not know the amount of energy that is spent by the human body to convert that piece of meat into energy.

They do not calculate that energy created = energy supplied – energy required for conversion. You could eat plain wood, which would have some trace of energy that the human body could use. But what are the health consequences of digesting wood? How much energy does the body spend in digesting wood? And what is the amount of energy the body finally gets from wood? These are the relevant questions.

Nutrition is about the life energy you supply to the human body by giving it living food that matches the frequency of the human body. The human body does not work on maths; it works on the laws of nature. The testing laboratory environments of the entire world come nowhere close to the complexity of the human body's live internal environment. That is why many lab experiments show different results when applied to the human body.

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

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

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

All the human body really needs is energy!

But few people successfully use these techniques, and living without food is not a normal or enjoyable way of living for most people. I have nevertheless explained this science in the 'Sun Yoga' chapter, for the benefit of those who want to practise it, because availing the sun's energy has many benefits. It can rectify many imbalances within the human body, it can cure some diseases and it can also bring about great intellectual and spiritual development, since it clears blockages in the chakras (energy centers) of the human body.

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

The two brains that control the Human Body

Of all the organs of the human body, the brain can be considered the most powerful, because it controls the entire body. It controls not only the conscious and wilful actions of the body but also the un-conscious and automatic processes in the body. The thing that separates man from the rest of the living creatures on this planet is the capability of his brain exercised as the mind that can think beyond itself.

This mind was a gift from God that man received above all other creatures on earth. It has the capacity to create almost anything it desired, even things that were never there on this planet before. If you care to notice, this is a capability that no other creature on earth has, and it is what separates man from the rest. Man used his mind to achieve dominion over all other creatures of the earth, as this was also God's plan for him.

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

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

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

Is man Carnivorous, Herbivorous, Omnivorous or Frugivorous?

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

By thinking really hard about it?

Since the mind is such a powerful creator, it can create any idea of what it thinks is the right food. People go just by their fancies and create new food combinations every day. This approach has actually created some of the most indigestible meals on the planet.

By observing the eating habits of old and new cultures around the world?

Would that not be just a study of the history of food choices? Were those choices not influenced by what food was locally available and what the popular mind set at that time considered as food?

By microanalysis in a laboratory?

Breaking down food into its micronutrients in a lab and analysing them at microscopic levels has just given us a lot of data, but no sense of what to make of all that data and how to put it functionally together.

They try to teach us that the sum of what is required by the human body is equal to the sum of what must be fed to the human body at every meal. But this is not the way the human body is designed to work, as you will soon understand.

Classifying food into proteins, fats, vitamins, minerals, enzymes, starch, sugars, carbohydrates, hydrocarbons, and fibre, and deciding what percentage of each nutrient constitutes healthy food is a stupid way of understanding nutrition. A particular fruit or vegetable or grain, does not just have protein or vitamins or minerals or fats, it may have all of these constituents in varying proportions. These are complete units of whole food that should be consumed without any division or refinement. People who make these classifications of food do not even completely understand how their nutrients are treated and absorbed by the human body. Complex classifications of foods have only confused people more. That is why most of the food pyramids devised over the last few decades have many flaws.

Some of the healthiest people on the planet who live the longest are among the indigenous tribes and rural populations of the world. They know nothing about our modern classifications of foods, but yet, they make better choices when it comes to nutritious and healthy food, than most of the 'developed' world.

Although much energy and time has been spent by great minds on what constitutes a proper diet, much of it has not only been a waste of time, but has also done great harm to humanity. This is not a topic on which we need to brainstorm, so give your mind some rest and observe all the proof that has been there since a very very long time.

1) Observing the Teeth:

Detailed analysis of the teeth show striking differences between the teeth of carnivorous, herbivorous, omnivorous and frugivorous animals. Carnivores have large canines, which help in seizing running prey and cutting into flesh. Herbivores have well developed incisors for shredding grass and herbs, whereas their molars are broad, to facilitate chewing. Omnivores have canines like the carnivores and incisors and molars like the herbivore, indicating that they eat both flesh as well as vegetation. Frugivores however, have all the teeth of similar height and broad molars, which are more suitable for eating fruit. The teeth of man exactly resemble those of the frugivores.

2) Observing the Mouth:

The ratio of the size of a human's mouth to its head is small, like most frugivores, whereas an omnivore's is a bit larger and a carnivore's is the largest, since the carnivore uses its mouth not only for catching its prey, but also for gulping down huge chunks of meat very fast, as no digestion happens in the mouth. The human being has been given hands instead, to gently pluck out fruits and vegetables when they are ripe and ready to eat. The human being has not been given big canine teeth for catching prey or strong claws for gripping it.

3) Observing the Digestive Tract:

The bowels of the carnivores are about 4 times the length of their body (mouth to anus) and their stomach is almost spherical. This facilitates the passage of quickly decaying meat. The bowels of the herbivores are about 25 times the length of their body, and their stomach is more extended and of compound build. The bowels of the frugivores are about 12 times the length of their body, and their stomach is broader than that of the carnivores and has a continuation in the duodenum serving the purpose of a second stomach, which is exactly the design of the human digestive canal.

4) Observing the Digestive Juices:

A carnivore's saliva is acidic and does not contain digestive enzymes. On the other hand, the saliva of man, just like the herbivores, is alkaline and contains carbohydrate digestive enzymes, such as salivary amylase.

Carnivores' stomachs are 10 times more acidic than herbivores, to quickly break down meats. The acidic pH of a carnivore's stomach during digestion goes as low as 1 (extremely acidic), whereas the pH of man's stomach, just like the herbivores, reaches only 3 (moderately acidic), and this is adequate enough for the digestion of plant foods.

Animal flesh is composed of highly complex protein, which requires vast amounts of uric acid to break down into amino acids. It is well known that higher amounts of uric acid in the human body cause havoc and accelerate the aging process. The liver miserably fails to neutralize this high amount of uric acid, simply because it is not designed to do this. In comparison, a carnivore's liver is designed to neutralize 10 times as much uric acid as the human liver. Therefore, human livers as well as human uric acid levels are not meant for meat digestion.

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

5) Observing the behaviour of the Sense Organs:

The carnivorous animal smells out its prey eagerly, and after it captures its prey, it immediately feasts on it even while the prey is writhing in its grasp with blood spurting all over. The herbivorous animal's senses of sight and smell lead it to select grasses and other herbs, which it calmly eats with delight. The frugivorous animal's senses always lead it to sweet smelling fruits on the trees. Similar to the frugivorous animal, how delightful man finds the smell and sight of fruits and other produce of trees such as nuts, roots and leaves that his mouth immediately starts to salivate. Man's senses of smell, taste, and sight never lead him to kill and eat the flesh of animals.

6) Observing the natural capabilities of the Human Body:

Man has been given dexterous hands and feet and an agile body that is most suited for climbing trees, just like the monkey. This enables him to scale different types of terrain where plants grow, so that he can access their fruits, vegetables, leaves and roots.

Even though man has hands and feet, how easy is it for him to catch another animal and eat it raw? Without any tools or appliances, is it easy for a man to catch even a measly mouse? Can he even catch a chicken running in the wild? Forget a bird flying in the air; can he catch a wild goat or even a fish

swimming in the water? How about a pig on the run? Is it possible for a man to even kill the docile cow with his bare hands and eat it? How then, can all these animals be considered his natural food?

Do carnivorous animals need any tools to catch their prey? Do they need knives like humans, to cut up meat? No, they do not!

Nature has equipped them physically well enough, so that they can procure and also eat the food that is meant for them, which is meat.

7) Observing Digestion Times:

Digestion of food starts right from the time food is put into the mouth. It ends when the food reaches the last stage of the digestive canal, the colon, where the waste is prepared for elimination. If your digestive system is in good health, an uncooked fruit meal or fruit juice takes only about 4 hours to digest, just under 1 hour in the stomach and just over 3 hours in the intestines. An uncooked vegetable meal takes about 6 hours. A cooked vegetarian meal takes about 8 hours, just about 1 hour in the stomach and 7 hours in the intestines. A processed vegetarian meal, like burgers and pizzas takes over 12 hours to digest. A cooked non-vegetarian meal takes over 16 hours to digest and a processed non-vegetarian meal takes over 20 hours to digest.

If your digestive system is not in a good condition, it will take even longer times than these. There are natural ways of testing out these digestion times all by yourself, using trace color foods and observing certain body signals such as timely burps after meals. Even though the food reaches the colon much sooner as in the case of raw fruit or vegetable meals, the colon holds the waste and excretes it just once or twice a day.

Do you realize why the fruit meal takes only 4 hours to digest? It is because the human digestive tract is specifically designed to digest fruits. If you give the human digestive tract food it was not specifically designed to digest, it will obviously take much longer time to digest it. This is what happens with meat.

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

Place on your dinner table several plates, each containing a different food you eat, but most importantly, each food should be IN ITS NATURAL FORM.

That means raw meat, raw fish, raw vegetables, raw grains, raw fruits, raw roots, raw beans, raw peas, etc. each in a different plate. Isn't this the state that every other living thing on this planet gets its food?

Now blindfold a person and bring him to the dinner table. Ask him to smell each plate and pick the plate that is most pleasing to smell. Which plate do you think he will pick? The meat plate or the grains plate or the fruit plate or the fish plate? He will obviously pick the fruit plate because it will have the only smell that pleases him. He may have no preference over the grains plate, but you will see the disgust on his face when he gets repulsed by smelling the meat or fish plate.

You can try this experiment out yourself too and know its truth!

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

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

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

To check with the sense of hearing, recollect the sound that was made when the food was taken from nature. Fruits, when plucked, never make sounds that are unpleasant to human ears. The plucking or shredding sounds of vegetables, roots or grains also do not give us any discomfort. But the flip-flopping and gasping sounds of fish distresses us a lot, and the horrible cries of animals being killed in our presence drives us virtually insane!

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

Universal law states that all our 5 senses always guide us to our natural food and nowhere else. They guided the first man Adam, they guided the stone-age man too, and they guide each one of us even today.

And they will also guide all our future generations to come.

For God has designed man in this way, that he remembers his truths forever!

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

He will not pick the fruit of course!

He will go straight for the meats.

Universal law works on the dog too!

Go try this on whichever animal you want.

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

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

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

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

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

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

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

The functioning of our 5 senses and their automatic responses are not managed by the conscious mind, and that is the reason why they cannot be trained or fooled by the mind. Their signals are managed by the central nervous system.

Some people might not respond very correctly to the test of the 5 senses. These are people who have been fooling their senses for a very long time. They pay the price for eating the wrong foods all the time by having imbalance and sickness as a part of their daily lives.

Some diseased states also create craving for unnatural food in the effort to regain balance. A craving for a certain spice in food can also come from the deficiency of its corresponding aspect in a person's life. What is satisfied by external gratification of the senses is often what is lacking internally. People who eat excessively spicy food, do so to excite their physical senses, because their emotional lives lack fire and excitement.

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

Gluttony is often an external satiation of unfulfilled inner sexual needs.

Cultures such as the Chinese, who have been eating raw meats for generations, also have misguided senses. They too need to fool their senses with some Soya Sauce and Wasabi, so that they can eat raw meats.

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

Cravings for sweetmeats come from the body's need for natural sugars that should have come from man's primary food, fruits. The modern diet instead, deprives the human body of adequate amounts of fruit that are the primary and natural source of glucose from where the human body gets most of its energy.

A human body deprived of natural sugars will obviously crave for it in some other form. If you take out all the sugar content from a sweetmeat, be it a candy, a chocolate, a cake or a pastry, there is not more than 10% chance that you will eat what is left over. You definitely need to try out this experiment too!

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

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

Each medicinal spice, condiment or herb needs to be taken just by itself or in simple mixtures in a prescribed way, like having it the first thing in the morning, sometimes with water, followed with no eat or drink for about ½ hour and such similar restrictions. This is because its active ingredients impart a curative effect only in their pure states. When taken in this way, they are absorbed by certain sections of the digestive tract and have a curative effect in the target organs and areas of the human body. This science is well detailed in the ancient Indian system of Ayurveda that is more than 5000 years old.

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

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

If you are a non-vegetarian, by now, you must be really fuming about this being yet another book that is trying to take away your God given right to eat meat!

But now is also a good time for you to honestly examine whether you were really given that right to eat meat or was that just your inferred assumption.

Do remember that you eat meat only because of the tastes that are added to it. If there were no added tastes, would you really like to eat meat?

Do not wonder about whether I am trying to con you out of eating meat.

Wonder about how you have been fooling your own senses every day of your life

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

It is unfortunate when people are forced to give up the right food choices due to compromised health conditions. That is why I hope that such people first cure their illnesses. By the time you have read half this book, you will know how to cure diabetes and candidiasis, and by the time you complete this book, you will know how to cure cancer as well.

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

If the test of the 5 senses did not sink into your senses, try this next one too!

Starve yourself for 2 days in a row and then come to a table with food in its natural form –So, a bowl full of raw fruit, a bowl full of raw vegetables, a bowl full of dried grains, and a bowl full of raw meats. Let us say each bowl has enough of its food for a full belly.

So what would you eat first? The meat bowl or the grain bowl?

You would obviously go for the fruit bowl, isn't it?

Now if you ate nothing else till the next day and came back to this table, what would you eat the next day? The fruits were finished the previous day.

You would finish up the vegetable bowl, right?

If you ate nothing else till the next day and came back to this table, what would you eat on day three? Unwillingly, but the grains for sure.

So when would you eat the raw meats?

On day four or five or six – only when your survival was at stake?

Doesn't the hierarchy of food preference get proven once again?

The Right Balance of Food

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

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

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

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

Meats are an alternate source of food for the seasons when fruits, vegetables and grains are not available. Meats also serve as the only food on some terrains on Earth, where not much vegetation grows. The human being can survive all over the planet in all sorts of conditions due to its diverse capability of digestion. Over the ages, the development of this capability was purely an efficient survival mechanism in tune with the seasons of the year.

Man was meant to eat meat naturally, only when no other food was available and when his survival was at stake! But that certainly does not mean that meats are an equally healthy source of nutrition. Nature meant for man to eat meat only when no other food was available and this also indicates that meat is to be eaten by itself and not with other foods such as fruits or vegetables.

It is a known fact that the human digestive system can even digest some of the metals, though it takes a very long time, causes severe side effects and sickness, and gives the body almost no energy. So, just because metals are digestible by humans, does that make it our food?

Not every digestible thing should be considered as our food.

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

Furthermore, humans do not really need meat protein! Yes, you read that right!

The human body needs some specific amino acids that it can convert into useful protein. Meat does not supply the human body with these specific amino acids, and that is why the body has to first break down the improper protein of meats into amino acids and then re-compose these amino acids into proteins that can be assimilated by the human body. This is a highly inefficient process that causes the formation of excess cholesterol and puts unnecessary stress on the stomach, intestines, kidneys, liver and pancreas.

Meat products inhibit growth hormone secretion, which is why many meat-eating athletes and bodybuilders need to take synthetic growth hormones or steroids. Meat products also increase cortisol levels, leading to hypercortisolism. Cortisol is known to decrease amino acid uptake by muscle tissue, and therefore, inhibits protein synthesis. Many plant foods, on the other hand, help increase growth hormone secretion and that is why it is easier for a vegetarian to develop big muscles, without taking synthetic growth hormones or steroids.

Where do the biggest and strongest vegetarians on the planet, the elephants, get their protein from? From plants obviously, because that is where protein is made. Protein is available in good quantities in most lentils, beans, peas, nuts, seeds, coconut and vegetables such as spinach, broccoli, avocado, brussel sprouts, alfalfa, lettuce, asparagus, collard greens, mustard greens, cauliflower, parsley, okra, celery, potato, mushrooms, kale, wheatgrass, spirulina, and chlorella. Hemp is also a source of high protein. Grains too contain a good amount of protein. Quinoa and Amaranth are high-protein grains and their protein is nutritionally complete because it has all the essential amino acids in the ratios needed by the human body.

Be aware that high-protein diets cause premature aging, disease, and shorter lifespans. So, do not go overboard, dumping too much protein daily into your digestive system. The human being needs a comparatively higher percentage of protein intake in its growing years and this percentage comes down once physical growth is complete. Therefore, adults need a lesser amount of protein on a daily basis than growing children.

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

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

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

These inorganic chemicals are also delivered into the topsoil from the feces of cattle and find their way into our sewage systems, which sometime contaminate our rivers before they finally get emptied into our seas. That is why our fish has traces of those same chemicals.

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

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

By eating meats, we voluntarily put all of the above harmful substances into our bodies, and compromise our immunity and health. Is this not high-risk behaviour? The problem is that most meat eaters are not aware of all these facts, so they unwittingly choose to eat meats based on various false notions.

While it is true that raw fruits and vegetables can carry harmful bacteria, inorganic fertilizer and pesticide residues just like meat, many of these contaminants get removed when washing and scraping the fruits and vegetables.

Cleaning the meat or trimming its fat is less effective in comparison. Although cooking the meat kills its biological contaminants, it does not remove the fertilizer, pesticide, and hormone residues within the meat.

If plants are contaminated, it shows in their texture, color, and appearance and such plant material is immediately discarded. It is quite impossible to notice the same in a cleaned and neatly packaged piece of meat.

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

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

How did vitamin B12 get into the meat of the vegetarian animal?

Vitamin B12

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

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

Common symptoms of vitamin B12 deficiency are acidity, weakness, weight loss, nausea, vomiting, anaemia, chronic fatigue, apathy, mental confusion, irritability, anger, depression, imbalance when moving around, dizziness, shortness of breath, muscle weakness, delusions, paranoia, memory loss, respiratory symptoms, hives, allergies, pale or yellowish skin, numbness or tingling in hands and feet, cardiovascular weakness, and nervous system defects.

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

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

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

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

Even if you eat uncooked vegetables or ingest various sources of vitamin B12 microorganisms, does your body have the capability of absorbing the B12 that is produced in the stomach and the intestines?

It is the mucosal linings of the walls of our stomach and intestines that house these B12 microorganisms that are supposed to absorb the B12 using their intrinsic factor. The common problem is that our mucosal linings have already been damaged by the action of spicy food, viruses, harmful bacteria, and fungus, or inorganic harmful substances such as preservatives, artificial taste enhancers, or antibiotics that we ingest. That is why the mucosa is not capable of absorbing vitamin B12 easily. The way to solve this problem is to reduce the intake of harmful inorganic substances and spicy food and treat all digestive tract infections, thus rebuilding healthy digestive tissue and intrinsic factor.

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

Vitamin B12 deficient people must get nourishment from the 5 elements of nature, as they improve the absorption of vitamin B12 and also reduce the inflammation of the mucosa, thereby improving the intrinsic factor. I have detailed this aspect of nutrition that is the missing in our modern diets in a later chapter.

Nuts, Beans, Seeds and Grains

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

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

diet is one of the biggest mistakes of modern nutrition. You will understand why as we go along.

The large scale growing of grains and pulses happened at a time when Earth's population started exploding, and governments felt that the healthier available sources of food with their slow cultivation times would not be enough to feed the growing populations. So the easiest way to fix the problem was to mass-produce foods that had quick turnaround times, and were easy to grow.

It was the ignorance about healthy foods for the human body, rather than a deliberate attempt to damage the health of the populace, that made governments adopt this policy. In addition, the moneymaking priority of food suppliers prompts them to shove unnecessary foods down our throats. It happens even today, if you would care to watch your TV, magazine, newspaper and online ads carefully.

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

Fruits

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

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

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

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

When we pluck fruits at an unripe stage just because they need to be transported over long distances, we cut short the higher nutritional value that was developing in them. This is why you must prefer consuming locally grown fruits that are plucked very close to their ripening stage. Fruits and vegetables that are to be transported over long distances are doused twice with very harmful chemicals. First they are doused with preserving chemicals, just after they are plucked, so that they do not ripen while being transported. Then on reaching their destination they are doused again with ripening chemicals, so that they ripen quickly for sale.

Vegetables

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

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

You have probably guessed the answer from the framing of the question itself. Yes, man is designed to be engaged in much more than basic work that just ensures his survival. Man is not just an animal anymore. He has a wide range of intellectual, physical, emotional and energetic needs and that is why his range of nutrition spans across fruits, vegetables, leaves, roots, grains, seeds, beans and many other forms of food. The more complex an organism and its functions and capabilities, the more complex and varied are its nutritional needs.

It is well known that many human capabilities suffer in function with nutritional deficiencies. Have you noticed how simple the nutritional needs of a cow are? Is it not in line with the work a cow does?

Leaves, Stems and Roots

The leaves of a plant are also a great source of energy because they trap the Sun's energy directly and store it in the form of biophotons. Green leaves are a very good source of nutrition because they contain good amounts of protein, minerals, vitamins and fiber. But all plant bodies, and especially the green leaves, have a tiny quantity of natural toxin within them. This toxin gives a slight negative reaction in the digestive system of the animal that eats too much of it. This toxin is actually a protective mechanism of the plant, which ensures that its population in a certain location does not get wiped out totally. It also ensures that the plant gets a fair chance of growing through the seasons so that it can flower and produce fruit and seed to multiply its population, thereby ensuring its long-term survival. All animals sense this and stop eating too much of the same plant leaf because the toxin builds up in their body and makes them uncomfortable.

Although this may seem like new information to you at first glance, you might already be aware of certain leaves, stems, barks and roots of plants such as Neem, Tulsi, Bael, Cinnamon, Ginger, Turmeric, Garlic, Onion, and Clove that have predator-fighting substances within them. It is because of their natural toxins that we use them as antibacterial, antifungal, and antiviral agents.

I have highlighted this aspect of leaves and stems, so that you can be aware that having too much of the same leaf or stem for too long can have a detrimental effect. Due to this, we should keep changing the type of leafy vegetables we eat. This is in line with the natural principle of rotation of foods that I explain later.

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

Some edible roots also contain a lot of stored energy. They are healthy to eat because of their medicinal properties that come from their soil pathogen fighting capabilities.

Grains

As stated earlier, we should be eating grains and pulses mostly in the winter months, because of the following reasons:

- 1) The digestion of grains increases acid that gets converted into heat inside the body. This heat keeps the body warm during winters. Since our bodies do not go through real winter periods nowadays, due to the use of warm clothing and heating in modern homes, our intake of grains for heat should be lesser.
- 2) Most grains are complex carbohydrates, which when eaten, get converted into glycogen that is stored in the liver and the muscles. Any excess not required by the body immediately gets converted into fatty tissue that is stored all over the body. This fat also serves to keep the body warm in winter.
- 3) The stored fat in the body is also a food reserve that is supposed to feed the body during the winters when fresh fruits, vegetables and roots are scarce.
- 4) Nature provided for grains and pulses to be the only foods that survived in winter. They serve as stored forms of energy that do not deteriorate quickly like fruits or vegetables and that is why they last through the winter months.

Eating a lot of grains all year round, especially during the summer months damages the digestive organs in the long run due to the continuous presence of acidity and internal heat.

Secondly, its round-the-clock conversion to sugar overworks the pancreas by forcing them to produce insulin every day, all year round. The insulin producing islet cells in the pancreas die from such fatigue and this causes Type I Diabetes.

The third problem is that all year round elevated levels of insulin in the blood, force various organs to develop insulin resistance. Developing insulin resistance is actually a protective mechanism of the body, which is wrongly labelled as an autoimmune reaction. Organs are forced to develop insulin resistance only because of the high levels of insulin presence in the blood, which makes them malfunction. This dysfunction is labelled as Type II Diabetes.

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

Consumption of grains all year round due to wrong staple diets is one of the main causes of Type I and Type II Diabetes. These are considered baffling chronic

illnesses by our modern nutritionists, only because they work with wrong notions of nutrition. The reason they work with wrong notions of nutrition is because they are cut off from nature and they cannot see the natural cycles of nature that I just brought to your attention. They love their labs and their microscopes too much.

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

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

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

Cereal grains are poor sources of fibre, minerals, vitamins, and protein as compared to many fruits and vegetables. They contain no vitamin A, vitamin C, vitamin B12, calcium or sodium, and several studies show that regular grain consumption can induce vitamin D deficiencies and alter the metabolism of several minerals. Cereal grains only supply some of the essential amino acids and very few essential fatty acids, and they are characterized by a high omega-6 to omega-3 ratio. When this ratio is high, physical as well as mental illnesses are virtually guaranteed.

Sprouts

The sprouts of seeds contain carbohydrates, fats, minerals, vitamins, proteins, natural sugar, living enzymes, amino acids, and antioxidants. Sprouts are highly nutritious because they are acting at the most powerful stage of growth of a plant, that is, when life is springing forth from the seed at its maximum potential. Sprouts are one of the most lively and energetic foods if eaten raw, so try and make them part of your regular diet. They are one of the cheapest and purest foods, because they do not contain any hormones, pesticides, artificial fertilizers, or preservatives as you prepare them in your home with good quality water.

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

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

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

Living Food

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

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

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

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

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

Enzymes

Enzymes are proteins that can survive thousands of years in frozen conditions, but die immediately above 54 degC. There are 3 types of enzymes: Food enzymes, digestive enzymes and metabolic enzymes.

Food enzymes are present in natural food in its raw state and they aid in its decomposition when it gets broken down in our digestive tracts.

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

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

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

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

Mineralization

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

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

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

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

Mineral deficient plants and vegetation are unable to develop their natural defences against pests and are therefore easily infected by pests.

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

When we become mineral deficient, don't we lose our immunity and fall sick?

Cooking

Every living thing on this Earth has its own unique vibration and it remains healthy so long as it retains its unique range of vibrational energy. Once its vibration falls below the normal range, its decline, aging or dying phase begins. Freshly plucked vegetables or fruits are at their highest vibrational frequency and that frequency is closer to the nutritional frequency of a human being. That is why we get good energy from raw vegetables and fruits. Kirlian photography, which shows the visual colorful glow of life force energy emanating from any living object, clearly shows the most vibrant energy glow in freshly plucked fruits or vegetables and a slight lower glow as the days progress when they are kept by themselves. A drastically lower glow of life is seen after these fruits or vegetables are cooked. When we cook the vegetables or fruits, their vibrational frequency drops drastically low and so does their life energy content. To be vibrating with life, we need to eat live food, which still has its vibrational energy intact. This is why freshness of food is important. Cancer cells in the human body have the same frequency as overly cooked vegetables or cooked meat. Accordingly, cooked food should be called 'dead food' because it is devoid of any life.

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

Cooking the food creates toxic substances (some of which are cancer causing), unusable waste material (that has a cumulative congesting and clogging effect on the body). Cooking also depletes, alters, or destroys essential nutrients, such as vitamins, minerals, and amino acids. Higher the cooking temperature, higher the toxicity and destruction of nutrition in food.

Human beings are the only species on this planet who cook their food.

Does this not strike you as being very odd?

Cooking has become a necessity in modern times mainly to kill the various germs present in food. There are two reasons why modern man needs to kill these germs. First, many of the germs have mutated to become stronger versions of their previous selves trying to fight man's persistence in killing them with pesticides. Second, modern man's immunity has fallen to such low levels that his body is incapable of tolerating the presence of most soil germs in it.

Ancient man did not need to cook his food because his normal immunity was high enough to handle germs. Legitimate reasons for cooking some vegetables are that they are hard to chew when raw, difficult to clean or that their juices irritate the throat when eaten raw.

Cooking first came about when man found out that it was easier to bite and chew meats if they were cooked. Both these aspects of meat, naturally unhygienic and hard to chew, are evidence that meats are not meant for human beings.

Cooking in an earthen pot is the safest. Next, prefer a well-cleaned copper vessel. If you cannot use either, of these, use a stainless steel vessel. Cooking food in aluminium vessels is very bad because it gives off aluminium to the food. Cooking in the Microwave is the worst, as I will explain in a later chapter.

Use the least amount of oil to cook and further, switch to unprocessed virgin oils of coconut, rice bran, flax seed or avocado oil. Bake, roast, boil, stew or steam instead of frying. An electric oven that uses a heating coil is good; an induction heating plate with its special heating vessels is also good.

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

How and when to eat fruit

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

The right thing to do is eat fruits at least 45 minutes before a meal or on an empty stomach, because this time is enough for the fruits to be digested by the stomach after which they pass into the duodenum for further digestion. This way they do not mix with food put in the stomach later. They remain more alkaline, and this is very helpful in maintaining the body's pH balance. Consuming fruits in this way plays a major role in detoxifying your system and supplying you with a great deal of energy for weight loss and other body functions.

You may have experienced an upset stomach or a sense of bloating in your belly when you eat particular fruits such as watermelon or oranges just after your meals. This is because these fruits decompose very quickly once eaten and putrefy in the stomach when mixed with food that is already half digested. If you eat fruits on an empty stomach, you will not experience this problem. Greying hair, balding, nervous outbursts, and dark circles under the eyes will start disappearing once you start eating fruits on an empty stomach. So, if you master the correct way of eating fruits, you will have beauty, health, energy, happiness and normal weight all through your life.

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

Biting and chewing a fruit is the best way of consuming it. This is because saliva, which plays a vital role in the digestion of natural fruit sugars, gets mixed well with the fruit when chewed. Eating a fruit gives you its complete fibre content too.

Compared to eating fruits, having their juices instead has two disadvantages:

- 1) Juices pass the mouth very quickly and so, they do not get mixed well enough with an adequate amount of saliva that enables the breakdown of their sugars.

2) Juicing extracts most of the useful fibre that is thrown away. It is no wonder that our doctors need to advise us to get more fibre in our diets.

If you must drink fruit juice, then drink it slowly and thoroughly enjoy its taste, because that gives the saliva time to digest the natural sugars present in it.

Secondly, keep the fibre in the juice by blending instead of juicing, so that it becomes a fuller meal.

More on the benefits of blending is detailed in the chapter 'Blending'.

Acidity and Alkalinity

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

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

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

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

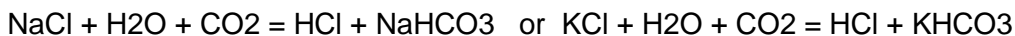
Acidity can also get augmented with the acidifying toxins that pathogens within our bodies produce. That is why we should get rid of all harmful pathogens quickly. As the number of pathogens increase, they create more acidic environments that help them proliferate further.

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

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

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

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



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

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

So if highly alkaline food is supplied to the stomach, it is indeed made acidic in the stomach for a while, but its alkalinity gets restored once it reaches the duodenum. This is how alkalinity of food or water is never lost.

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

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

The blood becomes the final recipient of this acidity because its job is to absorb the nutrition from the food in the intestines. Since the blood must maintain its healthy pH range, it passes on the excess acidity to the kidneys that dispose it off in the urine. The blood does not want to become acidic, but it is forced to absorb even acidic nutrients from the food we eat, because there is no other way that it can get nutrition to supply to the body. Had there been any other way for the blood to get nutrition, the intestines would simply allow all the acidic food to pass out of the body, without any absorption, because of high acidity in the food.

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

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

To prevent such a state of decline, the blood starts reducing its acidity by neutralizing it with one of the most alkaline substances in the body – Calcium from the bones. So blood starts dissolving the calcium from the bones in itself to increase its own pH level. This process is referred to as the 'leaching of calcium from the bones'. Yes, blood can do this, as it was blood that supplied the calcium to the bones in the first place, during the stages of bone growth.

From the entire profile of the bone, it chooses the place where this leaching action is done the quickest, and that is the softer ends of the bones and not the hardened middle section. As this reaction progresses, it produces pain and inflammation of the bone ends, which are our bone joints. This mechanism in action has been labelled as 'Arthritis'. All other so-called 'causes' of arthritis are just secondary actions that aggravate this basic mechanism further. This is also the root cause of Osteoporosis, which is characterized by porosity in the bones due to a higher degree of air element in the body. The air element in the body increases due to many reasons, out of which sour foods and excess sea salt are the main culprits.

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

The reason why the body allows calcium from the bones to be leached first is because the body knows that a bit of deterioration in the bones will not cause an immediate failure of the bones. So, it slowly depletes the bones of calcium over a period of a few months to many years, hoping that the abusive action of eating too much acidic food will stop someday, and it will get a chance to replenish this reservoir of calcium when the body starts getting alkaline foods once again. But sadly, in most cases, this does not happen, because people are kept ignorant that healthy nutrition should comprise of 80% alkaline and 20% acidic foods. Some people even after knowing this choose to hang on to their old food choices just because they do not value health enough or because they lack will power.

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

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

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

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

Acidic-Alkaline Foods Chart

<p>ALKALINE VEGETABLES</p> <p>Artichoke Grasses Carrot Dulce Beet Greens Chard Greens Chlorella Sea Vegetables Collard Greens Dandelions Rutabaga Edible Flowers Fermented Veggies Green Peas French Beans Kohlrabi Mustard Greens Nightshade Veggies Parsnips (high glycemic) Sweet Potatoes Wild Greens Squashes Watercress Seaweed Asparagus</p> <p><u>Highly Alkaline Vegetables</u></p> <p>Bell Peppers (Capsicum) Cucumber Spinach (Palak) Avocado Celery Parsley Kale Kelp Cilantro (Kothmir) Broccoli Radishes Bitter Gourd (Karela) Cabbage</p>	<p>ACIDIC VEGETABLES</p> <p>Potato Corn Mushrooms Winter Squash</p> <p>ACIDIC FRUITS</p> <p>Canned or Glazed Fruits Dried Fruit</p> <p><u>Moderately Acidic Fruits</u></p> <p>Blueberries Cranberries Blackberries Olives Prunes Mango Guava Papaya Mangosteen Custard Apple Strawberries Banana (high glycemic)</p> <p><u>Mildly Acidic Fruits</u></p> <p>Cantaloupe Currants Dates Plums Sweet Cherry Watermelon Pineapple Apricot Peach</p> <p>ACIDIC GRAINS, GRAIN PRODUCTS</p> <p>Wheat, Wheat Bran, Wheat Germ Oat, Oat Bran, Oatmeal Corn, Cornstarch Amaranth Kamut</p>
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<p>Gherkin (Tendli) Basil Sprouts Sour Lime*</p> <p><u>Moderately Alkaline Vegetables</u> Alfalfa Lettuce Yam Peas Beets Onions Endive Tomato Pumpkin Coriander Cauliflower Green Beans Okra (Ladyfinger) Turnip Snake Gourd Bottle Gourd (Dudhi)</p> <p><u>Mildly Alkaline Vegetables</u> Eggplant (Brinjal) Brussels Sprouts Drumstick Leeks Chives Zucchini Swede Mint</p> <p>ALKALINE ORIENTAL VEGETABLES Nori Maitake Daikon Shitake Kombu Reishi Wakame Umeboshi Dandelion Root</p>	<p>Rye Spelt Noodles Macaroni Spaghetti</p> <p><u>Extremely Acidic Grain Products</u> Flour White Bread Pasta Sweets</p> <p><u>Moderately Acidic Grain, Grain Produce</u> Barley Bran Oats Rice Wheat Cereals Biscuits Pastries Cous Cous Rice Cakes Hemp Seed Flour</p> <p>ACIDIC DAIRY Milk Cheese Paneer (Cottage Cheese) Mayonnaise Cream Ice Cream Margarine</p> <p><u>Moderately Acidic Dairy</u> Butter Yoghurt (sweetened)</p> <p>ACIDIC BEANS & LEGUMES Chick Peas Lentils</p>
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ALKALIZING FRUITS

Kiwi
Berries
Raisins
Rhubarb
Tangerine*
Honeydew Melon
Muskmelons
Passion Fruit
Umeboshi Plums

Moderately Alkaline Fruits

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

Mildly Alkaline Fruits

Cherries
Coconut

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

ALKALINE PROTEIN

Millet
Quinoa
Buckwheat
Tempeh (fermented)
Whey Protein Powder

Mildly Alkaline Protein

Flax
Tofu
Yoghurt
Almonds

Moderately Acidic Beans

Red Beans
Soya Beans
Black Beans
Kidney Beans
Pinto Beans
White Beans
Lima Beans

ACIDIC NUTS & BUTTERS

Legumes
Peanut Butter
Pecans
Tahini
Dried Coconut

Moderately Acidic Nuts

Peanuts
Walnuts
Pistachio
Hazelnuts
Chestnuts
Cashew nuts
Brazil Nuts
Macadamia Nuts

ACIDIC ANIMAL PROTEIN

Beef
Bacon
Veal
Venison
Lamb
Haddock
Pork
Turkey
Chicken
Eggs
Seafood

ACIDIC FATS & OILS

Hemp Seed Oil
Groundnut Oil
Sunflower Oil

Chestnuts
Sesame seeds
Sunflower seeds
Pumpkin seeds

ALKALINE FATS & OILS

Avocado Oil
Coconut Oil
Olive Oil
Flax Oil

ALKALINE SPICES & SEASONINGS

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

ALKALINE BEVERAGES

Sour Lime in water
Sodium Bicarbonate in water

Safflower Oil
Sesame Oil
Mustard Oil
Canola Oil
Corn Oil
Butter
Lard

ACIDIC SPICES & SEASONINGS

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

ACIDIC SWEETENERS

Carob
Corn Syrup
Honey
Jam

Extremely Acidic Sweeteners

Sugar
Artificial Sweeteners

ACIDIC BEVERAGES

Cocoa
Alcohol
Coffee
Black Tea
Soft Drinks & Colas

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

Though vegetarians think that vegetables will keep them alkaline, they fail to understand that they counter the alkalinity of vegetables by eating too much of acidifying grains, lentils, beans, peas and seeds as part of their staple diet.

For the Hindi names of fruits, vegetables and spices mentioned above, please visit www.becomehealthyorextinct.com/glossary

Blending

Blending is the second best option of eating nutritious raw foods. The best option would of course be eating fruits and vegetables just as they are, because that is how nature meant for us to consume them. In blending you use the entire edible portion of the food unit, whether it is fruits, vegetables or roots, and you do not separate the pulp out as in conventional juicing that extracts just the liquid part of the food unit and throws away the pulp.

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

- 1) A fruit or a vegetable is a complete unit of food. Throwing the pulp away is denying you that very fibre and protein that doctors say is missing in the modern diet.
- 2) When you throw away the pulp, you also throw away a good portion of its valuable enzymes, minerals, vitamins, and protein. This is the reason why people who drink a lot of extracted juice cannot understand why they still remain nutrient deficient.
- 3) When you drink just the juice, you tend to gulp it down quickly like water. This way the juice passes the mouth very quickly and does not get enough time for the optimum quantity of saliva to mix with it well. Saliva is one of the most important digestive juices that helps digest the natural sugars in fruits, vegetables, and roots.
- 4) Extracted fruit juice is high in sugar content. It causes blood glucose levels to shoot up forcing rapid insulin production and release. This causes pancreas fatigue in the long run. The high in glucose then gets followed by a drastic drop due to the action of insulin, thereafter causing fatigue & hypoglycaemia.
- 5) There is a ridiculous notion that juices are meant to be quick meals and that having fibre in a blend forces you to take a longer time to consume the blend. Well, it surely does, but why should time be a constraint? Blends are not special food made for people who do not have time. Don't we spend about ½ hour eating a normal meal? Then why should a blended juice, which probably has more healthy nutrition by weight, be gulped down in a couple of minutes?
- 6) Another ridiculous premise is that blends make your stomach feel fuller and faster, whereas they should not. So what should you be saving place in your stomach for, instead of real living nutritious food? Some cooked dead food? When you blend, you make a much thicker meal than just a thin liquid juice. This will keep you satiated for a much longer time.

Benefits of Blending

- 1) Mixing raw fruits, vegetables, and roots, helps blend them to your tastes, your nutritional needs, your medicinal needs, your energy needs, and even the needs of special body conditions. Blending also facilitates the addition of beneficial spices, special herbs, and natural flavoring substances.
- 2) Natural organic medicinal herbs, spices, and powders when added to blends, have the desired therapeutic effect since the blend is also raw and natural.
- 3) Blends are easier to digest for aged people, people with dental problems, and those recovering from sickness with not enough energy to chew food.
- 4) Blends put a lighter digestive load on the body and that helps the digestive system to relax and detoxify itself naturally.

Blending gives you the live, enzyme rich, bio-photon rich, complete nutrient range of fruits, vegetables and roots that are full of natural living material. You may mix and match fruits, vegetables and roots as per your needs and tastes. For the most nutritious blends, mix 60% fruits and 40% vegetables. Cut them up into chunk sizes that are convenient to process in your blender, making sure that you remove all the seeds that are not edible.

Fruits, by virtue of different sugars present in them, contribute towards supplying the body energy, whereas vegetables contribute towards the building of mass via the supply of protein. So choose your proportions as per your needs.

If you are diabetic, hypoglycemic or insulin resistant, use a lesser amount of fruit or choose fruits that are not too sweet and focus more on dark green vegetables and leaves. Too much of sweet fruit in your blend can spike your blood sugar for a while, and if you make it a regular habit, it can also contribute to certain illness. Never add sugar to a blended mixture. I have explained why processed sugar is harmful in a later chapter. If you are not enjoying the taste of your blend because of too many greens, then add a date or two, or herbal stevia, palm sugar, or coconut nectar to sweeten your blend.

You should avoid adopting total vegetable blend diet for a long time due to three factors. Firstly, as explained earlier, you do not want to get affected by the minute toxin levels present in leaves by having the same leaves too often. Secondly, cruciferous vegetables such as lettuce, cabbage, radish, bakchoy, broccoli, kale, cauliflower and collards can cause thyroid function to slow down, which in turn, weakens bones in the long run. Finally, if you cut out fruits for a long time from your diet, you are likely to become glucose and energy deficient.

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

Avoid adding too many different vegetables or fruits in a single blend, because it will necessitate a higher complexity of the digestive juices to be prepared by your body for a single meal. Remember that each meal is a separate digestive cycle, and you can bring in the variety by having a completely different blend in the next meal. Learn to switch your fruits and vegetables every couple of days or so, following the principle of rotation of foods, so that you get varied nutrition. This will also ensure that the minute toxin content in green leaves has no negative effect on you.

An important point in blending is, do not mix citrus fruits with other fruits or vegetables, because citrus fruits such as orange, lime, lemon and grapefruit, break down very fast and putrefy if left open for even a little while. You can add watermelon to this list too. These fruits should only be blended with each other and always drunk immediately.

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

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

To read about health benefits of fruits, roots, and leaves that you can add to your blends, visit my webpage www.becomehealthyorextinct.com/naturalmedicine

Why am I not giving you a list of fruits for blending? It is because they ALL can be blended since they are our primary natural food.

With a little practise over time, you will figure out which are your favourite blends of juice and which ones do not agree with you. Never make a blend to be had a few hours later, because it will start decomposing very rapidly since it is fresh

and has no preservatives. Even refrigerating the blend only slows down the rate of decomposition. Always try and finish the entire blend you make at each meal. If you are going to store the excess blend, put it in a glass jar filled to the brim, so there is no air left in it to cause oxidation, and put it in the fridge immediately. It will probably retain well over 90% of the nutritional value if you do it this way and consume it within 12 hours.

Remember, when you are new to blending raw vegetables and fruits, it is a shift from your normal food, so make your blends tasty. Never force yourself to eat raw food that is not tasty, otherwise you will soon get fed up of what is going down your throat. Raw blends can be a lot of fun if you put some effort into finding the right recipes. People do not realize the amount of effort they invest into cooked food. There are many free e-books as well as printed books that have delicious blend recipes.

A list of curative blend recipes for various conditions:

Condition	Recommended Fruit Blend / Vegetable / Herb
Acne	(Pineapple + Cucumber + Apple + Ginger) Blend
Anemia	(Blackberry + Parsley) Blend / (Parsley + Grape) Blend / Methi
Anti-Oxidant	Pomegranate / Ginger / Turmeric / Oregano
Antibiotic	Turmeric / Colloidal Silver
Antiseptic	Neem
Antiviral	Turmeric
Antibacterial	Cinnamon / Basil
Antifungal	(Parsley + Garlic + Carrot + Celery + Kale) Blend / Garlic / Onion / Radish / Coconut Oil / Cabbage / Broccoli / Oregano
Arthritis	(Spinach + Parsley + Watercress + Carrot + Radish) / (Celery + Parsley) Blend / Ginger / Neem
Asthma	(Celery + Papaya) Blend / (Celery + Endive + Carrot) Blend/ Onions / Methi / Basil / Flax / Ginger
Bedwetting	(Celery + Parsley) Blend
Bladder Ailments	(Celery + Pomegranate) Blend
Bladder Infection	(Broccoli + Garlic + Tomato + Celery + Capsicum) Blend / Cranberry Blend

Condition	Recommended Fruit Blend / Vegetable / Herb
Blood Pressure (high)	(Carrot + Parsley + Celery) Juice / Lime Juice + Whey Powder / Apricot / Neem / Garlic (Grape + Carrot) Juice / Olive Oil / Celery / Avocado / Broccoli / Cantaloupe
Blood Pressure (low)	Parsley Juice / (Capsicum + Garlic) Juice
Blood Purifier	(Blackberry + Black Cherry + Parsley + Dandelion + Tomato) Juice / Neem
Bones & Connect Tissues	Pineapple / Beet / Broccoli / Roasted Flaxseeds / Banana / Cauliflower / Turmeric
Cancer reduction	(Apple + Cucumber + Celery) Blend / Turmeric / Neem / Apricot / Cabbage / Figs / Olive
Cholesterol reduction	(Apple + Cucumber + Celery) Blend / Avocado / Artichoke / Methi / Garlic / Pomegranate / Flaxseeds
Colds	(Watercress + Apple) Blend + 1/4 tsp Cream of Tartar / Pineapple / Garlic / Ginger / Methi (Apple + Carrot + Lemon + Ginger + Garlic) Blend
Colitis	(Spinach + Parsley + Beet + Carrot + Capsicum + Apple) Blend / Coconut Milk + Carrot Blend / Olive Oil / Turmeric / Ginger
Yellow Complexion	Grapefruit Blend
Complexion problems	1 Tbsp Apple Concentrate Blend + 1/2 glass Cucumber Blend + 1/2 glass Water
Constipation	(Cabbage + Celery + Carrot) Blend / (Spinach + Grapefruit) Blend / Celery / Cabbage / Carrot / Prunes
Cough	Pineapple / Methi / Ginger / Turmeric + Water
Detoxifying the Body	(Apple + Grapefruit + Watermelon + Ginger) Blend / (Carrot + Celery + Spinach + Parsley) Blend / Methi / Neem
Diabetes	(½ Cucumber + 1 Green Apple + ½ Bitter Gourd + 2 Celery Ribs + ½ Green Capsicum) Cinnamon / Avocado / Methi / Broccoli / Peanuts / Artichoke / Neem / Turmeric + Amla / Kadi Patta

Condition	Recommended Fruit Blend / Vegetable / Herb
Diarrhea	(Carrot + Blackberry) Blend / Apple / Banana / Sat Isabgul + Water / Pomegranate / Pineapple
Digestion improving	(Apple + Beetroot + Ginger + Carrot) Blend / Artichoke / Flaxseeds / Pineapple / Yoghurt
Eczema	Neem Oil + Cade Oil mix on skin in morning & Neem Oil in evening x 90 days
Eyesight	Apricot / Broccoli / Cantaloupe / Carrot / Neem / Grapes / Sweet Potato
Fat reduction	Avocado / Methi
Fatigue	Spinach / Beans
Fever	(Celery + Parsley) Blend / (Apple + Carrot + Lemon + Ginger + Garlic) Blend
Gall Bladder	(Radish + Prune + Black Cherry + Celery) Blend / (Carrot + Beetroot + Cucumber) Blend / (Prune + Black Cherry + Celery + Radish) Blend
Gallstones	(Beetroot + Radish) Blend / Green Vegetable Blends
Gas	Coconut Milk + Carrot Blend
Glands	Celery Blend 1 tsp + Wheat Germ + 1 tsp. Dulse
Goitre	Celery Blend, 1 tsp + Wheat Germ + 1 tsp. Dulse
Gout	(Celery + Parsley) Blend
Headache	(Apple + Cucumber + Celery) Blend / Ginger
Heart	(Carrot + Pineapple) Blend / Pomegranate / Alfalfa / Avocado / Banana / Cauliflower / Garlic / (Parsley + Alfalfa + Pineapple) Blend / Broccoli / Artichoke / Apple / Artichoke / Cabbage / Figs
Impotence	Celery Blend, 1 tsp + Wheat Germ + 1 tsp. Dulse
Immunity	Turmeric / Basil / Cinnamon / Thyme / Ginger
Indigestion	(Coconut Milk + Fig + Parsley + Carrot) Blend / Ginger
Infections	(Carrot + Blackberry) Blend
Insomnia	(Lettuce + Celery) Blend

Condition	Recommended Fruit Blend / Vegetable / Herb
Inflammation	Methi / Pomegranate / Turmeric / Ginger / Neem / Tulsi / Cinnamon
Jaundice	Tomato Blend / Sauerkraut Blend
Joint problems	Apple / Roasted Flaxseeds
Bladder problems	(Celery + Pomegranate) Blend
Kidney problems	(Celery + Carrot + Parsley + Asparagus) Blend / (Carrot + Cucumber + Beet + Spinach + Celery) Blend / Grape
Liver	(Radish + Pineapple) Blend / (Carrot + Beet + Cucumber) Blend / Pineapple / Carrot / Beetroot / Lime / Artichoke / Turmeric / Neem
Lungs	Apple / Orange
Memory improvement	(Celery + Carrot + Prune) Blend + Rice Polishing / Prune / Walnut
Menstrual cramps	½ pinch Turmeric + 1 Tsp Honey twice a day for 3-4 days / Ginger / Cornflakes / Flaxseeds
Migraine	Ginger
Morning sickness	Ginger
Motion sickness	Ginger / Indian Gooseberry (Amla)
Nausea	Ginger / Indian Gooseberry (Amla)
Nervous tension	(Celery + Carrot + Prune) Blend / (Lettuce + Tomato) Blend
Osteoporosis	Pineapple
Overweight, Obesity	(Beet Greens + Parsley + Celery) Blend / Cinnamon
Perspiration	(Celery + Prune) Blend / (Cucumber + Pineapple) Blend
Piles	(Parsley + Spinach + Carrot + Capsicum + Tomato) Blend / Cabbage / Peaches
Prostate problems	(Spinach + Kale + Collard + Dandelion + Tomato) Blend / Watermelon / Pomegranate Blend / Cauliflower / Grapefruit

Condition	Recommended Fruit Blend / Vegetable / Herb
Psoriasis	Neem Oil + Cade Oil + Lavender Oil mix on affected skin twice a day x 6 months / Turmeric
Relaxation	Apple / Pineapple / Mint / Lime / Ginger
Rheumatism	Alkaline Green Blends / Turmeric / Neem
Skin problems	(Cucumber + Parsley + Alfa Alfa Sprouts + Mint) Blend / (Carrot + Capsicum + Spinach) Blend / Garlic / Neem / Turmeric
Sore Throat	Watercress + Apple Blend with 1/4 tsp pure cream of Tartar / Turmeric + Water / Salt Water gargle
Stomach Infection	(Carrot + Blackberry) Blend
Stomach Ulcers	(Spinach + Grape) Blend / Cabbage / Neem / Celery
Stomach upset	(Grape + Strawberry + Apple + Mint) Blend / Banana
Stress	Tomato / Carrot / Coriander / Broccoli / Celery
Teeth	(Beet Greens + Parsley + Green Kale + Celery) Blend
Thyroid	Apple / Celery / Seaweed / Nettle Tea / Dandelion Tea
Jetlag, Hangover	Apple / Orange / Carrot / Beetroot
Ulcers	Broccoli
Vitality	1 Tbsp Apple concentrate + 1 Tbsp Almond Nut Butter + 1 cup Celery Blend
Weight Improvement	(Coconut Milk + Fig + Parsley + Carrot) Blend
Weight Reducing	(Parsley + Grape + Pineapple) Blend / (Cucumber + Beet + Radish + Apple + Carrot) Blend / Cabbage / Ginger / Figs
Youthfulness	(Cucumber + Radish + Bell Pepper) Blend / 2/3 cup Concord Grape Blend + 1/3 cup Pineapple Blend

+ is used where the fruits / vegetables have to be added together. You can blend equal proportions most of the time, but lean towards proportions that suit your taste and also be cautious about the quantity of spices like garlic / ginger / radish.

/ is used where the fruit / vegetable / herb etc. is an alternative to be had by itself.

For the Hindi names of fruits, vegetables and spices mentioned above, please visit www.becomehealthyorextinct.com/glossary

A Tip: Start with making tasty blends first. If your taste buds have spent all their life being pleased by the strong flavors of spices and herbs in cooked food, they are going to seek that level of taste from blends as well. Only once you get off strongly flavored foods and have more of raw food and raw blends for more than 21 days will your taste buds start functioning normally again. Only then will they begin to get the wonderful tastes in even the simplest of vegetables like a cucumber, on which you earlier needed to sprinkle salt and pepper for taste.

If you make your blend thicker, then you will naturally tend to chew it or swirl it in your mouth for a while before swallowing it. Now this is a good thing, because it gives time for saliva to mix well with the blend and better digest it. Remember, fruits were meant to be eaten, and it is the chewing action in the mouth that gives the time for saliva to be mixed well with the fruit contents for its proper digestion.

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

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

When you get into about a week of blending, twice or thrice a day, you may find some of your illnesses getting a bit worse. This is nothing but your body going through a detoxification phase, where it is releasing all the old toxins accumulated in your body.

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

- 1) Fruits, vegetables, and roots, whose skin needs to be peeled off, should be washed in running tap water at least once before they are peeled.
- 2) It is necessary to clean fruits, vegetables and roots that are to be eaten without peeling off their skin. Washing them with a scrubbing action under running tap water will dislodge natural dirt and germs on them. After that, wiping them off firmly with a clean cloth will remove traces of pesticide.
- 3) When you plan to use vegetables or roots that cannot be skinned, such as leafy vegetables, soak them in potassium permanganate water, sea salt water, or baking soda water for 10 minutes to kill any germs. Then agitate them in the same water to dislodge all traces of mud. Finally rinse them under running tap water and shake off the water before using them.
- 4) Adding some colloidal silver water to your blend will help kill the germs, since it is antiviral, antibacterial and antifungal, but this kills good bacteria as well.
- 5) You can also use a frequency zapper to kill all the germs present in the blend, but this will also kill the good bacteria in it.

If you do not clean your raw fruits, vegetables, sprouts, and roots well, raw food may not end up being so good for you after all, because you can get harmful bacteria like salmonella, listeria, E. coli, campylobacter, and streptococcus from unclean raw food.

If you going to be lazy about cleaning raw foods, then you might be better off with cooking fruits, vegetables, sprouts and roots that cannot be cleaned, peeled, or scraped properly. Cooked vegetable dishes and vegetable soups are still a good option, though not as nutritious as raw foods.

People who have weak guts or suffer from conditions such as Irritable Bowel Syndrome, Amoebiasis, Colitis, Gastritis, Piles and Diverticulitis are advised not to use raw vegetables or uncleaned fruits in their blends, as even a small amount of pathogens getting into their digestive system can cause worsening conditions.

Free Radicals and Antioxidants

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

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

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

It is important to understand yet again, that it is the protective mechanism of the human body to produce these free radicals as a reaction to the presence of unnatural substances in the human body. If it did not do this, these substances would engage in harmful cellular reactions and there would be disruptions at

more critical levels of homeostasis. Free radicals damage the cells in our body and make us vulnerable to disorders and diseases such as coronary heart disease, stroke, cholesterol, hypertension, arteriosclerosis, atherosclerosis, emphysema, Alzheimer disease, diabetes, cataract, arthritis, nephritis, cancer, and AIDS. They also cause inflammation, impair the functioning of the immune system, and hasten the aging process by oxidation of the cells.

When the cells and arteries of the human body experience irritation, damage and inflammation, they send trauma signals to the brain, and the brain in turn signals the liver to release more cholesterol in the blood. This cholesterol delivered through the arteries covers the damaged sites and assists in the repair of their cells. This is the real reason as to why cholesterol in the body goes up and it is also the root cause of clogging of arteries and related heart disease. When these cellular irritants are removed, cholesterol gets automatically down regulated and heart disease consequently reduces in severity.

The easiest way to prevent the above degenerative diseases is to reduce the intake of all inorganic substances and unnatural foods such as meats. As long as we have these oxidizing substances, we are bound to have a high amount of free radicals in our bodies. This is where antioxidants come to our rescue.

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

Now the first problem is that the body cannot make all the antioxidants required. The second problem is that the body's capability of making antioxidants reduces with age. Fortunately, most of the organic vegetables, fruits, and sprouts we eat are loaded with potent phytochemicals that act as antioxidants. The closer they are to being harvested, the more potent these antioxidants are. This is another reason why we should consume most of our fruits and vegetables in a ripe and fresh state without cooking them or storing them for a long time.

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

Besides fruits, vegetables, sprouts, and some seeds such as cacao beans, other foods that have strong anti-oxidant properties are herbal teas and coconut oil. They are widely available and convenient to use in daily life.

Herbal Teas

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

Green Tea

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

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

To give green tea some added flavor and to treat sinuses, cold, inflammation, and pain, add some powdered or freshly crushed ginger after brewing. Powdered cinnamon also gives green tea a wonderful flavor. It helps to lower diabetes, high blood pressure, and cholesterol. In addition, it supports digestive function and helps relieve pain and stiffness of muscles and joints. It also prevents tooth decay and gum disease.

Tulsi Tea

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

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

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

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

See medicinal benefits of herbal teas here www.becomehealthyorextinct.com/tea

Coconut and Coconut Oil

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

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

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

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

Coconut oil gives the body important antioxidants that help build stronger cells and improve overall health. So, switching to coconut oil for your frying needs and adding grated coconut to some of your food recipes would be a good cooking choice. Coconut oil is very stable and does not go rancid for up to three months, even when stored at room temperature. What is more is that it is alkaline.

Perhaps the greatest advantage of coconut oil is that it goes directly to the liver where it is metabolized like a carbohydrate and gets converted into energy. This is in contrast to the other oils, which get stored as fat in the body or precipitated out as waste. So coconut oil is actually a nutrient that gives you energy. Simply rubbing a little fresh coconut oil on your gums and teeth can keep them stronger and healthier than any other dental treatment. This is because it kills bacteria in teeth. In fact, coconut oil, mixed with tumeric powder is excellent toothpaste that is highly antibacterial and antifungal. It whitens the teeth better than any other toothpaste. Using this toothpaste just before going to bed at night gives the advantage of traces of tumeric and coconut oil remaining in the gums for a good overnight bacteria-killing action. The best coconut oil you can use is the organic cold pressed unrefined variety because the liver easily digests it. This oil is made by naturally drying out the coconut kernels and then cold milling the oil out, without any further heating or processing. Another variety called virgin coconut oil is made by scraping out the ripe flesh of the coconut and then cold pressing the milk out of it. This milk is then churned and left to stand, so that the oil separates out. Since this involves more work, this variety is generally more expensive, but it is considered better for skin applications and it has a sweeter fragrance.

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

Cold pressed coconut oil also makes superb topical oil that can help to naturally rid the skin of dangerous toxins. It also gives the skin the perfect mix of hydration and antioxidants that it needs to stay healthy, smooth, and younger looking. Commercial skin creams can introduce fats and oils into the skin that break it down over time, making it look older. In contrast, coconut creams can actually replenish the skin, giving it a more youthful and healthy glow than most other skin care products available in the market. Coconut oil is not only a good moisturizer

for the scalp that nourishes hair roots, thereby preventing hair fall, but it also keeps the scalp free from bacterial and fungal growth. It is also effective in treating various skin problems such as psoriasis, dermatitis and eczema.

Could you really ask for more than this of an oil?

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

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

You can have up to one tablespoon of coconut oil twice a day as a therapeutic dose to kill excessive yeast, though you may need to work your way up to that amount. If you are getting up to four tablespoons from your fried food daily, that should suffice too. Many vegetarians or vegans have low cholesterol levels, and they can very effectively use coconut oil to increase their cholesterol levels. For those having high cholesterol, taking only high quantities is harmful.

Consuming a healthy saturated fat such as coconut oil can not only help repair the inflammation problem that promotes the progression of Alzheimer's, but it can also increase the absorption of cholesterol in the brain, which in turn promotes healthy neuronal function. When the body metabolizes the medium-chain triglycerides present in coconut oil, it forms ketones. Ketones are an alternative energy source for brain cells, for people suffering from dementia and Alzheimer's, who have difficulty absorbing energy from glucose.

Many populations across the world, who consume a lot of saturated coconut oil, have all shown nearly non-existent rates of cardiovascular disease. Those eating diets high in coconut products are healthy, trim and free from heart disease despite the high fat concentration in their diet.

Now just because coconut oil has many anti-microbial properties and it is also a nutrient for the body do not take this as an incentive to indulge in fried food. In a later chapter on cooking oils it is explained why fried food is bad for health and how they contribute to diabetes and other cardio-vascular diseases. It explains how heating oil makes it lose its nutrient value as well as medicinal properties.

Digestion

So far, I have given you an understanding about healthy sources of nutrition. Now that you know what to feed your body, it is time to work on how you feed it.

Surprised that I have to explain this as well, especially since you think that it is pretty obvious? But the truth is that what we commonly follow are many unhealthy eating habits of modern living. In order to understand healthy and unhealthy habits, we first need to understand some basic principles of digestion.

Parameters of good digestion and their benefits:

Parameter 1 - The digestion process must be quick.

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

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

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

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

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

Our bodies use the least amount of energy for digestion when we eat foods that are meant for our digestive tracts. The list of good and bad foods is given in the next topic.

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

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

By energy content, I mean the live biophoton energy and the nutritional energy we get from chlorophyll, minerals, vitamins, enzymes, proteins, carbohydrates, hydrocarbons, starch, fibre, sugars, and natural fat contained in the food we eat.

This parameter is the highest in raw fruits, raw vegetables, raw leaves, raw roots, raw nuts, raw sprouts, and cooked beans, grains and cereals. It was not easy to measure this parameter in the past, and that is why it is not referenced much in books on nutrition. Nowadays, even though it is measurable with modern technology, you will not be educated about this parameter by our scientists. This is because you will end up throwing out 80% of all the packaged food in your house and that is certainly not what your big food suppliers want.

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

Understanding the needs of the human body

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

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

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

Food Choices – Don'ts

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

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

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

Do not eat stale food, because it is partly decomposed, and bad bacteria if present, multiplies considerably. Stale food is food that has been cooked days ahead and not preserved well. Food that is reheated and cooled many times also becomes stale.

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

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

Don't eat foods that are very spicy or that have too much sugar or sea salt.

Avoid food having artificial preservatives, taste enhancers, stabilizers, and coloring. They form toxins that destroy the good bacteria in the digestive system.

Avoid food that has been grown unnaturally with the help of unnatural fertilizer, unnatural pesticide, and synthetic hormones.

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

Stop having soft drinks that have processed sugar in them. Acidity caused by one such drink takes about 30 glasses of water to neutralize. Acidity causes aging and chronic illnesses.

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

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

Food Choices – Do's

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

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

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

Eat probiotic foods daily, as they help rebuild healthy gut microflora.

Shift to non-gluten grains. Have the healthy grains you have so far missed out.

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

Food Habits – Don'ts

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

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

Do not sleep in a horizontal position for at least 2 hours after any meal. This hampers the flow of food and in turn, the digestion process. Peristalsis does help food move in the intestines, but sleeping horizontally gives it a big resistance.

Do not sleep flat on the stomach as it hampers digestion and healthy breathing.

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

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

Food Habits – Do's

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

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

When eating, chew your food well. This ensures that food gets mixed well with the enzymes in your saliva, and the size of the food particles also get reduced considerably, enabling digestive juices in later stages to work faster.

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

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

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

For Suryanamaskar lookup www.becomehealthyorextinct.com/suryanamaskar

Laws of The Human Body

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

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

The stomach and intestines have a much tougher time processing a complex meal, such as a buffet meal. The huge variety of food necessitates a high mix of various digestive juices that the body needs to produce. The body spends a lot of energy producing these digestive juices and also during the absorption stage. About 80% of the energy derived from eating processed meat is used up in digesting the meat itself, so just 20% net energy goes into the body's reserves. It is the reverse if you eat a raw fruit or vegetable meal, where just 30% of the meal's energy gets used up in digestion, so 70% goes into the body's reserves.

Combining too many different food groups together in a single meal causes acidity, bloating, constipation, fermentation, candida overgrowth, obesity, blood impurities, rashes, mucus, spots, and difficulty in gaining or losing weight. If you feel full and heavy most of the time, it is because your digestive system cannot cope up with the amount of food that you eat. This creates more health problems. We should instead eat simple meals that digest quickly and make us feel light and energetic.

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

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

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

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

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

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

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

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

The next time your body will feel an appetite for bananas, is when the nutrients from the banana are all used up by your body and there is a need for replenishing them. The principle of rotation of foods as per the natural choices of our senses is the most important principle of nutrition.

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

When people who do not have body conditions that need a daily supply of certain fruits, follow such eating rules, the excess nutrients are not assimilated by the body. They get passed out as waste. However, if you do not feed the body anything else but bananas every day, then yes, the body will not pass out its nutrients as waste since it will not choose to starve. It will make the best use of what you feed it. Sadly, this is what some people do, which is, give the body a very limited range of nutrition.

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

Food Combination

Even though meats are an unhealthy food choice, if you still choose to eat meat, do not combine raw salads or lightly cooked greens with them in the same meal. This may not be what many dieticians and nutritionists advise you even today, because they think that eating alkalizing veggies will offset acidity from meat.

The problem is that these people do not understand the following:

- 1) Both these foods have extremely different digestion times. The meat takes the longest, and the raw salad or cooked greens take much lesser time. So, in the stomach, the broken down veggies have to wait for the meat to break down. During this wait, the veggies get putrefied to some extent, because the stomach does not release the meal into the duodenum till the highly acidic pH required for digesting meats is reached. It is only when the epithelial cells in the stomach sense the broken down constituents of the meat, that the entire meal will be released into the duodenum.
- 2) The veggies get unnecessarily exposed to stronger pH of Hydrochloric acid than what is required for their break down. This degrades their life energy and nutritional content.
- 3) No amount of veggies will make such a meal alkaline. The pH of the entire food mass has to be brought down to the required level to break down the meat. Without attaining the required pH, which in the case of some meats may be 2.5 pH, the food will not be released to the duodenum. There is no way the body will bypass this step, because there are no other organs further down in the digestive tract that will do this exact job.

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

Can you eat fruit all by itself? Anytime, is it not?

Do you need something else on the side to help you eat fruit?

So, are you picking up the same message once more?

Fruits are our natural food and that is why they can be eaten all by themselves.

Ideally we should eat a single type of fruit, or at the most three different fruits as a complete meal, mixing nothing else. The next best option would of course be a blended juice of the fruits and after this comes the option of fruits blended with vegetables or leafy greens.

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

Having cooked grains with a raw salad is also not ideal, because of their different digestion times. Cooked vegetables with cooked grains are a better combination.

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

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

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

Fruits do not combine well with dairy.

Some of the foods that do not combine well are:

Honey with ghee.

Beans with fruits or dairy.

Tapioca with fruits or grains.

Radishes with bananas, raisins or dairy.

Lemon with cucumber, tomatoes or dairy.

Cereals, starches, grains or eggs with dairy.

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

Yoghurt with fruit, cereals, starches, cheese, eggs or nightshades.

Isn't dairy standing out as the odd one here? More on why it is so, later.

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

Fruits or fruit + vegetable blends, or vegetable soup for breakfast; grains with gravy or curry + cooked vegetables, or cooked meat for lunch, and salads, cultured vegetables or vegetable soup for dinner is one such rotation. In between two meals eat dry nuts. Doing this will give you proper nutrition of vitamins, carbohydrates, hydrocarbons, fats, protein, enzymes, natural sugars, fibre, starch, and all other nutrients you need in a single day. You can keep the same menu for a couple of days and then change it to a very different selection. This routine will give you varied nutrition through the week.

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

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

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

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

Having the lightest meal at night helps to keep your digestion light, because there is very little body movement to assist your digestion when sleeping. It will also lessen the accumulation of food in your intestines and reduce a potbelly.

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

People are beginning to understand this following amazing truth.

You Become what You Eat !

The most important principles of healthy food intake are:

- 1) An approximate balance of 80% alkaline and 20% acidic food each day. Low levels of hot spices in cooked food helps food retain its alkalinity.
- 2) Daily consumption of raw foods such as fruits, vegetables, leaves, roots, sprouts and nuts.
- 3) Lesser variety of food per meal, as this facilitates efficient digestion and also a lesser load on the digestive organs, keeping them healthier in the long run.
- 4) Rotation of foods - Different meals through the day that account for variety and all round nutrition. Vary the day's content at least twice a week.
- 5) Eat healthy food combinations. Wrongly combined foods create toxic waste.
- 6) Do not over eat any one type of food for too long. The exception to this is fruit, because fruits have no toxins; they were made to be eaten regularly.
- 7) Have as much natural and organic produce as possible.
- 8) Eat foods that have a lot of healthy gut bacteria, such as fermented foods or cultured vegetables.
- 9) To remain healthy and full of life and vitality, eat at least 30% of your vegetarian food raw. It includes your daily dose of fruits and salads.

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

Only a kapha body type (prominence of earth & water elements) can remain healthy on a 100% raw diet, because they have an abundance of earth and water elements that balance the high air and space element characteristic of the 100% raw diet. A pitta body type (prominence of water & fire elements) can only do upto 75% raw diet and a vata body type (prominence of air & space) can only do upto 50% raw diet. If a vata body type eats more than 50% raw food, they will experience excessive weight loss, dry skin, hair fall, flatulence, IBS, joint pains, excessive thinking, impatience and insomnia. Similar conditions as well as short temperedness show up for a pitta body

type if they do more than 75% raw. This is the state of city dwellers who do not get a daily dose of the 5 elements of earth, water, fire, air and space from nature itself. They need B12 and D3 supplements because they don't get spring or well water and they don't get enough sun on their bodies and they are not eating the minimum amount of raw organic food. This is what I missed explaining at the end of my TEDx talk on food due to the limited time given which gave people the impression that I advise only raw food.

Only a person living in nature who walks barefoot, drinks spring water, breathes healthy oxygen from trees and gets sun on their bare bodies can thrive on a 100% raw diet consisting of fruits, vegetables, leaves, flowers, stems, roots, nuts, seeds, sprouts, peas and grains. The deeper understanding of the nutritional relationship between the 5 elements of nature and the human body is given in a later chapter - The 5 Elements Therapy.

Nutrition changes according to the Earth changes as per time cycles. In 2000 years we will thrive on a 100% raw diet of fruits, vegetables, nuts, seeds and roots. After another 3000 years we will thrive on a 100% fruit diet. After that we will live on water, air, sunlight and Earth energies. This is what happens in ascending time cycles and just the opposite in descending time cycles.

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

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

Some of the best options of getting locally grown produce of the season would be to grow it in your own backyard or community farming center or get it from an organic farm nearby. Was this not the setup in earlier times when people lived in towns and villages? Food was grown very close by to reduce the transit time and retain freshness

Add the earlier listed Food Habits and Food Choices to the above 10 principles of nutrition, and what you will have is a complete system of nutrition that is in accordance with the laws of nature and the laws of the human body. You may see many chronic illnesses going into remission just by following these principles. Do not view them as new rules or limitations, because in truth, they are not. They are just natural laws that help us have good health and long life. Deviation from these natural laws and habits has created most of our problems related to digestion and chronic illnesses.

Eat Right for your Constitution

All that I have written about food up to this point in this book is commonly applicable to people of all ages, races, and cultures. Beneath these universal and higher laws of nature are smaller differences that make each one of us unique. The way an individual's body handles food depends on the balance of the natural elements within his or her body, as well as the resultant environment that each person's body creates within itself, which is a summation of its genetics, the external environment, habits, food choices, illnesses experienced since birth, and finally, the state of the mind as well.

There are many recently developed models of nutrition such as the "Eat Right for Your Blood Type" model and "Eat Right for Your Nutritional Type" model. Although many people follow these models, few report lasting health benefits and that is because these models have some flaws.

- 1) They are based on principles that ignore some of the most fundamental laws of nature and workings of the human body, which I have already explained.
- 2) They are formulated by data from studies that focus on specific groups of people or people in specific locations, for example the USA. Can health studies on Americans who have been on the SAD (Sad American Diet) diet for the last few generations be used as a proper reference, when the SAD diet itself is fundamentally flawed? This diet has caused a shift in the internal body syndromes of their entire population, and the current suitability of certain foods or their incapability of digesting other foods, is only a flawed response from a degraded body.
- 3) The working class lifestyle changes have not only changed the energetic needs and nutrient requirements of the body, but also disconnected the body from the elements of nature, thereby making it incapable of assimilating certain nutrients. These lifestyle changes have created certain unnatural rhythms and incapacibilities within the human body that have also manifested as lifestyle diseases. These disturbed constitutions also give the impression that there are different types of bodies that need specific types of nutrition.
- 4) The type of work we do also gives an impression that we belong to a certain nutritional type. If you spend energy in frequent short bursts through the day, then regular doses of fruit or simple carbohydrates will fit your nutritional needs. If your work is continuous, then complex carbohydrates, which break down slowly and supply constant energy to the body, may seem to satisfy your needs. If you do labour intensive tasks and lose muscle mass every day, protein is the food your body needs the most. These are all just conditions the body adapts to over a period of time and not its fixed nature.

- 5) Many people are capable of eating only certain types of food due to their underlying diseased states. For example, a gluten intolerant or lactose intolerant person may have most of his microvilli damaged, sometimes initially due to infections, and then later due to the over consumption of these foods. This makes them incapable of digesting certain other foods as well. This does not mean that they should get classified into a different nutritional type, because that is not the solution. Instead, the focus must be on how to prevent the destruction of microvilli.

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

Doshas are the invisible principles that express themselves not only through our instinctive inner choices such as preference of foods, colors, fragrances, and environment, but also our external attributes of appearance, attitudes, behaviour, and values. Once you study this topic, you will be amazed that many of our choices are not really mental, but constitutional, and not really self-directed, but guided by nature within us.

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

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

If you want to understand your body constitutional balance and which dosha diet is good for you, visit my webpage www.becomehealthyorextinct.com/doshadiet

If you are not really keen on understanding your body type to fine-tune your diet, then keep it simple by following your natural instincts. If certain foods are not good for you, then after consuming them, you will experience some negative effect, or they throw your body out of balance within a day or so. Just avoid such foods in the future. You may not be able to figure out every time why you have a certain food allergy or intolerance, so just accept it as part of your uniqueness.

People who follow a 100% vegetarian or vegan diet and still do not fare well on it, might have adopted bad lifestyles and habits that inhibit the natural nutrition absorption capability of the human body, and that is why they cannot extract nutrition from a vegetarian diet. They should go through this book with a fine toothcomb and see which of the natural laws they are violating.

The following arguments favor a simpler and more universal diet system:

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

Common Foods that ruin our Health

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

How would you judge something as natural as water? You require it daily in life, but do you know what too much of water can do to you? If you drink too much of water at one go, you could collapse from a condition known as hyponatremia.

So could we be having some foods in excess that are harmful for our health? What if those foods are not even our natural nutrition? Would not the damage be even worse? Let us analyse some prominent foods that are part of our daily diet.

Sugar

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

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

Answer: Yes.

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

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

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

Answer: For variety, we could have had a different sugar from a different fruit every day of the month. So having the same source of sugar everyday amounts

to 30 times an overdose. Even if we have just 10 different fruit or plant sources of sugar where we live, it would still be overdosing thrice.

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

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

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

Answer: Because humans are the most complex being on this planet, and we need a good range of nutrition. That is why our taste buds love the variety. If not, our tastes would have been pretty simple like the cows, feeding on just grass.

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

Answer: No, he treated it as one of the sources of food in season, just like others.

Question: So why should sugarcane be our daily source of sugar?

Answer: It is easier to grow sugarcane on a mass scale and harvest it quickly with lesser effort. This serves the sugar producers since the turnaround time of sugarcane is fast and money can be made quickly. Sugarcane is not like a fruit tree; where one has to wait for a few years, first for the tree to grow, and after that, expect just one crop per year. It gets worse when trees sometimes skip a season of bearing fruit.

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

Answer: Since modern cuisine virtually cuts out fruits from our daily diets, the human body gets starved of one of its most basic sources of energy, fructose contained in fruits. It is only to make up this deficiency that the body craves sweetness. But instead of supplying the body with various fruits from where it can get its sugars naturally, we give it just cane sugar, which is harmful, because it is processed with inorganic chemicals. To make matters worse, we put this processed sugar in various un-natural foods and thus fool the body into eating those foods as well. A sweet tooth is not a characteristic to be proud of, because it is actually a state of deprivation induced by starving the body of natural sugars.

We eat so many sugar containing foods at regular intervals every day of our lives that our pancreas constantly get overworked and fatigued by producing high amounts of insulin to cut down this constant elevated sugar content in our blood. This is why our pancreas fails to remain healthy for even one complete lifetime. The failure of the pancreas to produce enough insulin is labelled as Diabetes

Miletus (Type I Diabetes). High levels of sugar in the blood also cause the adrenal glands to secrete epinephrine, which in turn, forces the breakdown of more sugar from the muscles and liver into the blood, which inevitably raises the blood sugar again. Diabetes is just one of many diseases caused due to elevated levels of sugars.

Do you know what happens when you give a pathology laboratory any of your bodily fluids like blood, urine, or saliva for a test to see if you have infectious microorganisms in your body? Often they will put your sample in a sugar solution to multiply the number of microorganisms so that they are clearly visible and identifiable under a microscope. Yes, glucose is used as a growth medium for microorganisms. So elevated sugar levels in the body enable the growth and multiplication of all parasites, mould, fungus and bacteria present in the body.

Try this out yourself - make a sugar solution and apply it on various surfaces around your home and within a couple of days you will see fungus or mould or bacteria growing on it. You will also see ants and other tiny critters come to feed on it, because they all live off glucose.

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

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

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

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

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

The other problems that elevated sugar levels cause are:

- 1) Depletion of critical electrolytes such as potassium, magnesium, calcium and sodium, leading to cellular dehydration and chronic muscle spasms.
- 2) Depletion of trace minerals such as chromium, copper, and zinc that help sensitize cells to insulin.
- 3) Depletion of trace mineral stores in the brain and opening up of the blood brain barrier, which allows toxins and other heavy metals to accumulate in brain tissue.
- 4) Depletion of anti-oxidants such as glutathione, vitamin C and vitamin E.
- 5) Inhibition of cellular protein synthesis, resulting in dysfunctional bone, muscle, and joint chemistry.
- 6) Destruction of nerves, leading to chronic pain, neuropathies, vision disorders, and accelerated organ dysfunction.
- 7) Creation of tissue damaging Advanced Glycolytic Enzymes (AGE's).
- 8) Inhibition of Human Growth Hormone (HGH) and elevation of cortisol levels.
- 9) Impairment of several physiological homeostasis processes within the body.

- 10) Decreased functioning of two blood proteins, albumin and lipoproteins, which reduces the body's ability to handle fat and cholesterol.
- 11) Induces cancer cell division and proliferation, inhibits mechanisms that slow down tumor growth, and that inhibit programmed cell death.
- 12) Negative gene changes and reduced functioning of the immune system.
- 13) Hypertension, hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
- 14) Tooth decay and skin aging, by changing the structure of collagen.

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

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

Instead of all processed and synthetic forms of sugar, if you have at least two wholesome servings of fruit a day for more than 21 days, you will be surprised to see all your cravings for sweets and sugary delights disappear. The healthy forms of sugar that you can mix with food are herbal stevia, date paste, coconut nectar, palm sugar and lo han extract. You can also use pure glucose (dextrose) as a sweetener since it is safer.

If you have unnatural sugar cravings from infections like Candidiasis, follow the protocol given on my webpage www.becomehealthyorextinct.com/candidiasis and solve that problem.

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

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

Milk

The issue of whether milk is good for health has become a highly contentious issue, because of all the 'education' that was hammered into the brains of the masses and it continues daily now as well by the agencies that stand to profit from the production and sale of milk. This is why it becomes necessary to look at each and every aspect of milk. So, let us look at the macrocosmic aspects first.

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

Answer: None, except the Humans!

We have no natural craving for milk; we are forced to drink it. Evidence of this is the behaviour of most children above the ages of 3 or 4. They refuse to touch a glass of milk after that age since they simply cannot stand the taste or smell of it anymore. That is why they throw tantrums like spilling it on the floor, staring at it indefinitely, and even dashing out of the room once it is given to them. To force them to drink milk, we have made countless milk powders with all their wonderful flavors. Remember that we must fool our senses every time so that we can eat food not meant for us. The milk powders fool the child's senses of taste and smell. It is the same with adults. We add sugar and flavored corn flakes to milk, and enjoy only flavored milk shakes and flavored ice creams.

So there must be some really strong reason why children do not like milk after a certain age, right? But first, let us answer an even more fundamental question.

Question: Why do mammals produce milk?

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

As per this natural cycle, a mother also stops lactating once this period of 2-3 years is over, unless she has another baby. In tune with this, a baby beyond 2-3 years of age also naturally stops craving milk. The baby instead, starts craving other natural foods of the world because its teeth and digestive system are developed and ready for them. If a mother forces her baby to feed on her breast then at 2 years when teething begins, the baby aggressively bites around the mothers nipples causing her sores and invariably breast feeding cannot continue. How far away from natural instincts can we get to not see even this?

One more important fact that supports the shift in food preference - Once babies cross the age of 3 years, their bodies stop producing two very important digestive enzymes, namely rennin and lactase that are necessary for the complete digestion of milk. Why? Because the human body is designed to start digesting new foods other than milk. After 4 years of age, most people begin to develop lactose intolerance, (the inability to digest the protein and sugar in milk), because they lack the digestive enzyme lactase. Lactose-intolerant people who drink milk may experience stomach cramps, gas, and diarrhea. Studies show that around 75% of the world's population is lactose intolerant.

Question: Which mammals on the planet drink another mammal's milk?

Answer: None, except the human. It is time to accept another fact - We steal it from other mammals! They do not give it to us of their own free will.

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

Answer: You may suspect that it isn't, but let's look at some hard facts anyway.

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

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

As cow milk contains 3 times more protein than human milk, by drinking cow milk, we are subjecting the human body to 3 times the concentration of the protein it requires. Such an overdose causes problems. The simple fact is that, if the human body could do with such high density of protein, human milk would itself have had it. Now, when this high concentration of protein is metabolized and absorbed as amino acids, it results in acid formation in the body. As explained earlier, this is the very same low-lying level of acid in the system that is responsible for the leaching of calcium from our bones and magnesium from our

muscles. That is why the highest number of osteoporosis sufferers are found in the western world, where dairy consumption is the highest. Very few dairy products are consumed in eastern countries such as China and Japan, which also happen to have the world's lowest rates of osteoporosis. Cow milk, advertised as a rich source of calcium supply for the human body, in fact, causes the leaching of the existing calcium from our bones.

Cow milk actually curdles in the human intestine, forming a filmy coating, which prevents the digestive system from absorbing other vital vitamins. It also increases mucus formation, leading to catarrh, chronic coughs, colds, and sinus blockage. Cow milk causes colic pains and disturbed sleep in babies, acne, pimples, cysts, fibroids, mumps, anemia, atherosclerosis, heart disease, high bp, pneumonia, gallstones, kidney stones, tumors, cataract, allergies, dental problems, and gastrointestinal problems such as acidity, constipation, bloating, stomach cramps, dysentery and flatulence.

The high fat content in milk adds to the muscle cell fat thereby increasing their insulin resistance. Moreover, milk contains insulin-like growth factor 1 which causes acne. It also blocks the insulin receptors thereby increasing blood sugar and Diabetes. Studies show higher rates of cancer when IGF-1 rises in the body.

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

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

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

Answer: From eating plants, herbs, and fruits because that's where calcium is.

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

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

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

Answer: Well, it is a debate on cow's milk, which is quite irrelevant to us once we have understood that cow's milk should be left to the cows. But let us consider the debate because some of our 'experts' are having big fights over it.

Raw milk is fresh milk taken from the udder of a cow and consumed within ½ hour without treating the milk in any way. Raw milk contains live nutritional content like proteins, amino acids, helpful bacteria and living enzymes. If this milk is not consumed within ½ hour, the bad bacteria present in the milk start multiplying at a very alarming rate, which makes the milk unsafe to drink. To make it safe for consumption later, milk needs to be pasteurized, which means, heating it to about 65deg C to kill all the harmful bacteria.

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

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

The truth is that nature did not create milk with all these botherations in mind. Milk was meant to be suckled by the baby straight from the mother's breast. There was no need to store the milk till it got bad. The few bad bacteria present in fresh mother's milk was easily handled by the baby's own immune system. There is no reason to boil mother's milk in this natural scenario. But since we are hell bent on not following nature, we get saddled with all these unnatural problems to which we have found unnatural solutions!

Now can we even call these solutions?

Let us answer another fundamental question on the next page.

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

Answer: As long as mothers lactate up to the first 2-3 years of their baby's growth, there isn't. Perhaps, there is need only when mothers do not naturally lactate enough to support their baby's initial growth. We cannot really blame mothers for this, because the present day quality of life and the deterioration of the human body do take their toll. Many working mothers choose to stop breastfeeding their babies after just a few months, as they need to go back to work. This is perhaps the most damaging choice a mother can make for her child, because it takes a toll on the baby's healthy growth and future immunity. This not only disturbs the entire transition cycle from breast milk to natural foods, it also sabotages the formation of good populations of healthy bacteria within the child's gut that are initially supplied in small quantities through mother's milk.

Some more facts about cows and their milk:

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

Factory-farmed cows are also administered antibiotics on a regular basis, because they often fall sick from the unnatural and unhygienic living conditions in farms. All these antibiotics come into the milk and the meat of the cows. They are also subjected to all sorts of torture throughout their lives, which make them secrete stress hormones into their milk and this milk we gladly consume. Besides this cows are often fed grass and other greens that are treated with pesticides. They are often fed genetically modified corn and soy, cottonseed, animal products and all sorts of unnatural foods to speed up their growth.

During pregnancy a cow's estrogen level shoots up to 30 times the normal and since the milk industry continually milks the cow during this period as well, such high levels of hormones are contained in the milk we drink. This, along with the growth hormones in cow's milk are the primary reason why young girls nowadays are physically maturing before their time and much before their mental faculties catch up. It is also the reason we see young boys growing faster and having bigger builds than their parents. If you track the health of all these youngsters,

you will find them prone to various illnesses, such as internal organ weakness, hormonal imbalance and obesity by the time they are just 20 years. High estrogen levels trigger fat deposition and consequently diabetes as well.

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

Milk drinkers would be doing not only themselves, but also the entire animal kingdom a big favor by getting off milk from other species. The many alternatives to animal milk are coconut milk, sesame milk, almond milk, cashewnut milk, hazelnut milk, macadamia nut milk, brazil nut milk, groundnut milk, quinoa milk, pecan nut milk, pistachio nut milk, sunflower seed milk, pumpkin seed milk, melon seed milk, hemp seed milk, rice milk, oat milk and bean curd and tofu.

Soya milk isn't a healthy source of calcium or protein as soya contains endocrine disrupting chemicals such as genistein and daidzein, also called phytoestrogens because they negatively influence the brain, thyroid, reproductive organs as well as the immune system. Added to this problem are statistics that show that 80% of the soya in the markets today is genetically modified. Long term use of soya products has been linked to allergic rhinitis, asthma, breast cancer, endometrial cancer, hypothyroidism, kidney disease and urinary bladder cancer.

To make nut milk, first soak the nuts or seeds for anywhere between 6 to 9 hours, depending on the nut or seed, till you are able to scratch the skin off. For better tasting milk, peel the skin off. Soaking removes enzyme inhibitors, improves digestibility and nutrient bio availability, and makes the nuts softer. Then rinse them well and drain the water out. Finally, blend them for about a minute with $\frac{2}{3}$ rd the volume of drinking water. This milk can be stored for up to 2 or 3 days in a sealed container in the fridge. If you need to keep it for longer, set it in the ice cube tray in the freezer.

Curd retains most of the negatives of milk. So why do we need to choose a medium as harmful as milk to get good bacteria when there are many other healthier probiotic mediums of getting good bacteria? These are detailed in a later chapter on probiotics. Milk contains only certain strains of lacto bacteria that no mammal gets after the age of 3 simply because they stop drinking milk. We too do not need those strains of bacteria once we get teeth and start having solid foods and water that have their own strains of bacteria that are good for our guts.

Wheat

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

Besides this problem, wheat contains high amounts of wheat germ agglutinin (WGA); a glycoprotein classified as a lectin, which damages the intestine internally by causing increased shedding of the intestinal brush border membrane, reducing the surface area, accelerating cell loss, and shortening of intestinal villi. It also causes cytoskeleton degradation in intestinal cells, contributing to cell death and increased turnover, and it decreases levels of heat shock proteins in gut epithelial cells, leaving them more vulnerable to damage.

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

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

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

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

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

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

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

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

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

As you saw in the test of the 5 senses, wheat is not even a natural food for us because we cannot eat it just as it is. It has to be processed, cooked and flavored before consumption. In moderation, wheat can be handled by the human body even in the non-winter months. But, if you analyse how much of it we eat on a daily basis, you will realize that we are overdosing on it, and it is this overdose that damages the human digestive system. Sadly, when you have crossed a certain amount of intestinal damage, just reducing wheat from then on is not going to undo the damage. You will have to stop wheat products, altogether!

Refined forms of wheat such as wheat flour, pasta, and white bread are more damaging than unrefined forms such as unleavened bread and whole wheat bread because the latter contain a higher proportion of the bran, which results in

a lower proportion of lectin, and this helps moderate the bad effects of the lectins in the grain. So, the first step in reducing the damage caused by wheat would be to shift from white bread to whole-wheat bread and from refined flour products to unprocessed forms of wheat flour. Whole grains are less damaging and more nutritious for the human body.

Switching to gluten-free grains such as rice, millet (nachni / raagi / bajra), buckwheat, quinoa, sorghum (jowar), flax, amaranth (chauli / rajgira / ramdana), corn and tapioca will prevent you from further gluten damage. But remember, grains are still meant to be eaten in good quantities only in winter. Do not make any one grain part of your staple diet. Keep rotating them every month or two during the non-winter months, still eating low quantities.

Rice

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

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

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

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

Well, it is the same answer yet again! It is easy to manufacture, harvest, store and distribute on a large scale. It is a cheap food, and cheap does not mean that it is healthy. Before rice farming started, it was not found in nature in such large quantities, and that is why it was not supposed to be a large part of our daily diet.

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

So, try and cut down on your consumption of rice, since it will create problems for you in the long run even if you do not have any now. Do not wait to be labelled diabetic and then go about trying to fix the problem with medicines. If you have any rice-related illnesses, replace it with other grains that do not convert to sugar. The first step in reducing the damage caused by rice is to shift from white rice to unpolished / brown rice. Do not be fooled by polished white rice that has been coloured light brown. Switch to other grains every other week or month.

Salt

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

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

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

If you take normal sea salt, crush it into a fine powder and leave it on the counter, after a few hours you will notice that it tries to reform into its granular crystals, which is its natural form. Depending on the humidity in the air, you will also see it

draw water from the air. Free-flowing powdered salt is not a natural form of salt. When salt in the body is high and water consumption is low, salt sucks up a lot of the water molecules at a cellular level. This results in an increase in the proportion of the air element at a cellular level due to the decrease of water. This causes insomnia, induces change in a person's mental faculties, such as thinking and talking too much (the airhead) and it aggravates conditions like osteoporosis (too much air in the bones).

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

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

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

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

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

None! Not even the smart monkey. Yet, tests show that animals also have sodium and chloride in their bodies even though they do not produce it. Well, they get it from the food they eat. All roots, plants, and trees draw enough supply of sodium chloride from the earth. So, when the animals eat vegetation, they get their supply of sodium chloride as well. Similarly, humans too, get their supply of natural sodium chloride from the vegetation and fruits they eat. This is why we

must take good care of our soils and not overburden them with artificial chemicals that inhibit the action of sodium chloride or reduce its proportion.

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

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

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

Since sodium chloride causes many health problems, it is advisable to completely remove it from our diets and replace it with rock salt (Potassium Chloride) or Himalayan Rock Salt. The body handles potassium very well and can easily dispose of excess levels. It aids in digestion, prevents constipation and helps the body release toxicity. Potassium Chloride is also present in most vegetables, roots, and fruits and that is how we know that it is a natural salt for the human body.

Himalayan Crystal Salt is the purest and cleanest unrefined salt that can be found on the planet. It was created by millions of years of tectonic compression that helped create fine crystal branches, which makes the elements in the salt absorbable and bio-available. It contains all the 84 trace elements of which the human body is comprised.

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

Cooking Oil

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

Cooking oils of Groundnut, Canola, Corn, Hemp Seed, Sunflower, Safflower, Sesame as well as Butter and Lard are all acidifying oils. They work against the healthy alkaline principle of the body and contribute to all the illnesses that are caused by acidity.

During assimilation of fried food, cooking oils are absorbed by the intestines and transferred into the blood, which is then received by the liver. It becomes the job of the liver to precipitate out these oils from the blood, so that they can be disposed of by appropriate organs. This puts a tremendous load on the liver, which is often not able to precipitate out these oils completely. As a result, these oils end up circulating in the blood and they get deposited at various locations in the body in the form of plaque and fat. The hardening of arteries is also due to the acidic reaction of processed oils on them. This workload on the liver fatigues it and ages it quickly. When the liver gets overwhelmed with this work, its other regular functions take a major hit. Many allergies are due to the incapability of the liver to process certain toxins, which remain circulating in the blood or come out onto the skin, causing skin rashes.

The heating of cooking oils during refining changes their molecular structure. These enzyme dead, inorganic oil molecules become lumpy, firstly causing cell membranes in the body to become more inflamed, stiffer and sticky, thereby restricting glucose molecules from passing through them. Secondly, the lumpy oil molecules also jam the glucose receptors of the cells preventing further glucose molecules from getting in, and so, glucose can't enter the cells for energy generation. When this happens, sugar levels in the blood rise and pancreas are forced to produce more and more insulin, even though the body cells remain internally starved of glucose. This causes pancreatic fatigue and lesser production of insulin and thereby substantially contributes to diabetes.

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

Some traditions like Ayurveda advise the use of ghee in cooking, and its direct consumption as well, along with foods such as rice, wheat rotis, or spicy lentils. The actual purpose of the ghee is to coat the walls of the throat and the

intestines so that the acidic spices in the food do not damage the mucous linings of the digestive tract. This advice in Ayurveda is actually a remedy for wrong acidic habits. When we have already wrongly chosen to eat acidic foods that are going to cause stomach and duodenal ulcers, then a fitting remedy is to protect these organs by coating them with ghee. People who do not understand this, wrongly promote the high use of ghee, saying it is recommended in Ayurveda.

Stop frying your foods in all sorts of oils and do your liver, pancreas, kidneys, and digestive system a big favor. Bake, roast, boil, steam, or stew instead. If you must have some fried food, use cold pressed coconut oil instead, because it is a nutrient in itself. Avoid cold pressed olive for frying at high temperatures since it breaks down into unstable compounds.

Microwaved Food

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

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

Low levels of radiation constantly leak out of microwaves when they are operating, and you are likely to absorb some radiation if you are close to one at the time, thereby increasing your chances of cancer. Microwave radiations also distort the healthy energy fields of the human body.

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

Eating microwaved food causes immune system deficiencies through lymph gland and blood serum alterations, hormonal imbalance, memory loss, lack of concentration, emotional instability, and a decrease of intelligence.

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

GE Foods

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

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

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

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

Pesticides meant for GE crops also get into the earth and destroy beneficial soil organisms that help plants absorb nutrients and suppress disease-causing organisms. They also kill beneficial insects and soil organisms that maintain ecological balance. In most cases, such soil becomes unusable for normal crops again. Farmers who harvest such crops often complain of rashes on their bodies. Even after a crop is harvested and cattle are allowed to graze on the leftovers of these plants, thousands of cattle die eating them in a short period of time.

GE crops have also been the cause of many farmers' livelihood being destroyed, leading to their suicides. The cycle starts by the farmer paying a high price for GE seeds that are supposed to deliver a higher output crop. The farmer also needs to buy expensive pesticides that are especially meant for such crops, increasing his financial burden even more. If the rainfall is less that year, GE

crops fare far worse than normal crops, and the farmer is left with a meagre produce and higher debt than what he began with. To make it worse, most seed varieties are sterile, meaning that their seeds will not generate any plants the next season. So, the farmer has to go back to the GE seed supplier and buy fresh stock the next year, getting forever trapped in the same vicious cycle of debt and the struggle to survive. This has happened in India too, and there is a film titled 'Pepli Live' that shows this truth.

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

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

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

Some ways to do away with GE Foods are:

- 1) Get GE foods out of your supply chain by forcing your government to make the labelling of GE ingredients compulsory. This will ensure that people do not buy any GE ingredient products in the future.
- 2) Buy organic produce. By definition, food that is certified organic must be free from all GE organisms and produced without artificial pesticides and fertilizers. For animal meats, they should be reared without the routine use of antibiotics, growth promoters, or other drugs and only be fed on vegetation that is free of any GE ingredients.

- 3) Start growing your own organic produce in your backyard. If you have enough land, start an organic farm, since it is going to be one of the best booming businesses on the planet, because most of the current food supply chains are contaminated and people are looking for alternate sources of healthy food. If you do not have enough land, try and implement a model of community farming or buy your raw food from a certified organic farm.

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

Summary of this Chapter

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

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

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

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

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

Be absolutely clear that these agencies are in the business of making money.

They are not in the business of taking care of your health.

Organic Food

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

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

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

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

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

Though it is true that organic produce is costlier than commercial, non-organic produce, the long-term ill effects of non-organic food on health and the cost and time spent to cure those health problems certainly negate their cost savings. In fact, putting together all the costs associated with eating non-organic produce, over a year's time frame, you may end up saving more money by going organic.

There are three reasons why organic food is more costly now. Firstly, since the growing of organic food is on a smaller scale, the costs go higher. Secondly, there are regular costs of inspection and certification of organic produce. And finally, the yield of organic crops is a bit lower since pests destroy some amount of the crop. But, once many of us start buying organic food because it is healthier, higher volumes will naturally bring down the cost. Better farming practices will also increase the yield of crops over time. So the higher costs are only a temporary phenomenon.

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

Antibiotics

The word “anti” means against, and the word “biotic” means life. Antibiotics were made to primarily kill disease-causing bacteria in the body. Nowadays, this word is synonymous for antimicrobial, antifungal, and antiviral action as well. When disease-causing organisms enter the human body, the immune system usually destroys them. But when we overburden our immune system by putting all sorts of inorganic contaminants in the body, it gets engaged in handling them, rather than killing the harmful microorganisms. Various other energetic drains on the human body also decrease immune function. This finally results in the body not being able to fight the harmful microorganisms and then we have no option but to take the help of antibiotics.

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

The second problem is that every time we swallow antibiotics, the good bacteria get killed and their percentage (85%) comes down. The intestines need this proportion of good bacteria for good digestion and assimilation of nutrients. When the good bacteria reduce, other harmful microorganisms (initially 15%) multiply and take up their place. These bad microorganisms do certain jobs of scavenging and cleaning up of dead cells and other dead microflora within the digestive system. They also facilitate the decomposition of the body after the body dies. They have a much higher resistance to antibiotics, and therefore do not die easily. When good bacteria get killed by antibiotics, they fall off their anchorage sites. The bad microorganisms wait for such opportune moments and quickly multiply and take up these vacant sites. When the percentage of bad microorganisms goes higher, their damaging activities move into high gear.

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

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

The third problem with having antibiotics regularly is that the harmful microorganisms become resistant to them over time and stronger antibiotics are needed subsequently, which not only damage the intestines, but also other critical organs of the body such as the liver and kidneys.

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

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

Probiotics

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

Probiotics in the gut help numerous functions of the body, such as digesting and absorbing certain carbohydrates, producing vitamins, absorbing minerals and eliminating toxins, and preventing allergies. They also support a healthy immune response by inhibiting the growth of pathogenic bacteria. This they do by producing organic acids, hydrogen peroxide, and unique natural antibiotic substances that neutralize toxic compounds.

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

I keep on emphasizing that we must use only organic substances, because we have not yet completely understood the far-reaching and devastating effects inorganic substances have on the mind and body. If we want to be 100% organic, we truly can. It is just that most of the time; we are being opposed by people who want to not only sustain, but also expand their inorganic businesses. These people need proper education about food. Only then will they produce and supply the right products. Organic food has a much higher percentage of healthy bacteria than commercially available inorganic food, because commercial pesticides, preserving and ripening chemicals kill good bacteria in inorganic food.

In the past, we did have gut illnesses that reduced our good bacteria population. Those illnesses however, came from natural sources like intestinal infections, and to revive our quantity of healthy bacteria we would naturally increase our intake of fermented foods such as idli, dosa, miso, tempeh, tamari, natto, kimchi, sauerkraut, raw cabbage, cabbage rejuvelac, cultured vegetables, brined pickles, kombucha, vegan curds, coconut kefir, nutritional yeast, and traditional sour dough breads. We can do that even now.

If you are not able to eat enough of the natural foods that give you these bacteria in good amounts, you can get a capsulated dose of probiotic bacteria from a

good and proven source. It is important that the bacteria reaches the small intestine without getting destroyed by the stomach acids or the upper intestinal digestive enzymes on the way. For this to happen, the capsule material should be made of a proper composition such as organic vegetable cellulose.

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

Getting enough fibre in your food daily is also necessary to build strong probiotic colonies. To build strong probiotic colonies, you also need the right substrate of fibre and prebiotics; a category of nutrients that create supportive environments for the growth of healthy microflora. The most commonly recommended prebiotics are inulin and fructooligosaccharides (FOS). They can be taken as supplements, but they are also found in foods such as tomatoes, artichokes, asparagus, leek, chicory root, garlic, onion and other green vegetables, beans and fruits. Naturally fermented foods such as sauerkraut, kimchi and coconut kefir are also good sources of prebiotics. Lastly, cut back on foods having processed sugar since it feeds unhealthy bacteria, yeast and fungus in the gut.

Cultured vegetables

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

To make cultured vegetables, simply chop raw vegetables into mid-sized pieces after washing them under clean running water. Then gently wipe them dry. Do not scrape them as their tiny contour lines on the surface contain healthy bacteria. Use vegetables such as cabbage, radish, turnip, cucumber, beetroot, capsicum, onion, squash, carrot, a few slices of ginger, and a few slices of garlic. Take one third of this mixture and put it in a blender, adding drinking water to make a thick blend. Do not blend the beetroot, or your blend will turn dark purple and you will not get a liquid that you can see through. Now, put the chopped vegetables into an airtight glass jar, and add the thick blend to it. Pack down this mixture, leaving a couple of inches near the lid vacant. In this space, pack a roll of a few cabbage leaves and then close the lid airtight. The blend should reach only up to the cabbage pack.

Leave this jar for a few days to a week at room temperature between 20 degC to 40 degC. Friendly bacteria present in the vegetables will quickly multiply and lower the pH making an acidic environment where they can flourish. The sugars and starches start converting to lactic acid. The vegetables will then become soft, tasty, and somewhat pickled. It could be ready within 3 to 4 days itself, if the temp is closer to 40 degC. You may have to wait for about a week if the temp is 20 degC. You can open the container and taste it to see if they are ready. Once it tastes sour and tangy, it is ready to eat. It can even be left on the kitchen counter for a few days, after which it should be refrigerated. Refrigeration slows down the decomposition considerably, but does not stop it altogether. Therefore, finish consuming the cultured vegetables within one month.

The water in the jar can also be drunk, but make sure the balance vegetables in the jar are always covered. If you get a thin white mold coating on top of the vegetables when you open it the first time, simply discard it off using a spoon.

The more variety of vegetable you use, the larger the range of probiotic bacteria you will get from this preparation. You can also add 2-3 raw chilli tops when making it for more good bacteria.

Supplements

The supplements I am referring to here are natural organic supplements. I will not waste time talking about inorganic supplements, because they are all made from manmade chemicals and have harmful side effects. If you choose to have inorganic vitamins or supplements, you would be diminishing the healthy effects of natural organic nutrition and also causing yourself great harm in the long run. Even popular inorganic vitamin supplements have been found to cause harmful side effects and internal organ damage when taken over long periods.

Organic supplements such as wheatgrass, spirulina, chlorella, aloe vera, seaweed, medicinal mushrooms, blue green algae, flaxseeds, chia seeds, goji berries, and similar super herbs are great sources of nutrition that are generally needed in the following conditions:

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

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

Feeding your body too many supplements even when not required makes the digestive system slacken its capacity of drawing out nutrition from the normal range of living foods.

If your body is not drawing nutrition from normal foods, it indicates that something is wrong internally. It is better to find out the root cause, than feed the body readymade foods that mask the real problem. If not treated in time, digestive weaknesses will only necessitate higher doses of supplements in the future.

The superfoods market has become a niche market nowadays, with a smart few praising these foods to the sky and touting them as the new fixes for every kind of deficiency or disease, in return for monetary earnings they get from their sales. These foods are after all just different forms of natural food that seek to replace regular nutrition. The fact is that every food on this planet has got some great nutrients in it. All we need to do is, have a good amount of rotation in our foods to get all these nutrients. Take a look at the amazing nutrition in some of our most common foods at www.becomehealthyorextinct.com/naturalmedicine

The new superfoods movement takes advantage of the belief amongst many that the human body cannot help itself remain healthy, and so it needs a lot of help from these superfoods to remain healthy. This belief automatically prevents you from examining why the human body cannot absorb nutrition from simple foods. It dissuades you from truly understanding how the human body works and how nature naturally provides nutrients. It also dissuades you from finding out why our regular plants and fruits no longer carry the nutrition they once did. It prevents you from searching for the root causes of all the problems we are facing.

Many of our vegetarian food sources nowadays no longer carry the same level of nutrition they once did, because they are being grown in soils that have become nutritionally deficient, all due to destructive modern farming and cultivation methods. We need to rebuild our soils so that they can grow healthy vegetation once again. Very few people advocate healthy farming practices nowadays. Their voices must be heard, and their knowledge implemented, if we want a better future on this planet. There is lot of scope for new business in this area, because the demand for healthy and organic food is on the rise with each passing day.

Before you scramble for expensive imported superfoods, support the cultivation of live nutritious foods in your own farming localities. Give enough attention to understand why the human body is degrading and unable to draw adequate nutrition from basic sources of food. Find organic replacements for the inorganic products that are destroying your body and environment. This is the foundation of sustainable ecosystems that we need to build for our future generations.

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

Healthy Choices

Reducing your toxic burden

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

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

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

- 1) Shift to as much organic produce as you can, because this frees you from chemical pesticides, inorganic fertilizer, and artificial hormones.
- 2) Eat right food combinations that don't create toxic by-products of digestion.
- 3) Avoid grilling and frying foods, because they create toxic compounds in food.
- 4) Stop having processed and tinned food as it contains harmful preservatives, stabilizers, synthetic colors, and harmful taste enhancers - MSG (aginomoto).
- 5) Reduce the intake of common foods that ruin your health (already detailed).
- 6) Stop storing or heating your food and beverages in plastic containers. Instead use glassware, pyrex, chinaware, ceramic ware or enamel coated vessels.
- 7) Stop using Teflon coated cookware and aluminium vessels for cooking.

- 8) Switch over to organic soaps, shampoos, toothpastes, shaving cream, body creams and lotions, antiperspirants, deodorants, cosmetics, fabric softeners, and home-cleaning products.
- 9) Avoid using artificial air fresheners, dryer sheets, and other synthetic fragrances. Use therapeutic essential oils and organic fragrances instead.

Use reed diffusers instead of burning scented candles or tea lights that vaporize these oils, if you want to save the oxygen in the air.

- 10) Give up substance abuse habits.
- 11) Stop using metallic implants in dental ware.
- 12) Put a water filtration system on the incoming water line of your home.
- 13) Before you drive, always air out toxic rexin seat vapors in your car.

Healthy Food Options

A healthy diet like the one below will help in reversing most chronic illnesses:

- 07:00 Wake up. Brush teeth. Wash room activity. Drink a full glass of water.
- 07:30 Walk / jog / swim / exercise / yoga / house work / garden work
- 08:00 Eat just one type of fruit and enough to satisfy your hunger completely.
- 10:00 If still hungry, have a vegetable soup, or a bowl of sprouts.
Or eat a porridge / roti / chila / grain of one millet with a vegetable.
- 12:00 If you need to detox or lose weight or reverse diabetes, have 200 ml raw vegetable juice made of 5-6 vegetables. Vegetables like cucumber, tomato, celery, radish, capsicum, bottle gourd, spinach, curry leaves, snake gourd, coriander, mint leaves, rocket leaves, fermented veges, avocado, carrot, beetroot, squash, parsley, fenugreek, neem, basil, fennel, bakchoy are to be used. If you don't use cucumber or tomato every time, you may need to add some drinking water. For taste add some cinnamon or indian gooseberry or ginger or garlic or pink rock salt. It needs to be liquidized in a blender and drunk with the fibre in it. The pulp is not to be strained out. One fruit can be used for sweetness if needed. People with IBS or weak intestines should not have this juice.
- 13:00 Have a lunch of 1 salad, 1 cooked vegetable with semi polished rice or 2 rotis or equivalent grain of any of these millets - pearl millet, finger millet, little millet, kodo millet, proso millet, foxtail millet, sorghum, amaranth.
- 17:00 Have a herbal tea with a handful of nuts. Change the herb every 15 days.
Or have some fruits or fermented veges if you feel like it.
- 20:00 Have a dinner of 1 bowl of boiled millets with chopped vegetables or a vegetable soup or vegetable stew with semi-polished rice or a big vegetable salad (not for insomnia patients). Sleep at least 2 hours later.

Does this in any way look like a limiting diet? Statistics show that regular meat, milk, wheat and white rice eaters do not have such a variety of food even over a complete week. If you really look for healthy food, you will find it in abundance!

Do not have any animal milk or products made of them. Have nut milks instead.
Do not have soft drinks and do not eat things that have processed sugar.
Do not use table salt. Reduce fat sea salt in food. Use Himalayan rock salt.
Keep fried food to the minimum. For cooked food, bake, boil, roast or steam it.
Do not eat food that has been cooked or warmed in a microwave.
Do not eat processed food that has preservatives and stabilizers.

Ensure that you have healthy options

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

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

Metaphysics of The Human Body

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

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

After reflecting on what has been written in this book so far, I hope that you have begun to understand how our faulty ideas (energy) guided our improper actions (energy in motion) to create our current states of ill health (matter). If we had a lot of natural and organic ideas a century back, that we also implemented, then perhaps we would not have been in such a sorry mess now.

At the start of this book I said the following: The human body has seven physical layers and seven energy layers that are working in co-ordination with each other all the time. Any permanent cure has to address all these layers to be successful.

Most of matter can be seen under a microscope, and therefore modern medical science has worked mostly on matter, trying to rearrange it into healthy configurations whenever it goes out of healthy configuration. At times they succeed and sometimes they fail. The problem is that whenever they fail, they are unable to figure out what is causing the failure. It is our invisible energy layers that are also manipulating matter at the same time thereby causing failure. So, unless they understand how energetic structures of the human body manipulate matter, there is little chance they will completely succeed in their efforts. So let us understand how the energetic structures of the human body influence the body, so that we can use this knowledge to help ourselves.

The human body contains non-physical energy centers, which are called Chakras. Ancient Indian texts explain that there are about 88,000 chakras evenly spread out within the human body. All of these energy centers have different intensities, varying from low to medium to high. In the high intensity band, there are seven chakras, which are located along the central spinal column of the human body. The problem with visually identifying these 7 chakras is that they are invisible energy constructs that are not detectable by normal medical

instruments. Even if you surgically open up the human body, you will not see them, and that is why modern science assumes they do not exist. Some people think that the chakras exist only in the brain, but you will soon understand that this is not so. The brain only has a mental mirrored image of these chakras.

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

The brain is the generator of bio-current within the human body. This bio-current flows from the brain into the spinal cord and its branching, as well as through many other parallel nerves, and so bio-current reaches every nook and corner of the human body. In fact, every cell in the body gets a tiny, metered dose of this bio-current. There are times when the bio-current flow is high, as during physical activity, and reflex actions. Without the flow of bio-current, no physical movement and transmission of sensations is possible. So, besides air, water, food, blood, cerebrospinal fluid etc., our bodies live on current as well. You might have not known much about this current earlier, simply because modern science does not understand it well, and that is why it is not featured in our common texts.

Some scientists explain this current as being +ve and -ve, but it is so only in concept. A closer representation would be that it is created and operated between potentials, which can be called higher and lower. Some scientists also claim that the bio-current is generated in the heart, but this is wrong. A lot of bio-current does flow through the heart, because it is the only continuously and vigorously moving organ in the body. The constant pumping action of the heart creates a magnetic field around it. This gives the impression to some who use wrong measurements, that current is generated within the heart. With intent and focus, the heart field can be magnified several times. The magnetic field generated by the heart has many purposes. One of them is generating the magnetism of love. Love for oneself and friends and family, love for all human beings, love for all sentient beings on this planet, and love for everything on Earth, are the successively higher magnetisms of this field.

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

My hand got severed at the wrist in an accident. After it was re-joined, I had experiences of bio-current that I could not have possibly imagined. In the reconstructive surgery, my flesh, bones, tendons, blood vessels, and a few main nerves were reconnected. They could not however, re-join every other minute nerve. So, there were some open-ended nerves within my flesh that were leaking out this bio-current into the living cells of my body. Even the slightest movement in my fingers would send painful electric charges from the open nerves directly into my flesh. I have had electric shocks in my life before from domestic currents of 240V~15Amps as well as 110V~5Amps, and I would place the shock effect of these leaking bio-currents at 110V~5Amps. That is how powerful human bio-current is. Of course, it cannot be strictly compared to normal electricity because its nature and purity are highly refined, and its efficiency is beyond our contemplation. We are still at a nascent level of understanding electricity and use only its crude form. The human body is in fact, run on 5 different electricities. How many of our most advanced scientists have even a vague idea about this?

Plexus is a junction of nerves. There are many plexuses in the human body that are part of the nervous system, which branches out from the spinal cord. The 7 major plexus are found in the direct vicinity of each chakra, because it is the plexus that supplies the bio-current to the chakra from where it derives most of its energy. See the chart on page 164, and the diagram on page 166 for the location of each plexus with respect to its corresponding chakra and their correspondence with other mind-body parameters.

Endocrine glands secrete hormones, which go directly into the bloodstream from where they are immediately delivered to wherever they are required within the body. This is done to maintain metabolism and to continuously balance the 5 elements of earth, water, fire, air, and space within each cell of the body. During normal function, there is a very slow and metered supply of these hormones into the blood. But, if required, the secretions can be suddenly increased depending on stimuli from the 5 senses and the brain. This is explained later with an example that integrates the other components of a chakra as well. See the chart on page 164, and the diagram on page 166, for the location of each endocrine gland with respect to its corresponding chakra and their correspondence with other mind-body parameters.

The astral body is an invisible geometric framework of energy. It has built-in codes and formulations and that is why it is also called the human blueprint. This energetic framework becomes animated when inhabited by a subtler form of energy we call the soul. Once animated, it is capable of association with a physical body. The start of its association with a physical body is what we refer to as life. The soul, with its astral framework enters the human body through the head region. This happens as soon as the human body is capable of housing it, which is, normally in the third week of growth of a foetus in a mother's womb. The soul enters a human foetus through the head region, because it has the

lightest vibration, similar to the vibrational zone it has just come from, and it then moves to reside at the zone of the densest physical vibration in the human body, which is the base of the spinal cord. The soul resides mostly in this dense vibration zone, because it wants to experience the denseness of physicality. It moves back to the lightest vibration zone in the head only once it wants to go back to the spirit world.

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

As a child grows, the astral body frame expands in size along with the physical body, matching every physical node and plexus node of the body with a corresponding astral node. Even though the soul resides mostly at the base of the spine, it is connected with every part of the body, every second, through the nervous system, the neural networks, the chakra energy flow, the astral body and the brain. Through these connections it is aware of all the activities of the mind and body and stores the record of all events and states of being. Through the years, as the seven main energy centers and the soul matures from their life experience, the soul expands its presence upward and all throughout the human body. If the soul does not mature, it does not expand its presence upward to a good extent. At the time of death, when physical parameters of the body decline, the soul withdraws its presence from them and assimilates itself to begin its ascent to the lightest vibrational zone in the human body, the head, from where it exits, because this is the zone from where it came. In some cases, when the two highest chakras located in the head are blocked, the soul exits from the mouth region. This in fact, may be the case for most human beings today, as few have maturity in their highest two chakras.

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

The energy generated at that location comprises of the survival instincts of the human being. This energy is also called the survival energy. During this 7-year period, earlier impressions of the soul with respect to those particular vibrations of light and sound are also transferred to the Mooladhara Chakra. Any serious interference to this energetic transfer can damage the healthy formation of the

survival energy, which in turn, creates a malfunctioning energy circuit between this energy center and the brain. Refer to the last row in the chart on page 164 for the frequencies of light and sound and the plexus that relays this energy to the brain. This is why children, who are physically or mentally traumatized between the ages of 0 and 7 years, lose their sense of security. It forms a permanently damaged mental impression in their psyche, which can only be healed after years of the right counselling or the right hypnotic regression.

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

The next stage of growth between 14 years to 21 years sees the development of the character energy, which is an aspect of the Manipura Chakra, located in the solar plexus region. During this period, the soul transfers the impressions of its character to the chakra. After this period, you will notice that people become very clear about who they are and what they want from life. Their character begins to get etched in stone. Even after many years, you may have heard an old college friend say “Hey! You have not changed even one bit even after so many years.” This happens because the development of the character energy completes by the age of 21, and that is generally the time we are in college. Although it is true that strong events in life also make further impressions on one’s character, the change is not too much. The stronger an event, the stronger its resultant imprint.

The next 7 years see the complete development of the emotional energy, which is an aspect of the Anahata Chakra, located at the chest region. The energy of love in the heart fully develops by the age of 28 years. If you have passed this age, you would have experienced the emotional quality of love. Reflect on what you thought of love when you were just 10 years old. At that time you would have understood love mainly as a concept, something everyone said was good. This is because its energy was not fully developed at that young age. But after 28 years of age, you know what love emotionally feels like, the love that floods your whole being like no other sensation in the world.

The next 7 years see the complete development of the expressive energy at the age of 35 years. It is an aspect of the Vishuddha Chakra, located in the throat area. The expressive, communicative, and verbal talents get matured at this age.

When the energy at a certain stage gets well developed, it contributes to the healthy development of energy at the next stage as well. Serious disturbances in

the energy transfer during any of the 7 stages can cause energetic or physical imbalances that may stay for life. This is the 10th reason for Chronic Illness.

For example, by the age of 14, sexual energy gets fully developed, after which, development of the character energy is in progress. When teenagers between the ages of 12 and 20 prematurely engage in habits like frequent masturbation or sex, they repeatedly discharge latent sexual energy that was supposed to get channelled for the development of the sexual energy and the character energy. This creates a defective energy circuit that manifests physically.

The defect is that when strong sexual energy is generated during the commencement of the sexual act, it gets prematurely discharged through the orgasm before it can rise up through the body and bring pleasure to the entire body. This is the primary cause of PE in men. When sexual energy during the sex act does not rise through the Swadhisthana Chakra, and warm the character energy, the emotional energy, and the expressive energy, one may correspondingly start feeling guilty about the sex act or they may feel that sex is not a loving expression between two human beings or they may feel that sex is not something to be frankly spoken about. Sex becomes an experience of just the lower half of the body. This will explain many human psychological behaviors.

The next 7 years, after the development of the expressive energy, see the development of the intuitive energy, which is an aspect of the Ajna Chakra, located behind the eyes, just above the eyebrows. It activates the intuitive energy by opening the mind's inner eye that connects with the mental planes of all life on earth. A person then begins to see their connectedness with everything in the world. Wisdom and broad-mindedness unfolds.

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

Thus, the entire development of our energetic being completes only by the age of 49 years. This is the harmonic unfolding of the human blueprint (natural kundalini awakening) for our current phase of evolution. The human body was designed to be completely healthy, without any defects, at least till the age of 49, so that it could facilitate the wholesome development of these 7 energy centers.

Some people try to force a rapid activation of these centers through 'kundalini awakening' techniques, thinking it brings enlightenment. But it causes high and uncontrolled surges of energy upwards from the base of the spine, which can be very harmful to the physical, mental and emotional health of a person.

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

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

Each one of the 7 energies that develop within us, function at their individual harmonic frequencies of vibration of light and sound. These are actually distinct individual intelligences that represent one form of the human being called the energy body. Refer to The Human Matrix chart on page 164. I have used the reference of the energy bodies to explain the stages of growth over 49 years, because we all feel these energies in our lives and relate to them very easily.

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

Different people magnify different energy bodies as per their impressions or as per their focus. The more energy you give an energy body, the more animated it becomes. You may have some time or the other received strong sexual 'vibes'

from a particular person. When that person is radiating strong energy through their sexual energy body towards you, you will perceive the person as more of a sexual being at that point in time and all other aspects of their personality will seem diminished.

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

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

The 7 different bodies that comprise the complete human body are:

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

The Astral Body is the median of these 7 physical layers shown above. It has progressively denser bodies on the higher side and progressively lighter bodies on the lower side. Although the lower bodies are invisible, they are made of very fine matter. Take a look at The Human Matrix chart on page 164 to understand the relationship of each body with all the other aspects of a human being.

The Astral Body

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

The astral body has been seen by yogis in altered mind-body states with their inner vision, and they have called its framework the Nadi network. The astral body has also been experienced by many people during near death experiences, out of body experiences, or by using certain techniques. I have experienced my astral body, using a technique that can be taught to just about anyone. The awareness of the astral body is a matter of experience and practise, and not a subject of theoretical discussion. It is through the astral body that cosmic healing energies flow, first to chakras and then to the physical human body.

The Energy Body

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

Mental stress is the result of harmful thought patterns of the mind. It affects the entire human body, as the mind relays its impressions to all the energy bodies. The conscious part of the human mind is often referred to as 'Ego', which some spiritual teachers say is the cause of all suffering, so it needs to be demolished. This is a misunderstanding. Ego or 'I Am' is a necessary part of survival for all sentient beings. What is desired instead is a 'Healthy Ego'. A healthy ego is one that operates symbiotically in all spheres of life, be it personal, societal or global. It is only developed through deeper understanding of existence and compassion.

The subconscious mind is the continuously operating memory of the soul. It misses nothing. It records all incoming data, whether from the conscious mind,

the physical body, its 5 senses, the energy bodies, the 5 astral senses, and our dream memories. It even contains memories of our past lives. It is therefore also the underlying originator of all outgoing ideas, thoughts, words and deeds.

The Aural Body

The aural body is an energy body that forms just outward of the physical human body. It is seen when sunlight falls on the energy radiating from the chakras. Its depth of field ranges from $\frac{1}{4}$ inch to 2 inches. Since there are 7 chakras, which vibrate at seven different frequencies, one can even see seven VIBGYOR colors of this radiation along the 7 different zones of the body from the head to the base of the spine if their eyes are trained to do so. These radiant colors have been photographed by a technique called Kirlian photography. Kirlian photographs have shown that all living beings radiate some energy colors around their body. I have been seeing the aural body ever since I trained my eyes to do so. I also teach others how to do the same. We are all born with this lauric vision, but it slowly fades away after the ages of 2 or 3 years when we are taught to focus on the physicality of objects and not on the subtle energy fields around them.

The Etheral Body

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

The Chakra Body

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

Although there are many other chakras in the human body, we focus on the prominent 7 chakras that lie along the spine, because they have the most energy flowing through them, which in turn regulates most of the functioning of the

human body. Some other chakras that have prominent energy flow are located at the center of the palms, feet, knees, armpits, shoulders, and the side of each hip. They too have all the four constituents of a chakra; bio-current supplied by the nerves, smaller nerve junctions called mini-plexuses, endocrine secretions delivered by the blood circulating in that part, and the astral body nodes.

The next stage of human evolution will see 12 prominent chakras regulating the body. They will get activated in the astral body first and then develop physical functions. Some across the globe have started activating these new chakras. If you would like to as well, here is a key - It happens through new ideas and finer emotions. So learn to respect and honor your new ideas and deeper emotions.

Consciousness, intent and energy does direct matter.

The Endocrine Body

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

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

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

The Physical Body

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

understand which chakras, endocrine glands, and plexus control which mechanisms and parts of the physical body and the mind.

If you keenly observe, you will notice the progressive states of decreasing density across the human body. The physical body is solid; the endocrine body is actually a liquid body in action; the chakra body, is experienced as air currents (gas) in motion; the astral body feels lighter than air; the energy body is felt as emotions; the aural body is still finer and only seen with trained optical vision; and finally the etheral body is seen only with astral vision. Isn't it amazing that all of natural existence is mimicked in the wonderful form of the human body?

Once you start reflecting on what has been written here about the various human bodies and start comparing them with your own experiences in life, your understanding of how the human body operates in totality will greatly improve. Certain meditations can help you connect with the various aspects of your different bodies by enhancing the perception of your senses.

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

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

Before delving into further understanding of the 49 manifestations, it would be better that we first master the skills of our 7 energy bodies since this will make us much more evolved beings in tune with ourselves, with each other, and Mother Nature too. Working with these bodies brings great spiritual, intuitive, expressive, emotional, individualistic, creative and confident abilities. Human beings adept at such skills are capable of creating Heaven on Earth. If you make an endeavour to develop yourself in this direction, you will play a part in prophecy.

For now, I will not give details of the 49 manifestations, because that knowledge is needed much later. What we need to develop for now is unity consciousness

within, because it is what will help solve the many crises in the world today. This development can only happen once we achieve mastery of our 7 energy bodies.

Humanity is now at a point in its history where it will take its next evolutionary leap to a matrix of 12 x 12 that has 144 manifestations. We have now stepped into the astrological 'Age of Aquarius', which has also been prophesied as 'The Golden Age'. Not many people understand how the human body changes in size, density, and capability through the 26,000 year time cycle of our ascending and descending ages. What human beings need as food, also changes drastically in this cosmic cycle. We are now in the ascending phase of this cycle and as more and more cosmic light is received by Earth, it gets into the cells and bodies of all living matter creating more space in them and making them lighter. I refer to this as us once again slowly moving out of density and moving into rarity. Whatever I am teaching in this book, especially about nutrition, is in tune with this cosmic phenomenon. There will be a time in our distant future where living on energy and light will be the norm. Is it any wonder that some adepts on the planet are exhibiting such capabilities even now?

The 21-day principle used for forming new habits is facilitated through energetic codes within The Human Matrix. To explain in simple terms, the mind takes 7 days per chakra to reset one parameter that has already been coded before. This works out to 21 days for the conscious and subconscious mind to reset a habit held by the 3 lowest chakras or energy bodies, namely the survival body, the sexual body, and the character body. They are the bodies whose energetic constructs hold all physical and mental habits. There are however, a few special techniques that can be applied to cut short this 21-day period and one of them is the Tapping Technique. The four higher energy bodies, namely, emotional body, expressive body, intuitive body, and spiritual body do not hold habits, they hold qualities that do not need 7 days to reset. They can be reset by even a single experience within a minute.

The 49 manifestations matrix and its workings do not conflict with the teachings of the spiritual schools that explain that the human body comprises the following sheaths, because these are spiritual perceptions of the same bodies.

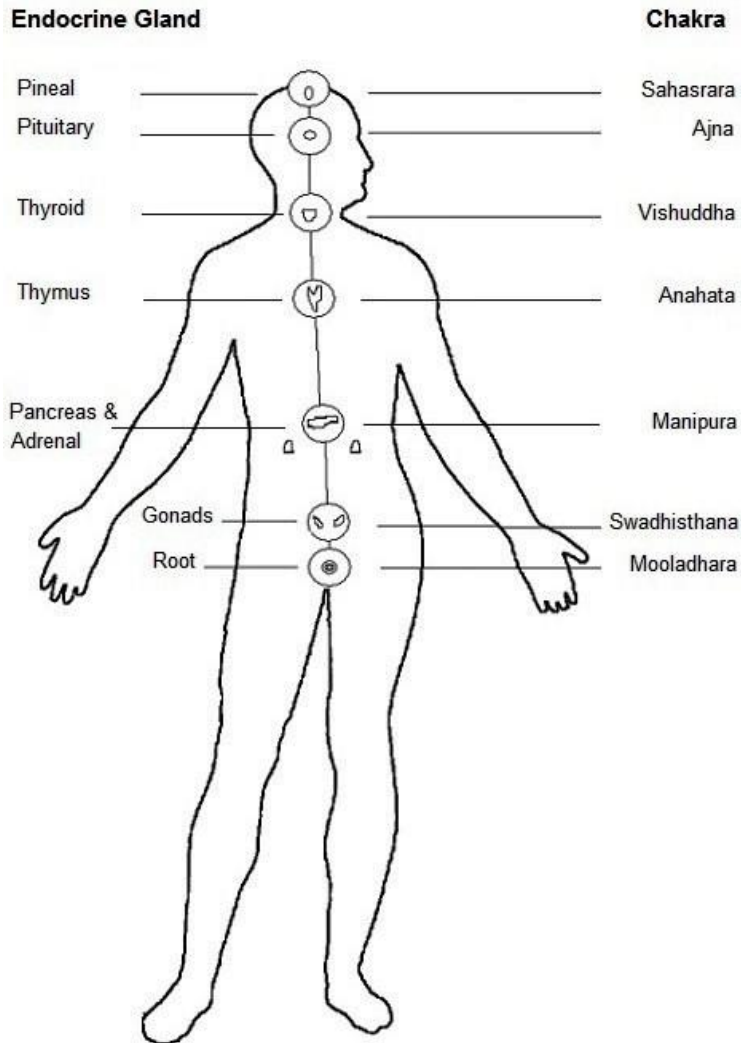
- Annamaya Kosha - The physical body.
- Pranamaya Kosha - Functional aspect of the soul that animates the body with bio-current.
- Manomaya Kosha - Functional aspect of the soul that operates the mind.
- Vijñanamaya Kosha - Intellect aspect of the soul.
- Anandamaya Kosha - Witness aspect of the soul.

The Human

(Chakra Name) Chakra Color (Chakra Toning) Light Vibration	(Endocrine Gland) Consciousness (Element) Sense	(Related Plexus) Location (Energy Body) Sound Vibn / Chord	Controls the working of the following
(Sahasrara) Violet/Gold/Silver (Aum) 668–790 THz	(Pineal) Cosmic Consciousness (Space) Empathy	(Upper Brain) Center of Brain (Spiritual Body) 963 Hz / Ni (Ti)	Controls entire nervous system and the flow of cerebrospinal fluid. Stimulates growth of nerves. Regulates water balance, and sex desire.
(Ajna) Indigo (Om) 631–668 THz	(Pituitary) Soul of the world (Light) ESP	(Carotid Plexus) Behind Eyes (Intuitive Body) 852 Hz / Dha (La)	Controls air and space. It can command all the glands. Controls growth of body and brainpower and memory.
(Vishuddha) Blue (Ham) 606–631 THz	(Thyroid / Parathyroid) Verbal expression (Sound) Hearing	(Cervical Plexus) Base of Throat (Expressive Body) 741 Hz / Pa (So)	Controls Throat, Neck, Ears, Arms & Hands. Does temperature regulation and governs energy production through the control of calcium.
(Anahata) Green/Pink (Yam) 526–606 THz	(Thymus) Love & Devotion (Air) Touch	(Cardiac Plexus) Center of Chest (Emotional Body) 639 Hz / Ma (Fa)	Controls the Heart & Circulatory system, Lungs & Chest area. Thymus controls the immune system.
(Manipura) Yellow (Ram) 508–526 THz	(Adrenal & Pancreas) Strength, Primitive Brain (Fire) Sight	(Solar Plexus) Stomach center (Character Body) 528 Hz / Ga (Mi)	Controls Muscular system, Skin, Intestine, Stomach, Liver & Eyes, Fire, Water, Sodium, production of digestive juices. Regulates blood & sugar levels. Controls stress-activeness & character building.
(Swadhisthana) Orange (Vam) 484–508 THz	(Ovaries / Testes) Pleasure of Sex & Food (Water) Taste	(Lumbar Plexus) Abdomen center (Sexual Body) 417 Hz / Re (Re)	Controls Reproductive system. Produces sex hormones and controls water and phosphorus content. Controls the Palate.
(Mooladhara) Red (Lam) 400–484 THz	(Adrenal & Prostate) Survival, Security, Trust (Earth) Smell	(Sacral Plexus) Above Anus (Survival Body) 396 Hz / Sa (Do)	Controls Lymphatic system, Skeletal system, Controls the bladder, elimination system & legs. Controls Apan Vayu & the nose sense.

Matrix

Physical imbalances due to malfunction	Emotional Imbalances due to malfunction	Restoring Balance
Sensitivity to pollutants, Chronic Exhaustion, Epilepsy, Alzheimer's, Parkinson's, Multiple Sclerosis, High B.P.	Depression, Obsessional thinking, Confusion.	Perceive your surrender to the Divine & seek Gods directions. Visualize the Violet Chakra and play note Ni.
Gigantism or Dwarfism, Headaches, Poor Vision, Neurological problems, Glaucoma.	Nightmares, Hallucinations, Learning difficulties.	Perceive your Consciousness is expanding and reaching a higher level of understanding. Visualize the Indigo Chakra & play note Dha.
Weak verbal communication, Sore throats, Neck ache, Thyroid problems, Tinnitus.	Perfectionism, Inability to verbally express oneself, Blocked creativity.	Perceive a sense of Abundance with the confidence that your goals will be met. Visualize the Blue Chakra and play note Pa.
Shallow breathing, Low oxygen levels in blood, Heart ailments, Asthma, Breast Cancer, Aids.	Fears about betrayal, co-dependant, Melancholic.	Perceive the love around you and release all feelings of feeling unloved. Visualize the Green Chakra and play note Ma.
Digestive problems, Constipation, Stomach ulcers, Allergies, Diabetes, Chronic fatigue, Impaired vision.	Oversensitive to Criticism, Need for control, Low self-esteem. Excessive mental activity & inability to rest.	Meditate on being your true self without the need to control or exercise power. Visualize the Yellow Chakra and play note Ga.
Impotence, Frigidity, Bladder issues, Ovaries or Testes/ Prostate. Gluttony (substituting food in place of sex for pleasure). Lower back pain.	Unbalanced Sex drive, Emotional instability, Feelings of Isolation.	Meditate that all is well. Satisfy your need & not greed, but don't deny yourself either. Visualize the Orange chakra, play note Re.
Insecurity, Allergies to dairy products & those from earth like wheat. Osteoarthritis, Systemic Arthritis, issues with bladder control, feet, ankle & legs.	Mental Lethargy, Spaced-out, Incapable of inner stillness. Insecurity, sense of separation from mother figure, feeling isolated emotionally.	Meditate, tell yourself your needs will be taken care of and all is well and safe. Resolve issue of fear & insecurity. Visualize the Red chakra, play note Sa.



An energy scan of an unhealthy person will reveal that the chakra energy in certain places is not vibrant and balanced. It will be weak in some places, healthy in others, or even overactive due to the influence of the mind. Since the chakras do not match each other, in terms of energy flow, the proper flow of bio-current to the corresponding endocrine glands is inhibited. This prevents their healthy functioning, and that is why the organs that are managed by a particular endocrine gland remain weak in functionality. The reverse cycle also occurs. When the endocrine glands get fatigued by supporting organs that are diseased, it causes energetic drain on the corresponding chakras, which in turn, diminishes the vitality of their corresponding energy bodies. This becomes evident in the mental, emotional and psychological behavior of a person. The effects of this depletion in energy become evident in the aural body and etheral body too.

To elaborate the understanding of how energy affects matter, let us look at one area of weakness. A person who has had constant stress in love relationships, whether with their love partner or with family members or close friends, will have their emotional energy body severely disturbed and depleted. This body begins to draw excess energy continuously from the Anahata Chakra, whose energy level also diminishes. To sustain the depleted energy of the Anahata Chakra, the Thymus endocrine gland has to secrete a higher quantity of hormones, which effects cellular changes, which in turn facilitates the Anahata getting the energy it requires. This overloads the thymus, which is not able to supply the adequately quality of hormones that support the health of the organs in its vicinity, namely the heart and the lungs. They start becoming weak and such a person may have heart pains in tune with periods of emotional stress, shallow breathing of the lungs and consequently lesser oxygen in the body, creating upper back and chest pains. When such conditions become chronic, they create the environment for a heart attack, breast cancer, or lung cancer.

Looking at the same area of weakness, having the opposite cycle of physical disease causing energy depletion. Repeated attacks of tuberculosis, pneumonia or bronchitis weaken the lungs, setting in Asthma. This condition stresses the thymus gland, which in turn weakens the Anahata Chakra. As the Anahata weakens, its supply of energy to the emotional body also comes down. The expression of love in a person with such a chronic condition begins to diminish. They begin to care much less about others, and they let relationships in their lives deteriorate. Their circle of love energy becomes withdrawn, and the focus turns inwards, me, survival. It takes a lot of mental focus, will power and courage to undo this negative spiral.

A misunderstood concept of immunity building

When in a healthy state, all the different parts of the human body such as the chakras, the endocrine glands, and the organs establish a working relationship between each other in terms of energy flow and matter flow. This flow varies according to the time of the day or states such as sleeping, waking, or exercising. These relationships are called operational set points. In operation, they are similar to homeostasis, always working to maintain themselves within certain ranges. The chakras, endocrine glands, and organs have an amazing capability of helping each other out when disturbance occurs. When the energy in one part is low, it borrows energy from a healthier area, and if an organ is severely ailing, its work is sometimes managed by other organs. When this happens, there are new equations of give and take that form within the body, and the body starts operating at new set points. These new set points now reflect a compromised condition of health. This is why the human body has an amazing tolerance for wrong things done to it and this is also why we do not fall sick very easily. The problem occurs when you push your body beyond its tolerance limits and severely disturb these set points. This is when you will experience sickness.

We often fool ourselves into thinking that by doing certain abusive acts that we are increasing our immunity in certain areas. This idea is completely wrong!

Examples of abusive acts are eating foods that are too spicy just to see how much we can tolerate and pushing exercising limits all the time. Now they do increase our capacity, but only to a point. If you push the body any further you may reach the point of breakdown. This is what exactly happens with substance abuse habits as well, explained as the 7th cause of chronic illness.

The aim of every healing treatment should be to get the body back to the original operational set points, and in turn, bring the body to its original healthy balance, which is called 'prakriti' in the Ayurvedic system. Once your body is brought back to this balance, all disease disappears.

If you would like to further explore how your awareness of human metaphysics can contribute towards unity consciousness, a deeper understanding of reality, and peace on this planet, please visit my website on Universal Spirituality at www.fromthealphatotheomega.com

The Natural Health Therapy

Welcome to the most important part of this book. All that I have written up till now was just a preparation for you to understand some very necessary basics so that you could better understand and implement this part.

Bringing your body back to good health and keep it healthy

You may have already tried many health practices with the aim of improving your health or curing some chronic illness. But were those practices natural and good for you in the long run, and have they cured you completely? Or are you still popping pills and telling yourself that you are healthy? Finally, are you able to maintain a good level of health without needing to work at it every day of your life? If not, there may be some pieces of the health puzzle that you still do not have in place. Remaining healthy is not about finding some secret magical formula that is going to work specially for you. Sadly, that is the false hope that every new health food or diet system or exercise regime gives you. But, as you would have learned from past experience, some of them help you to a limited extent, while others become popular fads that fade away with time.

Maintaining good health is about making fundamentally sound principles of health and nutrition a part of your daily life. The following protocol is what got me from a steadily worsening condition of health over a period of 14 years that almost ended fatally, to a state of vibrant health within a year. It is also what got me through the last 10 years without a single day of illness.

Step 1 – Stop abusing your body.

Stop doing things that are bad for your body and stop eating foods that are bad for your health.

The easy part about this step is that it does not require great planning, time, or even money. All you have to do is pick out the habits that you should not be doing from the list of Food Choices – Don'ts, and the list of Food Habits – Don'ts, and start implementing them at the earliest.

Some people may make a big deal of how hung up they are on their old habits, but the reason why I educate people about the consequences of their bad habits, is so that they see sound reason in giving them up.

Keep in mind that this is the most important step of this protocol. If you do not do this, it will undermine your every single effort of achieving good health for a sustained period. Each and every bad habit and bad food works daily to keep your body in an unhealthy state. Only you can kick them out of your life. Take the help of the 21-day principle. Take responsibility for your own health.

Step 2 – Start helping your body.

Start doing things that are good for your body, and start eating foods that are good for your health.

To do this, just pick out the things you are going to start doing from the list of Food Choices – Do's and the list of Food Habits – Do's and start implementing them at the earliest. Do not make this a difficult task by trying to do everything at one time. Start with choosing the points that you feel are easier, and get used to doing them. Keep adding the other points at regular intervals of a fortnight or so.

This step does require a bit of time and effort. But people who have been ill for a long time certainly see strong reasons to put in the time and effort, because they get fed up of endless medicines and doctor's visits. People who have not fallen seriously ill think that they do not need to do this. My advice to them is: Don't wait till chronic illness gets a good hold of you and ruins the rest your life.

Step 3 – Cleanse the body of harmful accumulated substances.

Though the first two steps will clean your body internally to a good extent, there will still be some harmful substances such as fat, toxins, solidified deposits, parasites, inorganic substances and a few organic substances in your body that have accumulated over many years, which will stubbornly refuse to leave your body. This is because they get bonded at sites within the body, which are favorable to them. You can flush them out using various organic cleanses such as parasite cleanse, kidney cleanse, liver cleanse, intestine cleanse, colon cleanse or using inorganic cleanses such as the heavy metal cleanse. I have detailed these cleanses in the later chapter on Cleanse Therapy. This is a necessary step for almost everyone, because it is rare to find anyone without accumulated substances in their body.

Step 4 – Activate the body's healing mechanisms to cure illness.

Once you have completed the above 3 steps, your body will be in excellent shape internally, and ready for complete healing to take you to a new level of vibrant health. You can now choose from energy push systems such as Acupressure, Breathing Techniques, Yoga, and Energy Healing or energy pull systems like Exercise, although push systems are clearly safer. I will explain what an energy push system and an energy pull system is, shortly.

If you choose not to implement the first 3 steps explained above, and go straight to step 4, that is, you only exercise to cure your problems, then only when you do a quantity and quality of exercise enough to compensate for bad habits, bad food, improper diet as well as toxicity within the body; will you see improvement in complete health. Now that amount of exercise is going to fatigue your muscles,

your tendons and your bone joints and make you age prematurely. You will also find yourself needing to exercise for the rest of your life, just to maintain your health. When you stop that high level of exercise, your body will start putting on fat and weight almost immediately and sickness will not be far away. Just exercise, is being touted as a cure for many ailments, only by people who do not understand a holistic approach to health.

Similarly, if you choose to go only on diets to cure your illnesses, you are ignoring the first step. Only when your diet is extremely healthy and long drawn, to compensate for the damage that bad habits and bad foods cause to your body, will you see improvements in your health. This is also why you will need powerful healing superfoods. Even here, you will have to stick to dieting for the rest of your life, till you wiser up and implement Step 1.

For similar reasons, people who follow just cleanse therapies as a system of health, end up doing cleanses all through the year. Their health sees a high and low wave pattern. They seldom reach peak body performance for sustained periods at any time in their lives.

I hope you now understand why any one, or even a combination of two of the above steps, by themselves, is not effective in curing chronic illness. They act like body maintenance packages, not rooting out disease from its root causes.

Why do the above 4 steps appear like a new health protocol to be followed?

It is because we have forgotten many things by cutting ourselves off from nature.

If we all had the intelligence not to eat bad foods and not follow unhealthy habits, would there be any need for the instruction – Stop abusing your body.

If we all had the intelligence to eat healthy foods and follow healthy habits, would there be any need for the instruction – Start helping your body.

If we all had the intelligence to not dump an excess of food or harmful inorganic substances in a 100% organic system, would there be any need for the instruction – Cleanse the body of harmful accumulated substances.

If we all had the intelligence to follow all the above 3 steps naturally, would we ever fall sick? And would there be a need for the instruction – Activate the body's healing mechanisms to cure illness.

Do animals, birds, reptiles, fish, or any other living and breathing creature on this planet besides the human, need any of the above 4 instructions?

No, they do not!

This is because they have not lost their senses like us. They know these natural laws and abide by them most of the time. Sometimes, due to scarcity of food or other conditions, they are forced to deviate. But we humans deviate purely by our own will, fed by the whims and fancies of our misguided minds.

So do not look upon this 4-step protocol as some new health fad. View it as returning to the truths of life that you strayed away from. Stop acting on wrong notions, thereby causing your own problems, only to spend the rest of your life solving them. Life was not meant for us to be busy with just trying to remain healthy to survive. Life was given to create all things good and all things new.

We were designed to be creators of wonderful things, but what are we doing? We are destroying our own bodies and this planet as well. Take a short break now from reading this book, and think about this. Make a commitment to understand cause and effect more clearly. Be more responsible in the future. This is what intelligent evolution is all about.

Implementing the recommendations of each of the 4 steps may be a lot of work if you have not done some of it already. A practical way of going about it would be to first practise some of the recommendations in each step, and then add the rest over a couple of months, while always remembering that the effectiveness of the whole approach lies in the sequence of the 4 steps.

You will certainly see an amazing improvement in your health even if you practise half of the Do's and Don'ts. This protocol may not give you results overnight, because you are working with nature itself here. Nature does take her own good time, but she works surely and safely.

In later chapters, I will also introduce you to some natural practices that make the healing process much easier and faster. Even if you are healthy, following the advice in this book will make you healthier, give you better complexion, higher energy levels, and bring about a reversal in your biological aging process.

Exercise for Good Health

Exercise and body workouts are energy pull systems. The level of activity that I refer to here is not that of your daily routine work or regular body movements, but rather, focused repetitive exercises that go on continuously for anywhere over 15 minutes. These types of exercises force the organs, muscles, and bones of the body to work hard first, thereby taking them into a cycle of stress. After they get fatigued, they first draw nourishment from the stored energy in the body. These stored reserves are later replenished by regular food supply. This cycle of stress and fatigue forces the organs, muscles, and bones to draw more blood and nutrients to themselves in an effort to recoup. Such cycles when repeated often, make them grow stronger. The pulling of energy and nutrition into the body caused by forcing the expenditure of energy is what I call an energy pull system.

In this system, the drawback is that if you exercise the organ, muscle, tendon or bone beyond its capable limit, there is a probability that it may break down causing several problems. There are numerous instances of people getting heart attacks, brain strokes, aches and pains, or spells of sickness after strenuous exercise. This why every person must be advised an exercise program in tune with their current body capability. It is also a well-known fact that too much exercise, well beyond healthy limits, not only ages the muscles but also wear out bone joints. Professional athletes are good examples of body wear out since many are forced to retire by the age of 35 years owing to their worn out bodies.

People who have lived to over 100 years of age have not followed strenuous exercise programs during their lives. They were instead involved in regular work that gave muscle suppleness and kept body fluids in good circulation.

Acupressure, Acupuncture, Breathing Techniques, Yoga, Sun Yoga, and Energy Work are push systems. Their practice literally pushes bioenergy into the body, which not only rejuvenates it, but also clears energy blocks within the energetic pathways. That is why I call them energy push systems. Their actions do not create a cycle of stress or fatigue. As no stress is generated, there is no possibility of any part of the body failing. These systems facilitate the elimination of toxins as well. So between the two, energy push systems are clearly safer.

I am not against exercise. I think it is an amazing way to keep yourself fit, so long as you do not overdo it. If you are involved with work that has your body moving and stretching all day long, then that kind of movement is good enough to keep you healthy. But if your daily work is sedentary, then a daily ½ hour all-round light body exercise will surely do you a lot of good. More than 1 hour of daily vigorous exercise will contribute to the slow degradation of your muscles and bones. Of course, different body types need different amounts of exercise. The Kapha body requires the most, followed by the Vata body, and finally the Pitta body requires

the least. Body builders can do what they like. There may be no limit to the amount of exercise they do, which is according to the benefits they seek.

What I am trying to explain very clearly here is that exercise is not the first option to remedy conditions like weight gain. If investigation reveals that your weight gain is due to eating the wrong foods, then that is what you should be correcting. Exercise can definitely be a secondary support to burn such fat faster. Weight gain can happen for several reasons. The problem is that modern doctors do not really care about why a person gains weight, simply because they have not been trained to do such diagnosis. That is why they simply focus on all the tricks that force the body to shed the weight gained. Some of those remedies have side effects that cause other imbalances in the body, whereas some remedies need to be administered repeatedly. This also shows that they are not the right cures. I have addressed the issue of fat build-up and obesity later in this book and also explained the 8 different reasons for weight gain and how to remedy each one.

Daily moderate exercise does give the following benefits:

- 1) It gives you more flexibility and mobility, which increases your stamina to perform physical tasks at better levels over longer periods.
- 2) It strengthens all the muscles and internal organs like the heart and the lungs.
- 3) It pumps blood through all the arteries and veins at a faster pace, often dislodging any accumulated debris.
- 4) It releases stress-releasing hormones into the body that benefit the body.
- 5) It causes daily fatigue that induces deeper sleep, facilitating a cycle of regeneration.
- 6) It brings about the balance of the automatic nervous system.
- 7) Sweating during exercise helps eliminate waste matter from the skin.

If you eat a healthy diet, stop having all processed forms of sugar, and reduce your grain consumption, your body will lose its dietary fat within a period of 6 months. Your body will become lean and muscular just from routine everyday physical activity. Have you taken a good look at tribals? Their bodies get lean and mean just from going about their daily work. They never exercise. Exercise is just a modern fad that has become a necessity for those who do not know the right ways of preventing weight gain.

Light forms of exercise such as walking to short destinations, taking the stairs instead of the elevator, walking the dog, playing outdoors with your children, and doing some work manually, all contribute towards fitness. Even sweeping and mopping your own house daily is an excellent exercise. I highly recommend it because it works almost all muscle groups and bone joints. What's more, it gives the ego the right kind of workout as well.

Suryanamaskar is a very good exercise that builds body flexibility and strength. It is also very effective in preventing and reversing Sarcopenia, which is aging related muscle loss.

To learn Suryanamaskar visit www.becomehealthyorextinct.com/suryanamaskar

Your Body is Unique

For over a century we have been following a model of testing the effects of various inorganic medicines and foods on different subjects so that we can observe the resultant effects, and assume those effects will replicate in the general human population. But does that really happen most of the time? Many times it does not, and quite often the general population suffers from side effects that they were not supposed to have. If the same medicines have different effects on different people, it proves that most people cannot be treated successfully with exactly the same substances. This is because every human being has a unique body.

Every human being has a unique internal makeup because of the following:

- Their body type – Their balance of the 5 elements.
- Their various internal weaknesses, which are inherited from their parents as well as the various illnesses and diseases they have had during their lives.
- The various inorganic substances that have accumulated inside their bodies, from food, the environment and substance abuse.
- The unhealthy foods and habits that are part of their lives.
- The condition of their digestive tracts and composition of their gut bacteria.
- The state of their energy bodies.

This is why the only test results you should really be making any sense of are your own. I am not saying that you need to try out each inorganic medicine on yourself to see whether it works. I am saying that you should try out the entire range of nutritious raw foods and cooked foods and see what works the best for you. If you are sick, you can try out the organic and natural healing herbs and powders to cure your sickness, before you try out inorganic medicines that often have side effects. Organic medicines are known things; they are familiar spices, powders, and herbs that are often found right in your own kitchen cabinets or at your neighbourhood grocery store. When you try them out, your body gives you its unique feedback very quickly and tells you whether they are helping you or not. The best part is that they do not have any side effects.

Why then, should you be reading into research reports that have been done on people who have different physical constitutions, living in different environments, belonging to different races, following different habits, and even eating different foods? Do any of those bodies match yours perfectly for their reactions to exactly match yours? Your body has a unique internal environment and there is nothing that can quite match it.

Most organic medicines have been tried over several centuries by different cultures all over the world. In comparison, how long have chemical based

inorganic medicines been tested for? Many of them show adverse side effects within a single generation, if not within a few years itself.

Many people feel that the pharmaceutical industry is in the business of keeping people sick by giving them medicines that either do not cure their illnesses or that have a lot of side effects. This ensures that people always remain sick, and pharmaceuticals always remain in demand.

I do not think so. I think that they make the medicines they do, because they are just not able to do any better. This happens because they are guided by medical researchers and doctors who are on the wrong track themselves. Most pharmaceutical companies are profit-based organizations that are legally bound to advertise and sell more and more of their products to create shareholder value. They are just trying to do more business. It is my sincere hope that they take a good look at the organic choices that people around the world are making nowadays, and produce those types of products instead. People are clearly choosing organic over inorganic medicines, because inorganic medicines have clearly proven themselves, over many years, to be harmful and damaging in the long run.

Going Vegetarian

If you have considerable non-vegetarian food in your diet presently, and want to shift to a vegetarian diet, it is better not to make the complete switch all of a sudden. The gut microflora and your digestive organs need a couple of months to make a smooth transition. Taking about 3 months for this shift is quite safe. In the first week itself, you can drop up to 70% of your non-veg intake. Then taper off the remaining 30% over the next 2 months. If you do not get a good range of protein rich vegetarian food where you live, you could use natural supplements.

During your shift to vegetarianism, many of your body parameters and set points will also shift. Be sure that you are working with the correct measurements that indicate beneficial change. These changes include, a feeling of lightness, higher energy levels, reduced sleepiness during the day, regular detoxification, healthy weight loss, clearer complexion, a clearer mind, better concentration, lesser sensitivities and allergies, lesser flatulence, reduction in body odor, and reduction in teeth plaque and bad breath.

During your shift, always adhere to the laws of nature and the laws of the human body explained throughout this book. Without their support, you may chronicle just one more story of a person failing to make the switch.

Switching to vegetarianism also sets in a natural detoxification process in the body because of the cleansing effect of fruits and vegetables. If you make a quick switch, your body could detoxify very fast, even to an extent that you may feel that you are coming down with severe illness. One more reason of spreading the switch over a period of 3 months is to keep the detox effects mild. During detoxification, a lot of stored up toxins in the body re-enter into the blood stream to be processed and expelled out of the body. This manifests as symptoms such as headaches, aches and pains, feeling irritable, congestion, vomiting in severe cases, sweating, fevers, and dizziness. You may find yourself re-experiencing symptoms of diseases or sickness you have had in the past. Detox can last a day or two, and sometimes even a week. Drink lots of water during the detox phase and be patient with yourself. Take a nap whenever necessary during the day and do not cut short your night sleep. You might even want to take a day off from work and go for a walk in nature while your body cleanses itself. When the detox period is over, you will experience a new level of energy, rejuvenation, and mental clarity.

As you transit into vegetarianism and especially if you are having more of raw vegetable salads and raw vegetable blends, you may feel them lacking in taste at the start. This is because the strong tasting tenderizers, sauces, condiments, and flavor enhancers that are normally used in meats have numbed the natural sensitivity of your taste buds. All you have to do to regain this sensitivity is stop

using strong flavors and experience your taste buds liven up again to appreciate even the subtlest flavors of vegetables, grains, roots, and fruits.

Towards the end of your switch, take help of the 21-day principle and just shift entirely onto the subtle tastes of all things vegetarian and let your body set itself into the new norm. Do not feel insecure about being called a vegetarian. Going vegetarian for healthy or compassionate reasons is quite in vogue nowadays with thousands of people making the switch every day.

If you are planning to go completely raw, that is a completely different experience in itself. As you taste the natural flavors of raw vegetables and fruits or even lightly flavored cooked vegetables and smell their delicate fragrances, even feel their textures with your tongue, your senses take you on a trip into nature through your imagination of the fields, gardens, and orchards where these foods could have grown. You also wonder about the seasons they are grown in, their organic origins, and natural farming methods. You also begin to feel an inner gratitude for the people who have toiled to bring you these foods.

There are many non-vegetarians who portray that a pure vegetarian diet is not complete because it does not supply the body a select few vitamins and enough protein. In fact, there are even some vegetarians who say that vegetarianism lacks in complete nutrition. All these people have not yet understood how the human body absorbs nutrition. There are several intrinsic factors within the human body that are responsible for the nutrient absorption capacity of the body and if you are lacking in those factors, then even though you supply yourself with nutrition, it will not be absorbed properly.

The common modern view is that it is only what is put inside the mouth that constitutes nutrition. But that is the incompleteness of modern understanding. All physical beings on this planet, including humans, exist in a soup of internal energy that is balanced by external energy. The internal energy is created from physical nutrition and radiates outward from the body. This is balanced by fields of external energy that surround the earth and radiate into the human body, supplying it with subtle etheral energy. This is also a form of nutrition that the human body needs. I will explain what these forms of energy are and how they work, in the next chapter.

Healing Therapies

Up to this section, I have given you information and understanding, which form the basis of the first two steps of The Natural Health Therapy protocol. Those two steps dealt with two basic fundamentals, namely, stopping all the wrong foods and habits and replacing them with the right foods and habits to help you reverse disease. From this section onward, I will focus on four very powerful natural therapies that form part of the next two steps in the protocol. These four therapies are: The 5 Elements Therapy, Cleanse Therapy, Acupressure Therapy and Sun Yoga. They will help accelerate your recovery from imbalance, illness, or disease to a state of vibrant health. I have chosen to teach these 4 therapies in this book because of the following reasons:

- 1) They are easy to understand.
- 2) The results you derive are proportional to your effort.
- 3) They can be practised with virtually no additional cost.
- 4) They do not require any special capabilities or tools to implement.
- 5) They are the natural therapies that helped me the most and gave me the quickest results.

The 5 Elements Therapy

Modern science has just a basic understanding of how the elements of nature around us support our bodies. We commonly know some basics such as the earth provides us with soil to grow food and ores for our minerals; water is a universal form of nutrition that also enables many other activities like power generation; sunlight provides us with light to see, solar energy and vitamin D for the body; the air and wind gives us oxygen to breathe, provides the changes in weather and seasons, and finally the space around us, well, it is taken for granted, so we put it to good use.

What has not been understood completely and therefore not taught commonly are the unseen influences that the elements of earth, water, fire, air and space have on the human body. Sure we all know conceptually that these elements make matter, philosophically that these are the expressions of nature and spiritually that these are the energies in motion of the various forms of creation. But how well do we all relate to such knowledge? Do we have an understanding that allows us to work with these elements in a practical way that benefits health? This level of understanding is certainly not there in modern science. It is only available in the texts of some ancient civilizations, such as in the Indian Vedas.

Sunrays contain all the 5 elements. The atmosphere also contains the same 5 elements, and finally the earth too contains all these 5 elements. And because we are nurtured and sustained by our father sky and mother earth, our bodies also contain these very 5 elements. At first this might seem like theory to many, but it is certainly not theory for many like me, who work with the elements daily, balancing them by increasing or decreasing their proportions within the human body, to achieve states of physical, energetic, mental and spiritual balance.

No modern scientific appliance has such sensing capabilities, nor can they verify such activity. However, this understanding and experience is certainly available to anyone who diligently learns and practises the natural sciences.

To better understand how the elements work, let us imagine a scenario where the sun stops shining from tomorrow. Can you figure out the sequence of events that will follow? I will keep it very simple and short by writing a sequence with respect to our nutritional cycles. The first thing would be that the photosynthesis mechanism of leaves would stop and this would cut off the biophoton energy generation in the plant and disable half of the nutrient and growth mechanisms of the plant. The plant would then only get its nutrition from its roots in the soil.

What would happen if the mud of the earth did not absorb the water that was given to it? Would the earth bacteria, water, minerals, and other nutrients be able to function so as to enter the plants and give them nutrition? If not, how would we get the vitamins, fibre, bacteria, proteins and other nutrients from the plant?

It is the flow of the elements from the sky above and the earth below and their collaboration that give life and substance to plants. If plants stopped growing, would any humans or even animals be alive? Is it not the life energy and matter of the plants that supply us with the elements that make up our matter?

To summarize, if the elements do not flow from the sky or the earth to the plants and animals and then to the human body, the levels of these very elements will deplete over time, till the human body dries up and forms a small pile of carbon dust. Isn't this exactly what happens after death?

Every cell in the human body has all the 5 elements in it. The bones have the highest earth content, but they have water, fire, air and space also, though to a lesser extent. The blood has the highest water content, but it has earth, fire, air, and space too. The lungs when expanded may have the highest air content, but they have earth, water, fire and space too. Space exists in varying proportions in different areas of our body without which no displacement or movement of matter within the body would be possible. In many organs the proportion of earth, water, fire, air and space keeps changing continuously depending on the different cycles such as digestion, elimination, or exercise that they are involved in.

It is not only food and water that supplies us with the 5 elements, but also the external forms of the elements of earth (the ground under our feet), water (the moisture in the air), fire (the sun and heat), air (the air that moves on our skin and the air we breathe) and space (the separation between our body and all other things) that supply us with their forms of nutrition.

Starving the human body of any of the 5 elements whether internally or externally only depletes and destroys it. Up to this chapter I explained enough about the internal supply of these elements through the medium of food and water. In this chapter I will focus only on the external supply of these elements to the human body. Do you know that there are some human beings on this earth that live off just the external supply of the 5 elements? They are called breathenarians. They do not consume any food or water internally. So yes, the human body can live off the 5 elements. That is because it is the 5 elements itself!

What has been happening to the human body in the background over the last couple of centuries is very sad and unfortunate. Modern living, in many ways, has slowly and steadily cut off the external supply of the 5 elements to the human body, thereby creating within it an environment that facilitates its quick degeneration. Many serious illnesses have their roots in this aspect, and ALL sicknesses are negatively impacted by it. Though this degeneration is being experienced and measured by modern science, too often the explanations given for their causes are completely wrong.

Earth

At the megacosmic level, the entire Earth has a lower potential charge than the atmosphere surrounding it. This leads to the commonly accepted convention that it is negatively charged and the atmosphere is positively charged. So, by this norm, Earth is considered a grounding body for higher potentials of energy present in the atmosphere, in the human body, or in the man-made electricities.

Our internal body mechanisms of the movement of water and minerals into and out of our cells in conjunction with pH balance, bio-currents that are sent within our bodies when commands are given by the brain to different parts of the body for their movement, and muscle activity itself, all cause static electricity as well as free radical build-up all over the body. All this static electrical charge needs to be neutralized when the tasks are complete, leaving no residual currents, or free electrons, or electron deficient molecules within the body. This is supposed to be achieved by some part of the human body grounding itself to the earth.

When some part of the human body touches the earth or a conductor that is connected to the earth, the static charges are dissipated into the earth and free electrons from the earth also travel into the body attaching themselves to the free radicals, thereby stabilizing them and preventing their oxidation activity. This natural mechanism is unfortunately disabled by the modern habit of wearing footwear, which insulates the body from the earth and prevents the required electron exchange.

Besides insulating our bodies from earth, footwear, especially sports shoes and women's fashion shoes create immense problems for the foot joints and the body's posture. Latest studies even show that bare feet runners and walkers show much more endurance than those with footwear because of the swivelling nature of the ankles and the heels as well as the coordinated support and gripping action of the toes during every step. With footwear, all these movements get restricted. This not only brings down the efficiency of our moving joints but also makes us lose more energy, due to movement resistance given by footwear.

No being on the planet except the human, wears footwear. Humans have walked barefoot and slept on the ground just like animals for most of their evolution and that is why the evolution of the human body took into account the daily presence of the earth as a natural environment with which it had a functional relationship. When we do not ground ourselves regularly, the static charge and free radical build-up interferes with all body signals, body bio-current flow, and electrical processes in the body. This causes chronic inflammation, pain in the muscles and joints, malfunction of the immune system, fatigue, stress, insomnia, and hastens the aging process, due to oxidation of the cells. Reconnecting the body with the earth provides rapid relief in most of the above ailments. Earthing also accelerates the recovery from surgery, injury, and athletic overexertion.

Research shows that inflammation in the body gets reduced by walking or standing bare feet. Although inflammation can have many different root causes, earthing the body will subside inflammation caused by excessive ionic charge and free radical build-up. If the inflammation is being solely caused by excessive ionic charge and free radical build-up, one may even see a total disappearance of inflammation with two 1 hour sessions of earthing a day. It takes about 1 ½ hour for the free electrons from the earth to reach almost every part of the human body to neutralize the effects of excess ionic charge and free radical build-up. Earthing is easier for people who live in a home on the ground, but much harder for those living in high-rise apartments in the city.

Walking barefoot can also help ameliorate the constant irritation caused by EMFs (electromagnetic fields) and other types of radiation in our bodies that comes from exposure to cell phones, computers, Wi-Fi and several other radiation devices around us.

The best earth medium for earthing is sand. Wet mud is the next, followed by dry mud, and then gravel. Swimming in the ocean is also a very good earthing activity because salt water is a very good conductor of electricity that connects you to the earth beneath it. Devices such as earthing slippers, earthing mats, and sleeping rugs also help the body to get earthed, but none are as good as getting your bare feet or body touching the ground for about a couple of hours per day. A wooden floor in the house kills the whole effort.

The energy that one gets from walking on grass is different. There, the abundant life force energy of the grass gets transmitted up through the feet. It has a soothing effect because of the pranic life energy of the grass, but it does not absorb the excess static like bare earth does.

So get your daily dose of earthing to avoid inflammation and illness in your body. If you don't have time to walk, just sitting on a chair in the garden with bare feet on the Earth ½ hour in the morning when reading the newspaper and ½ hour in the evening when having tea is enough. In cold weather, watch out for the body losing too much heat through the feet. During this period, earthing slippers, earthing mats and sleeping rugs are better. This is one safe and convenient method of getting the earth element.

Taking earth in the form of bentonite clays, internally or externally as mud packs or mud baths also proves to be very cleansing for the body because it bonds all the unstable and toxic material within the body and throws it out during elimination. Most animals, reptiles and birds eat certain kinds of mud when they feel a deficiency of the earth element or when they need to cleanse their internal organs. This is a natural instinct in all living beings that we should learn from.

Water

Water is the second densest element in the human body, but it comprises almost 70% of total body weight for a healthy person. People who have an imbalance of Vata Dosha or Pitta Dosha, besides working on balancing them, should also take enough water internally and externally. The toxicity that gets into our bodies from various sources requires more water intake for its dilution and elimination by our organs. Our on-going evolutionary changes in the direction of decreasing cellular density also calls for a higher content of water in the human body.

Healthy practices that give you an abundance of the water:

- 1) Drink water at regular intervals and whenever your body asks for it:
 - a) Every morning after brushing your teeth and thoroughly rinsing your mouth, drink 2 glasses of water, preferably warm. This helps in bowel movement, activating internal organs, diluting the toxicity in the body, and facilitating all electrolytic processes in the body.
 - b) A glass of water 1 hour before a meal helps in digestion.
 - c) A glass of water before bath prevents blood pressure rise during the bath.
 - d) A glass of water just before going to bed facilitates all electrolytic processes in the body. It prevents brain stroke and heart attack.
- 2) Do not drink more than ½ glass water just after a meal. It dilutes digestive juices in the stomach and impairs digestion. You can drink adequate water ½ hour or more before a meal or 2 hours after a meal. Drink plenty of water during the day. A popular measure of water intake per day is 30ml per kg of body weight. But even this measure varies with a person's body type and the change in seasons. In summer the body requires more than this amount. The best rule is to drink as much water in any season that makes you pass out 4 to 5 bladderfuls of urine a day. This quantity keeps the kidneys healthy and free from infection. It also prevents kidney stone formation. Drinking even 10 glasses of water daily may not be sufficient, if you do not pass out more than 3 bladderfuls of urine, because a lot of water that you drink may be passing out as sweat and not going through the kidneys. The more toxic food one eats, the more water is needed to be drunk to eliminate its toxicity. If urine does not appear light in color, one is probably not drinking enough of water.
- 3) Have a bath at least once a day. Soaking in a bathtub is also a great option. Making the use of a sauna once or twice a week is also a good idea.

Since it is so important to ensure good quality water for drinking, blending, and cooking, investing in a good quality water filter is a must. It is even a good idea to have a water filter on the line that supplies you with bathing water because piped water is normally treated with chlorine to make it safe to drink by killing or inactivating harmful microorganisms that cause diseases such as typhoid,

cholera, dysentery, and giardiasis. If this chlorine is not filtered out, it gets into the pores of the body when bathing every day. Chlorine, by itself, may be relatively benign as it breaks down to organic chloride in the body but it reacts with organic material already dissolved in the water that form DBPs that are very toxic for the human body. This is why swimming pool water having higher amounts of chlorine, is harmful in the long run. Chlorine also creates free radicals in drinking water. When such water is boiled for drinking, it releases the chlorine into the air. Tap water may also contain contaminants like fluoride, arsenic, aluminum, iron rust, lead, disinfection by-products, and prescription drug traces.

Fluoride is another potent neurotoxin being added to tap water supply in some western countries by fraudulently promoting it as a cure for dental cavities. This is nothing but a smart way of disposing hazardous waste products of the aluminium and fertilizer industry, as it is illegal to dump this waste into rivers and lakes, or release their parent gases into the atmosphere. This type of fluoride is neither pharmaceutical grade nor the natural fluoride present in our teeth, and that is why it does not help the teeth at all. Tooth decay is typically caused by acids in the mouth, which are created from sugar being metabolized by bacteria (*Streptococcus Mutans*). The acids produced then attack the enamel. Eventually, the bacteria get into the dentine, causing tooth decay. To stop this kind of decay, we should reduce excessive processed sugar and sweetmeat consumption.

Even if you are using well water or tube well water, you need to get it chemically tested every 6 months at least, because you never know when toxicity may seep in the water table from polluting sources like effluent disposal, sewage systems, pesticides, or chemical residues.

The best solution is to install a water filtration system, for the whole house, which not only protects your body, but also your appliances. Stage one should remove sediment; stage two should remove chlorine and heavy metals; stage three should be a heavy-duty granular carbon filter that removes hormones, drug residues, chemicals, pesticides, and herbicides; finally stage four could be a UV stage that kills biocontaminants such as viruses, bacteria, and other microscopic pathogens. You could even split up your filtration stages by keeping an outdoor filtration unit that handles all the heavy contamination and have a smaller filtration machine on your kitchen line that gives you good quality drinking water. The best is to take your tap water for analysis and see what contaminations it has and accordingly go for filtration stages that handle those contaminants.

Most of the water people drink nowadays like tap water, bottled water, and pop sodas are completely devoid of life and energy. Due to their contaminants, these liquids actually promote free radical activity that is oxidizing in effect, making the body age faster. There are just a few parameters of water such as pH balance, mineral content, electric charge, taste, and molecular structure that determine its

state. Most of these parameters get severely disturbed by the time we drink the water because of all the treatments we give it.

Ideal drinking water comes from tumbling mountain springs, streams, wells and waterfalls. Tumbling and bubbling generates an electrical charge similar to electrolysis, creating negative ions, which in turn makes the water slightly alkaline with a pH ranging from 7.2 to 7.5. This kind of water also has a good amount of minerals, and people drinking mountain water are known to have less disease and greater longevity. Alkaline water destroys free radicals and breaks down acid salts in the body caused by the consumption of acid-forming foods. Its smaller water molecules are better absorbed and are therefore a more effective cure for dehydration. Perhaps the only treatments you should subject such water to are sediment filtration and UV radiation for bio-contaminant destruction.

Using the premise that alkaline water is good for health, many companies are selling alkaline water manufacturing machines with a recommendation that drinking water of a pH close to 9 gives amazing health benefits. Common sense tells you that such water is unnatural, because it is simply not available on the planet to be drunk by any living being.

Alkaline water definitely benefits people having excess acidity because it helps increase the low pH of all body fluids. But the timing of having alkaline water has to be monitored properly. It cannot be had just before a meal, during a meal or even just after a meal because it dilutes the hydrochloric acid in the stomach that enables the breakdown and digestion of foods. To make a glass (250ml) of highly alkaline water, dissolve ½ teaspoon of sodium bicarbonate in ordinary drinking water. Another organic option is to squeeze the juice of one sour lime in a glass (250ml) of ordinary drinking water. Do not add sugar to this mixture, as sugar is acidic. You can use a bit of rock salt (Potassium Chloride) for taste, if the sourness is too much for you.

Alkaline water is good for people who have a high amount of acidity due to their diet, malfunctioning organs, sicknesses like cancer, or pathogens in their body whose excretions create an acidic environment. People who eat balanced diets having good amount of alkalizing foods, like the diets recommended in this book, certainly do not need to have alkaline water regularly. This is because the quality of alkaline fluids in vegetables is much better than machines.

Another type of drinking water that has gained popularity is water made by the 'Reverse Osmosis' process. Although reverse osmosis does quite a good job of removing all sorts of chemical and biological contaminants, the resultant water is quite depleted of minerals and a bit acidic due to passing through much filtration. There are, however, some manufacturers who advertise that their machines re-introduce minerals at the final stage which make the quality of the water much better. Such machines require regular maintenance and calibration of their ppm

levels. So, if you use an RO water purifier for your drinking needs, be sure to have a lot of raw fruits and vegetables that keep you mineralized.

The one type of water that is certainly not good for health is distilled water. Distillation makes water severely deficient in its structure, because the evaporation process drives out much of the dissolved impurities, gases and the much required dissolved natural minerals as well. This deficiency causes the water to absorb carbon dioxide from the air, thereby making itself acidic. A person may feel better when they start drinking distilled water, because it draws out toxins and unbonded molecules from the body to feed its deficient structure. But in the long run, this water absorbs the electrolytes and trace minerals present in the body, making the body severely deficient. Fasting on distilled water can be very dangerous to health for the same reason, with the added problem of no incoming nutrition that replaces the drainage. Most soft drinks are made from distilled water, and studies show that heavy consumers of soft drinks have high amounts of calcium, magnesium, and other essential minerals from the body absorbed by such liquids and passed out in their urine.

Whatever the source of water or process used to make it, bottling it in plastic finally, makes it harmful to drink, because plastic is not an inert substance like glass. It contains chemicals such as dioxin, bisphenol A (BPA) and phthalates, which are estrogen mimicking and endocrine disrupting carcinogenic chemicals responsible for immune, reproductive, and developmental illnesses. These chemicals can leach out and contaminate the water under the best of conditions. They get released into the water more when the plastic bottle has been exposed to heat, like heat in a closed car or heat from direct sunlight. Even tiny amounts of these chemicals can cause health problems such as structural damage to the brain, increased fat formation and risk of obesity, altered immune function, hyperactivity, increased aggressiveness, impaired learning, early puberty, stimulation of mammary gland development, disrupted reproductive cycles, ovarian dysfunction, changes in gender-specific behavior, abnormal sexual behavior, increased prostate size, stimulation of prostate cancer cells, and decreased sperm count.

Drinking sun-charged water daily and healing the water that you drink can be two beneficial activities for drinking water. More about this in a later chapter.

Fire

The most abundant source of the fire element in nature is sunrays. Even though we associate fire with something burning and at first wonder how sunrays could contain fire, we often miss the point that the sun is a big ball of fire. Sunlight is a very complex form of energy and matter, and we only understand it to a limited extent. That is why we are able to harness just 20% of its content even with the latest technology.

Sunlight is used by the human body in many ways. The component of the sun's energy absorbed by the skin causes formation of Cholecalciferol (Vitamin D3), which is one of the most important vitamins in the human body. It also causes the pigmentation of the skin, besides enabling several other processes in the human body. The component of the sun's energy absorbed by the eyes regulates production of the hormones melatonin and serotonin in the pineal gland, which regulate sleep. This component also maintains heat flow in the triple warmer meridian mechanism running along the spinal cord, regulating the exchange of heat between the body and the ambient. Optical nerves of the eyes also conduct a component of sunlight that nourishes the light energy of the chakras. For these reasons and more, sunlight is one of the most vital elements for the human body.

Absence of sunlight on the human body can cause an endless list of illnesses. Low levels of Vitamin D3 due to inadequate sunlight exposure can cause or aggravate lower immunity, anemia, flu, colds, mould allergies, pneumonia, asthma, eczema, psoriasis, osteopenia, arthritis, obesity, aging, insomnia, macular degeneration, seizures, autism, tuberculosis, dementia, heart disease, high blood pressure, brain damage, kidney disease, infertility, diabetes, atherosclerosis, polycystic ovary disease, cancer, myeloma, rickets, depression, chronic fatigue, epilepsy, autoimmune disease, and still many others.

Vitamin D aids bone formation, absorption of calcium, regulation of muscle health (including both skeletal and heart muscle), regulation of immune response, regulation of insulin and blood sugar, and regulation of calcium and phosphorus metabolism. Receptors that respond to Vitamin D are found in almost every type of human cell, right from the brain to the bones. It is also involved in multiple repair and maintenance functions and touches thousands of different genes. It also enables the synthesis of many other vitamins present in the human body.

The deficiency of Vitamin D is predominantly in cities all over the world, because people spend most of their time indoors, not getting enough sun. Many who spend time in the sun, use sunscreen, fearing skin cancer. Smog and pollution in cities also block sunrays. Some cultures avoid the sunlight just because they want to appear fair skinned to avoid the negative effects of racism. Studies show that 50% of people living in metropolitan cities are Vitamin D deficient.

The best way to get Vitamin D and all the other nutrition that the sun supplies, is to spend about ½ hour to 1 hour in direct sunlight every day. Try to avoid the peak sunlight hours, as the intensity is very high. Do not wear sunscreen during this time, as this will prevent the skin from absorbing the vitamin. Taking Vitamin D supplements can cause hypervitaminosis D, which can be dangerous. On the other hand, you can never get too much Vitamin D from the sun. Avoid sunburn by limiting your exposure time or breaking up this time into two sessions. If you eat plenty of raw fruits and vegetables, the anti-oxidants present in them will help prevent sunburn and also reduce the risk of skin and other cancers.

Air

We all understand the importance of the quantity of the air that we breathe once we miss a few breaths. What we do not sense so well is the quality of the air we breathe every day. We notice it only when it becomes severely degraded due to different types of environmental pollution and when we can literally smell its bad odor or see the dust and fumes in it. Sadly, this is what it takes for the general population to become concerned about the problem of environmental pollution. The fact is that damage to the human body from unhealthy air occurs much before this kind of gross awareness. The list of illnesses that get worse from unhealthy air is simply too long to put down, even depressing. This is why we should be very mindful when making choices in life, whether it is deciding on the location of a new home, workplace, recreation and rest spot, or a place where we go to heal a sick mind and body.

Many of us have unhealthy breathing rhythms that may be due to congenital defects (increasing nowadays), or due to unhealthy body structure, postures or even due to unhealthy emotional or mental states. In the normal course, to remain healthy, we should have slow deep rhythmic breaths that use our full lung capacity, but we might not be able to do this because of the above reasons. So, the next best thing is to consciously breathe into healthy rhythms by making it an activity. This activity gaining popularity all over the world is called 'Pranayam', in the ancient Yoga tradition.

I teach the following simple Pranayam that strengthens the lungs, enhances its oxygen absorbing capacity, and builds body immunity by charging the Thymus with energy. It also supplies the brain and the entire body with ample bio-current, which has an energizing and healing effect.

Sit in an upright position, with your eyes closed, palms on your thighs for upper body support and take a deep breath with force. Pause momentarily and let it out with an equal force. Again, pausing momentarily, take in the next breath and let it out, and so on, till 20 breaths are complete. Keeping the eyes closed; take 5 normal breaths that calm you down. Then do another 20 forced breaths in the same manner as before, followed by 5 normal calming breaths. Repeat this a third time, followed by normal calm breathing, still keeping your eyes closed for about 5 minutes in the same position. Feel the energy flow through your body.

In the beginning, the force you will use is a mild level that you are comfortable with. After about a week you can increase the level of force to an extent that is not causing you any discomfort. 20-5-20-5-20 is a beginner's level, which can be increased to 30-5-30-5-30 after a week and so on, till you reach a maximum of 60-5-60-5-60. This is one excellent way of charging the body with air element. You will also notice that after such a breathing session, you will feel an energetic calm. You may even feel like going into a meditative state here.

The eyes are to be kept closed so that the energy generated in this breathing does not radiate out through the eyes. It gets conserved instead and recirculated within the body wherever required. In a normal state, about 80% of energy that radiates from the body goes out through the eyes. This is why most meditations are done with closed eyes. In this breathing technique, no other body movement is to be done, because the energy generated is to be conserved and not wasted on movement. This energy can also be used for the Acupressure treatment, as I will describe later.

You may feel some of the following effects during or after this breathing:

- Lightheaded or a bit giddy – This happens with people who are normally not using the full capacity of their lungs. The extra gush of oxygen and energy to the brain gives this feeling.
- A slight vibration in the Thymus region – This is caused by the breath activation of the sound component of the Anahata chakra. This happens when you exceed your previous level of energy flow through the Anahata. It will disappear in a week indicating that you have developed a higher capacity of energy flow in that region.
- A flickering of light in your closed eyelids – This is caused by the abundant energy that has just been generated which flows through the nerves of your eyelids. It is normal and a good sign that your breathing is generating high enough energy that is flowing throughout your body.
- Start of a headache or pain in the sinuses – This happens for people who have sinus problems, especially Vata body types. They should decrease the number of breaths or their force of breathing to a lower level.
- After the breathing is over, when sitting calmly for 5 minutes with eyes closed, you may not even feel like breathing. This indicates a high amount of oxygen within the body. A well-oxygenated body helps many healing processes.

Asthma patients should always keep their inhalers handy. If they cannot manage to do this breathing safely, they should avoid doing it.

For an excellent dose of the air element, do this pranayam twice a day, keeping a gap of about 6 hours. You can also do it when you feel low in energy. It is better to do it in the daytime, when sunlight is present, as the oxygen levels are higher.

Longer durations of different types of breathing have specific purposes like cleansing the energy body of energetic blocks, balancing energy flow in the brain, promoting bowel health and also taking the mind and energy body to altered states of consciousness.

Space

The space element is also the space around you that allows for the healthy expansion of your energy field, that is, the outward radiation of the energy generated by your chakras. The auric field extends for about an inch or two for normal people, and to about a foot for those people who have highly charged chakras. Similarly, the etheric field that lies beyond the auric field extends to about a foot from the auric field for the average person and to several feet around the body for people who have highly charged chakras. The etheric field senses the presence of a person in the room even if not seen visually. It also senses the presence of stress areas in a room, such as under a load-bearing beam or the harmful radiation from electronic devices. It exchanges energy with external energy fields, as it is an energy exchange medium. Of course, strong radiations, if present close to the body, come right through the etheric field and the auric field, till they touch the skin and eventually irritate the physical body.

When modern electronic radiation, which is inorganic, interferes with the human body energy fields, which are organic, they cause constant disruptions in our energy flow. I had explained earlier that human bio-current is pure and refined, and its efficiency is way beyond crude modern electricity. This is why our energy fields get easily disrupted by the heavy and crude forms of radiation that modern devices emit. Even though our energy fields get disrupted, they are constantly being replenished by our chakras, and that is why our energy persists. It is these disruptions that cause us to feel drained and tired at times. It is only when the external energy sources radiate stronger discordant energy than what is being generated by our chakras that serious energetic and physical disturbances occur within the human body. People who do not have good levels of bio-current flow in their bodies get affected by external inorganic energy fields very easily.

In comparison to man-made electrical fields, subtle organic currents and fields of plants, trees, grass, domestic animals, and the earth's magnetic field are always nourishing and life-giving, because their frequencies match the human body's energy fields. They even replenish our energy fields, which get disrupted due to illness or chronic harmful attitudes. Energy fields of people who have good vibrations soothe us, whereas energy fields of people who have bad vibrations disturb us. The health vibrational frequency of each energy center is its harmonic frequency that is detailed in The Human Matrix chart.

The best thing you can do to get an abundance of the space element, is be with nature and away from modern home appliances and electronic gadgets that generate EMFs, so that your auric and etheric fields get rebuilt to a healthy level. We have all, sometime or the other experienced a great expansion of energy and mental freedom when in nature and outdoors.

EMFs (Electro Magnetic Fields)

Electromagnetic fields are magnetic fields generated by devices that have electricity running through them. These magnetic fields vary in intensity as per their design. Even devices with low levels of current can generate a high field if their voltage is high. If these devices are in contact with the human body or are in its close proximity, their magnetic fields disrupt the human energy fields. The higher the duration of disruption, the more harmful impact on the human body.

The different devices in our homes that generate magnetic fields are basically all things that carry electric current such as electrical wiring, light sources, electric outlets, power meters, underground and overhead power transmission lines, laptops, charging devices, power supplies, and home appliances, the microwave being one of the most dangerous. But the ones that create the most disturbing magnetic fields are the devices that have electric coils in them such as voltage transformers, power adaptors, hair dryers, winding of fan motors, TV tubes, computer monitors, and chokes of tube lights.

The other electrical disturbances to our energy fields are all the types of wave transmitters and receivers such as TV antennas, satellite dish antennas, wireless signalling systems that we use to operate devices or wireless data transmitting radiations, wireless network systems for computers, cordless phones, blue tooth communication devices, and finally, the most dangerous of them all, the cell phone and its cell phone towers near our residences.

The degree to which these radiations and magnetic fields affect the human body depends on three things: the strength of the field, its distance from the human body, and the amount of time the body spends in the vicinity of the field. So it makes sense to keep yourself at a distance from these fields and to also reduce your time of exposure. In the daytime, we are usually on the move and not stationary at any place for long, except maybe on the couch watching TV or at an office desk. So try and reduce the EMFs around these areas. Most of all, remove all traces of EMFs from your bedside because that is one place that you spend about eight hours every night without moving much. Alternatively, move your bed away from electrical points, concealed wiring, and tables that have devices like your cell phone and cordless phone. If you use a spring mattress in your bed, beware that it has the potential of forming an electromagnetic field maze within itself by just being as close as two feet from an EMF source.

As electrical and magnetic fields project radiations that interfere with the body's etheral and auric fields, they disrupt the energy flow in the chakras by altering their natural frequencies of vibration. In turn, this effects the functioning of the endocrine glands, which control our organs, thus bringing the disturbance to the physical body as well. If the field is close by, it directly affects the bio-current flow in the nervous system as well as all cellular activity. These fields even affect the

bacteria in our bodies, which perceive an aggressive environment and release mycotoxins to fight the attack. These mycotoxins get into our bloodstream and cause inflammation. These fields also impose a static charge on the human body and are an additional cause of free radical generation. All these disruptions are the cause of various mental, neurological, and behavioural illnesses, cell mutations, and energy drain from the human body. Research on the negative effects of EMFs are not so well publicized. Consequently the common man does not ask about the health consequences of being near such devices. To add to it, it does not serve the purpose of companies who make such devices, to publicize the harmful effects of their own 'modern' devices.

To detect the presence and strength of magnetic fields you can use a device called Gauss Meter and compare observed readings with safe limit standards. If you cannot move an EMF device away from you, you could perhaps put a non-conducting barrier such as wood in between. Reflective barriers such as metal foil and certain types of metallic paint can also be used. If you still are a target of EMFs and radiation at your workplace or home, consider getting an earthing mat that will at least dissipate the electrostatic build-up component in your body.

Cellphone Radiation

Of all the modern devices, the cellphone is perhaps one of the most harmful EMF devices, simply because it is worn on the body most of the time. Many studies have shown that cellphone radiation penetrates the human skull and it is very harmful for the brain and the organs near the ear. This is because the radiation levels are the highest when it is placed on the ear during a conversation.

The most sensitive recipients of this harmful radiation are our children because the skull of a growing child is 1/3rd the thickness of an adult skull. Consequently, the penetration of the radiation is three times deeper into the brain of children. The changes in energy and heat levels inside the brain during a phone call have also been measured by a thermograph. Even when a cell phone is not being used for communication, it still pulses signals to remain connected to its network, though these levels of radiation are not as strong.

Radiation from cell phones has been linked to DNA damage, memory loss, Alzheimer's disease, break down of the brain's defences, brain tumor, tumors of other nearby glands, ear problems, blood cell damage, nerve cell damage, sleep disruption, fatigue, and headaches. In fact, studies have shown increased risk of many forms of cancer from long-term cell phone use, including gliomas (brain cancer), acoustic neuromas (tumor on the acoustic nerve), meningiomas (tumor of the meninges), salivary gland cancers (parotid gland in the cheek), eye cancers, testicular cancers, and leukemia.

If a man regularly keeps a cellphone in his trouser pocket, it will naturally cause dysfunctions in the energy flows in the groin area. This directly leads to lower mobility of sperm, lower sperm count, and poor semen quality, because sperm production is a temperature sensitive process.

People, in general, think that cellphones are harmless, because they do not feel any great discomfort even after they talk on a cellphone for over ½ hour at a stretch. But what they do not realize is that it affects the body internally only step by step, till the time internal defences and mechanisms are broken down completely. Short term needs seem to override long-term concerns in the materialistic modern world. People look for more dramatic and immediate effects to make correlations. Most people who suffer from cellphone damage are quite clueless that it is the high usage of their cellphone that is the culprit. Most healthy people do not feel the harmful effects of cellphone radiation, because their internal energy fields, generated by the chakras, are quite strong. But these people should also realize that it does not take very long for the energy fields and their related plexus to get damaged permanently. Once breakdown happens beyond a certain point, not much repair is possible.

Some ways to reduce your exposure to cell phone radiation:

- 1) Keep the instrument at least 4 feet away from you when you are not using it.
- 2) Use a hands-free wired ear and mic set when talking, still keeping the instrument about 2 feet away from your body.
- 3) Using a blue tooth device is only better than having the instrument against your ear and not better than using a wired hands free kit, because blue tooth devices emit their own radiation.
- 4) Keep the device at a distance, and use the speakerphone instead.
- 5) Use your cellphone for short conversations, and a landline for longer calls.

Summary of this chapter

Since modern living has cut off the abundance of earth, water, fire, air, and space from our lives, I see living in a high tech, high-rise apartment with various comforts at the press of a button, as the most alienating and degrading environment for the human body, much like a slow kill zone. The stress of living in a city does not come just from a fast paced life; it comes from the environment we surround ourselves with. In fact, ancient man had a lot more daily stress. He would not know where his next meal would come from, whether a wild animal would attack him in the night, whether he would find one of his children missing in the morning or whether another tribe would attack his tribe for resources of their land. Man was built to handle such stress on a daily level.

In the long forgotten past, man was a much higher energy being who lived more on energy from the elements. That is why he did not need as much physical nutrition as he does today. Ancient nomadic man did get about 6 hours of sun, 10 hours of earth (bare feet or body contact with earth), and plenty of water, pure air, and space, every day of his life. These elements were the sub-microscopic blocks that the physical human body was built on. What we get today is not even 1/4th of this amount, and that is the main reason we need more physical nutrition in the form of food. We need more food only to make up for the low levels of subtle energy nourishment we get nowadays. This is what gives our digestive system its prominence. This is what makes potbellies.

If you want to live more on subtle energies, because they are refined and much purer, it is very important that you first move away gradually from denser foods like meats, and shift to vegetarian foods, which are much lighter. It makes even more sense nowadays to live off the elements, because we have severely polluted most of our natural sources of food and water.

The best way of getting an abundance of all the elements at one time is being on the seashore (space) just after sunrise, standing bare feet or sitting cross-legged on the sand (earth), giving yourself a sunbath (fire), and practising pranayam (air). Sitting closer to the waves surrounds you with high humidity (water) too. Doing the same in the countryside near a water body is as good.

Spend at least ½ an hour every day doing something that disconnects you from routine, boring, or stressful activities, so that you can have some moments of peace and happiness. Watching a comedy show or nature video, playing a musical instrument, painting, playing with your children, yoga, meditation, and spending time with old friends just having fun are all good activities.

Mind over Matter

I have taken up the topic of the role of the mind in maintaining good health as the last one, because only when your mind is well informed first, can your actions then be resonant with the bigger integrated picture. What can a mind that has no new knowledge do, except repeat the same old mistakes of its past?

There are many who teach about the power of the subconscious mind nowadays. They also claim that 95% of all our activity is controlled by the subconscious mind. This seems to leave very little space for our conscious mind and its wilful acts, does it not?

Even though the subconscious mind is always acting in the background, how did it get its ideas and thought patterns? Who put them there? Well, it was the conscious mind itself that processed that information at some point in time and put it there. It will be the conscious mind again that changes all the old patterns of that subconscious mind. I hope that this book is giving your conscious mind a really good workout and that many of your previous health-harming subconscious behaviours are getting changed for the better. Because everything that goes into and comes out of the human psyche is governed by the mind, it makes the mind the most powerful medium of change. Your mind is responsible for who you are and where you are today.

You can use your mind every day to paint a healthier picture of yourself. The mind is so powerful, that it can create for you any reality that you envision. All you have to do is focus at a very specific outcome, and hold that forming reality in your awareness every day, and give it your own life force energy through the energy of your emotions and feelings, and it will manifest exactly what you want. This is called 'The Law of Attraction' where an outcome is attracted by its matching energy field created by the human mind and the human energy bodies. So, if you put your clear focus on a healthy body and a healthy mind, it will come to be so, in due course of time. The more energy you give the process and the better you are at doing it, the faster it manifests into reality.

When you are focusing on creating a healthy body, use only positive words, affirmations, and emotions. Never use negatives or any words that signify illness such as "I will not be sick anymore". The subconscious mind does not perceive tenses like "will not" which signifies the future tense. It only knows the present time of now. The subconscious mind does not also perceive negatives like "not be"; it only registers the word "sick" and its associated state in the body. So you need to change such an affirmation to "I get healthier with each passing day" or "I am doing new things that make me healthier by the day". More importantly, you have got to be busy doing things that are in line with such expectations. The subconscious mind knows a lie even before it is spoken.

As you help your body become healthier, your stress levels will come down and you will move into calmer mind states. To assist this forward evolution of body and mind, it is necessary to leave your excess baggage behind. This is the emotional baggage, which weighs you down energetically and makes your forward journey slow and tougher than it should be. The emotional baggage I am referring to are the grudges or the anger you have against people, who have either wronged or hurt you in the past, who you have not forgiven, or those whose behavior you despise. It is very important to resolve or let go such old issues, because their thoughts and feelings shift the harmonic vibrations of your energy centers, and that is an environment in which illness flourishes.

As I explained, the Solar Plexus is our primitive brain that connects all our neural networks to the energy streams in nature. It is a medium of energy exchange that accepts energy inward as well as transmits energy outward as per our intent. You can draw positive healing energy from the universe into your body for healing and well-being. The following visualization, done once every day, will bring a rapid improvement in your physical, mental, as well as spiritual health. It takes just five minutes, so you can do it as often as you need.

- 1) Go to a quiet place where you are alone. If you are at work and cannot leave your seat, that will also do, but ensure that you have a clear space of at least three feet around you in all directions. This is because you do not want the energy fields of others interfering at this time.
- 2) Close your eyes. While taking in a deep and slow breath, imagine that a brilliant white and golden light is coming from God above, into the top of your head from where it descends downward into your central breathing column till it reaches your solar plexus where it begins to grow into a powerful golden ball of light. Hold this breath in your body momentarily, with the following feeling in your Solar Plexus, "I am a shining sun of God".
- 3) When breathing out, use either of the following two options.
 - a) If you have any weakness or illness in your body, as you breathe out, imagine this golden shining ball radiating its light throughout your body, and mostly through the area you have weakness, nourishing it with this vibrant healing energy and curing its weakness.
 - b) If you are in perfect health and have no physical ailments, breathe out this brilliant shining light all throughout your body just like a shining sun and hold the following feeling in your entire body, "Healthy thoughts, healthy words, healthy deeds". This means that you embody these three things from this point onward. Depending on the essence that you need the most at any point in time, change the word 'healthy' to any other positive attribute, like "Loving thoughts, loving words, loving deeds". You can use just any positive adjective like honest, great, beautiful, caring, inspiring, peaceful, good, pacifying and lively.

- 4) Do this breath at least five times in one session with the deepest visualization and feeling. You can actually do as many breaths as you like in each session, and as many sessions as you please in a day. But try and do at least two such sessions in a day. The two best times would be once in the morning before you go to work and the second, after you come back from a hard day's work. For the session before work, keep the intention that you will hold your intended state of being at work all through the day. For the session when you come home, hold the intention that you will radiate its essence to your family all through the evening and till the next morning. Leave work-related stress for your workplace only.
- 5) You can also do step 3) b) after step 3) a).

If you do this every day, you will see a steady improvement in your health as well as your mental outlook and spiritual energy. This divine healing energy is guided by your astral body to the zones where your energy is weak or unhealthy. It overcomes the lower vibrational energy of dead cells and pathogens in your body and facilitates their removal. This energy will also dissolve the old negative energies created by fear, worry, hate, and negative self-belief that may be residing in your energy centers. Do this visualization especially after an aggravated state of mind or body.

Healing of Water and Meals

In the section on water, I had mentioned one negative effect of filtering and treating the water that we drink. It was that, most of the natural parameters of water such as pH balance, mineral content, electric charge, taste, molecular structure, and temperature get severely distorted by the time we drink it because of all the treatments it undergoes. Water can be considered healthy, life giving, and vitalizing only when all these infused stresses are diffused.

Recent studies show that molecules of water can be reconfigured by energy!

So, which kind of energy is pure enough to safely reprogram water? As you may suspect by now, such energy must come from a source that is pure and organic. What better source of such energy than the human body itself! If you hold a glass of drinking water in your hands and generate healthy vibrations and energy within your body and direct them towards the glass of water, the water will receive your energy and change its state. This has even been proven scientifically!

This whole process starts in the mind and it uses the human life force energy. When you have the glass of water either in your hands or next to you and you generate feelings of peace, calm, love, vitality, health, and liveliness in your energy centers, directing them towards the water, the feelings first get converted into energetic vibrations by the energy centers of your body, which then radiate

them out as harmonic vibrational energy. It is this energy that enters the water and reprograms its state from a stressed liquid into energetic water that heals. The more you know about the distorted state of your water, the better you will understand the vibration of energy it needs to become healthy again.

Recent experiments have shown that even writing words such as love, peace, or harmony on a glass of water changes its molecular state by holding the energy of these words. When words such as anger, hate, and war were written on a glass of water, its molecules got severely distorted, meaning, the water got damaged and became unhealthy. So, even the act of writing the words on the glass of water transferred the energy from the person who wrote the words, to the glass, which then got absorbed by the water.

So you can heal your water every time before you drink it or even write positive life giving and soothing words on your water containers or water mugs to create healthy drinking water. You may even like to invoke the blessings of God on such waters before drinking it.

Does this not also bring in a very important realization about the water in our own bodies? Yes, every time we engage in beautiful thoughts, words, deeds and vibrations, the water content in our body, which is close to 70% of our body weight, gets healthy energy. Conversely, every time we generate bad feelings within ourselves, 70% of our body gets bad energy.

In a similar manner, you can also energetically charge the food you eat with good energy, so that it de-stresses the food from the actions of cutting and cooking, which distort its healthy original form. If the food was made by someone under stress, it will carry their stressful vibrations as well. A good way of giving healing energy to food is much like saying a short prayer before your meal. First, thank the plant and animal kingdom for their offering to you. Then, thank the cooks for their labour. Then express gratitude to God for making all these things possible. Lastly, give loving energy to the food, so that its nutrition gives you vibrant health.

Sleep

Sleep deprivation is such a common condition in today's fast paced life that you might not even realize you suffer from it. Lack of sleep can cause many problems like impairment of memory, decrease in problem solving skills, low performance in mental and physical tasks, weakening of the immune system, acceleration of tumor growth, heart disease, stomach ulcers, constipation, depression, and accelerated aging. Lack of sleep can also result in weight gain as the body does not get enough time of inactivity, which is needed to neutralize stress hormones and also run other internal regenerative processes. When circadian rhythms get disrupted, the body produces lesser melatonin, which is a hormone and an

antioxidant that suppresses free radicals, which cause cancerous activity in the body. This is also why tumors grow faster when you do not sleep well.

Age and activity levels primarily influence the amount of sleep we need. Children and teens, for instance, need more sleep than adults, because they are in the growth phase of their lives, and the body needs to spend more time in a state of rest to build new tissues and cells. Healthy adults, on the other hand serve as a benchmark for the average amount of sleep. Their need for sleep varies according to the amount of energy expenditure they have during the day on account of the work they do. Higher levels of exhaustion require more hours of sleep for the body to rejuvenate itself. Older people, on the other hand who have much lesser activity during the day, will tend to sleep lesser since their bodies do not need to rejuvenate that much. Sick people require higher amounts of sleep, because their bodies need more sleep to repair damage, combat chronic fatigue and to revive the immune system to fight illness.

Getting the right amount of sleep is very important for the overall long-term health of your body. The deeper the sleep, the better. Although the brain does not shut down when we sleep, it does go into a deeper state of consciousness that is revitalizing for the mind and body.

We normally tend to sleep less if we are tense about something. Beyond a certain amount of thinking, when we seem to make no progress, it is best to take a break from thinking and go to sleep. A good thing to do at this time is to briefly write down your worries along with their probable solutions, deadlines, and to do actions. This will make the chaos seem more manageable. Then tell yourself you will work on the details in the morning and go to sleep. Sleep gives the conscious mind that much needed rest it requires. Besides that, in the deep sleep state, the mind connects to higher levels of consciousness that often bring greater counsel.

If you follow the signs your body gives you, like sleeping when you feel sleepy at night, and getting up without an alarm clock, you are acting in tune with the natural needs of your body. If you are using an alarm clock to wake up every morning, be aware that it is actually disturbing your natural rhythm and also causing you subconscious stress during the waking moments. Try going to bed earlier instead, so that you get up in time, and without the help of an alarm.

Do not sleep within two hours of dinner even though you may feel sleepy, because that sleepiness could be a result of overeating. It will also slow down your digestion as explained earlier in this book. If waiting for two hours after dinner makes you late, have dinner earlier.

If you have a problem of not getting sleep at night, here is some useful advice:

- Sleep in complete darkness or as close to it as possible. The tiniest bit of light in the room can disrupt your internal clock and your pineal gland's production of melatonin and serotonin, which will have other negative effects too.
- Do not have EMFs near your head. They keep the energy flow in the Ajna and Sahasrara chakras agitated. The pineal gland also gets disturbed.
- Reserve your bed for sleeping, so when you lie on it, you are automatically induced into sleep. Never read much in bed, or make it like your workplace.
- Go to the bathroom right before bed, so that you are not woken up just to answer nature's call.
- Do not have any stimulating drinks such as tea and coffee before bedtime.
- Use soft and comfortable clothes for sleeping at night.
- Make sure you have a good quality mattress, not too hard and not too soft.
- If you have noise disturbing you quite often, use earplugs, provided you are not alone.
- Wind down your day's activities so that you are in a relaxed mood by bedtime. If your mind is thinking a lot at that time, hormones that support the thinking activity, will not allow you to feel sleepy until their circulation is lowered, or till overall fatigue is higher.
- Studies show that many people who share a bed with a partner, family member, or a pet, suffer significantly from impaired sleep, especially if the other person snores or is a restless sleeper. The solutions for snoring are to cure sinus and lose weight or use earplugs or use separate beds. The cures for sinus, weight loss and restless sleep (insomnia) are given in this book.
- If you still can't fall asleep even after being in bed for 20 minutes, get up and do some light routine work that you might even consider boring, like tidying up a room, or putting things by in the kitchen. Such chores make one sleepy.

If you suffer from insomnia for no apparent reason, high salt (sodium chloride) content in your body could be the culprit. As sodium chloride is anhydrous, it absorbs water content in the body, thereby increasing the proportion of air in the body. High air content in the body makes you think too much causing insomnia.

Having a regular consumption of bananas, cherries or almonds has shown to improve cases of insomnia. Some of these foods contain magnesium, which is a relaxant. Others stabilize sugar levels, which calms down adrenal hyperactivity, and some facilitate the production of the sleep hormone melatonin.

Is it possible to get too much sleep? No, you will naturally wake up when your body is rejuvenated. But it is possible to lie in bed for too long. This could happen if you think about something that is bothering you. You may also not want to get out of bed, because you do not have any immediate reason to do so. People who do not have anything exciting to do; also tend to laze in bed for a longer time. They should get more involved in life.

Cleanse Therapy

There may be hundreds of harmful substances that come into our bodies from the food we eat, the environment we live in, from substance abuse, or from the various things we subject our bodies to. Some of these substances are organic in nature, and the body has no problem disposing them off through its elimination systems. Most of the substances that get stuck in our bodies are the inorganic substances that the body has not been designed to eliminate, so they remain at various locations in the body that are favorable to them. 'Favorable' is decided by the harmonic frequency of the substance and the closest match of vibration it can find in the human body, whether that vibration is a natural one generated by the body itself or an unharmonic one caused by imbalance within the body. Since these substances are irritants, one reaction the immune system gives them is it wraps them up in mucus or fat cells. This is one reason why we have a lot of unhealthy fat cells all over the body. But once the toxicity generated by the presence of these inorganic substances in the body rises, it begins to cause major dysfunctions such as imbalance in cellular pH, dysfunction of the immune system, increase in free radical activity, disruption in energy flow, damage to the endocrine system, hormone imbalances, inflammation, and aches and pains.

The human body is always detoxifying itself through the action of lungs, liver, kidneys, lymph, skin, and the colon. The waste gets eliminated through feces, urine, breathing and perspiration. This is a normal continuous process that works well when the body is in good health. This process starts deteriorating when organs get sick or when they get overloaded due to wrong foods, wrong habits, or as part of the normal aging process. We get sick when the detoxification process slows down to a pace where the elimination of toxins is slower than the rate of their build-up. This is the time when we need to help our detoxification and elimination processes by doing organic cleanses. As we help the body this way, sick organs regain their health and are able to do their jobs well once again.

You have to get toxins and unwanted substances out of your cells so that nutrients can get in. Nutrients cannot enter cells that are already full of toxic junk!

When you decide to cleanse your body of its toxic accumulation of many years, start with cleaning your kidneys first. If you cleanse any other organ, some of the released toxins that go into the blood will eventually reach the kidneys for elimination in the urine. If your kidneys are already clogged or weak, this will stress them further. If you do the kidney cleanse first, they will be much cleaner and stronger to handle toxins released by other organs when they get cleansed.

Secondly, when the kidneys are cleaned first, their accumulated toxins go straight into the urinary bladder, which is only a reservoir and then out of the body in the urine. The toxins do not go in the blood, to affect other organs.

Thirdly, the functioning of the kidneys is linked to many homeostatic processes as well as the functioning of many other organs in the human body. For example, cleaning the kidneys will reduce the problem of high blood pressure. So when the kidneys are cleaned first, the body derives multiple benefits in a very short time. The cleanses below are written in the sequence they should normally be done for the best benefit. People who suffer from unique health problems will need to understand what sequence best serves their needs.

Keeping a gap of 5 days between cleanses gives the body time to derive benefit from each cleanse. It also helps the body re-calibrate operating parameters.

Kidney Cleanse

You can be sure that your kidneys are weak or sick when you suffer from some of the following problems:

- Lower Back Ache
- Blood passed out with urine
- Decreased or irregular urine output
- Fluid retention, swelling in lower legs, ankles or feet
- Puffy, dark grey color around the eyes, face and ankles
- High Blood Pressure / Low Blood Pressure
- Pain in the kidney area, or burning sensation when passing urine
- Fatigue, particularly in the evening

There are several organic and natural methods of cleaning the kidneys. I am detailing two methods that I found the most effective. You can use either of them; depending on how comfortable you are with the ingredient or the method. Doing either of these treatments twice a year will ensure that your kidneys, ureters and urinary bladder remain healthy.

Black Tea Treatment

Boil 1 tsp black tea leaves in 1 glass of water till it becomes ½ cup. Then strain out the tea leaves. Next, add ½ glass of room temperature drinking water to the black tea and stir it. Sip this diluted mixture over 5 minutes. Do this as the 1st thing every morning for 15 days in a row. Do not eat or drink anything 45 minutes after having this tea.

This treatment not only rejuvenates the kidneys, but it also removes sediment and stones from the kidneys, ureters and the urinary bladder. It is advisable to do this treatment once at the start of every winter if you have a problem of recurring kidney stones. If you experience a lot of acidity when doing this cleanse, then it would be better if you switch to options on the next page.

Parsley Leaves or Coriander Leaves Treatment

Use the fresh and not dried leaves of either any one of these plants. All that you need to keep in mind is that it should be fresh and strongly fragrant.

Preparation of the tea:

- 1) If you choose to use Parsley, first rinse it in water. Chop it up well, throwing out the stalk base. You need about 250gms of chopped up parsley.

Procedure:

Fill a vessel with 600ml water and boil the leaves in it for 5 minutes. Allow the mixture to cool a bit and then strain it. Boil the same leftover ingredient with 600ml fresh water once more for 5 minutes and strain it. Repeat this procedure for the third time. Now mix all the strained water and discard the leftover residue. Let the strained mixture stand for a 15 minutes, so that any sediment present sinks to the bottom of the vessel. Without subjecting the mixture to any sudden movements, pour out most of it into another vessel, leaving behind the sediment at the bottom, which is to be thrown out. You should get 1600 ml totally.

Drink a 200 ml glass of this mixture 4 times a day over 2 days. Refrigerate the mixture as it will spoil if kept outside. It may coagulate slightly, but its medicinal properties are not affected. Stir before drinking. If you cannot drink the cold liquid, then warm it up a bit before drinking.

Observe the results for yourself and then decide the most suitable quantity to use the next time. Increasing the quantity to the level you can tolerate gives better results. If any nausea or undesirable symptoms such as stomach pain occur, reduce the quantities.

After a kidney cleanse, you will feel the reduction in the overall toxicity in your body, because the kidneys will be working better to remove accumulated toxins in the blood. Also expect higher energy levels, a glowing fairer complexion in a few days, and a reduction in most of the symptoms listed above.

Parasite Cleanse

We sometimes fall sick due to infections caused by microorganisms or parasites that get into our body through our food, water, or the air we breathe. We also get infectious diseases from other people, and sometimes, harmful organisms enter our bodies through our skin, though largely due to unhygienic conditions.

Symptoms of internal parasites include:

- Chronic fatigue
- Anemia or iron deficiency
- Grinding teeth while asleep
- Burning sensation in the stomach, abdominal pain
- Food sensitivities and sound, light and smell intolerances
- Difficulty in gaining weight, eating a lot but still feeling hungry
- Digestive problems like gas, bloating, alternating constipation and diarrhea
- Skin allergies, rashes, eczema, itchy dermatitis, sores, swelling and lesions

Perhaps the quickest way of killing harmful pathogens within the body is to subject them to modern inorganic antibiotics, because these medicines are truly anti-life and will therefore do a good job of killing parasites. But as always, the known or unknown side effects of these inorganic medicines are what we are left to deal with. At times, infectious pathogens can act very quickly and prove very damaging, or even be fatal if not stopped dead in their tracks. This is the only time I condone the use of antibiotics or other inorganic chemical medicines.

If your parasite infection is not serious and you want to stay clear of side effects of inorganic medicines, then you have the option of using natural substances such as garlic, ginger, turmeric, coconut oil, radish, onion, hot peppers, neem, bitter melon, cloves, clove oil, pau d'arco, wormwood, olive leaf extract, grapefruit seed extract, zell oxygen, goldenseal, sage, thyme, mediterranean oregano, calendula officinalis (marigold), black walnut extract, chamomile, and similar other substances that kill bacteria, virus, fungus, mould, worms, and other parasites in the body. The only drawback is that these substances sometimes take a longer time to act. Having them every now and then in your diet will help keep most internal parasites at bay.

Garlic is a potent antifungal, antibacterial, antiviral, detoxifying agent that stimulates the immune system and also helps clean out the respiratory tract. Ginger is an antifungal, antibacterial, and anti-inflammatory agent that helps dislodge congestion in the respiratory tract. It is also a great digestive aid and makes a tasty addition to fresh blend. Having turmeric (curcumin) water twice a day helps soothe gastrointestinal infections. It is an antioxidant, anti-carcinogenic and anti-inflammatory agent that soothes the inflammation in the small intestine and colon caused by the activity of bacteria, mould, fungus, and

other microorganisms. It also improves immune function, purifies the blood, and is very helpful for the liver. For medicinal benefits of other leaves, roots, nuts, and fruits, visit my webpage www.becomehealthyorextinct.com/naturalmedicine

Homeopathic medicines and biochemic medicines also do a good job of killing many internal parasites. They are a safer option than allopathic medicines.

Homeopathic Worm pills

12 days x 8 Worms pills; thereafter 18 days x 4 Worms pills, before going to bed.

Biochemic Worm pills

Take 8 pills / 4pills (minors) before bedtime for 12 days. On the 13th day in the morning take a 1 Tablespoon dose of the laxative Castor Oil in a bit of warm water or green tea or black tea. Thereafter, 4 pills / 2 pills (minors) before bedtime for 20 days.

An electronic hand held device called the 'zapper' has also been found to kill harmful pathogens that lie on the surface, or just beneath the surface of the skin. It uses two contacts to send tiny electric currents of particular frequencies, which are harmless to the body, through its surface, to first disrupt the positive charge of the parasites and then destroys them with electronic vibrational resonance. If the contacts are placed a little apart for longer periods on the body, they are capable of effecting the destruction of harmful pathogens that are moving at the surface level in the blood, cerebrospinal fluid and lymphatic system as well.

For more knowledge on this topic, read the work of Dr.Hulda Clark who was very successful with methods of detecting and killing parasites within the human body using this device. The devices are available in many markets.

Colloidal Silver or Mono Atomic Silver solution is an antibiotic of the 1940's, which has been found effective in killing over 650 different microscopic pathogens. Silver has antimicrobial and antibacterial properties, and it has been used through the ages to cure infections and help heal wounds. After antibiotics came into vogue, silver went out of favor with conventional doctors except for a few uses such as a salve for burns and wounds, in nitrate eye solutions to prevent blindness in new-born babies, and as an antibacterial coating in the lining of catheters. Holistic physicians, however, never stopped prescribing colloidal silver to prevent many types of viral, bacterial, and fungal infections, with generally excellent results. Now, with various bacteria strains becoming increasingly resistant to the effects of antibiotics, the medical community is once again interested in the use of colloidal silver because new studies have shown that it can even kill the very dangerous E.Coli and Staphylococcus bacteria. As silver attacks microbes in several ways, it is very difficult for microbes to develop resistance mechanisms.

For domestic purposes, a Colloidal Silver solution can be made by a small electronic device that sends a tiny current through two small silver electrodes that are immersed in a glass of water. One electrode gives off microscopic particles of silver in the water, and the water turns slightly milky white in a couple of minutes. To cure internal infections, this silver water can be drunk in limited doses once or twice a day as per the recommendation of the manufacturer of the device. Silver water can also be sprayed or applied externally on cuts, wounds, skin rashes, and even in the eyes for most eye infections. Silver disables the enzymatic reactions that pathogenic bacteria, viruses, single-celled organisms, and fungi require for the metabolism of oxygen in order to breathe. Consequently, they die and are eliminated from the body by the immune, lymphatic, and elimination systems. I have personally been using colloidal silver since the last 5 years and find it to be quite effective in killing microscopic pathogens without having any side effects to the body whatsoever.

Just a couple of cases of silver retention in the skin of the body were reported over the last few decades, which made the skin have a light greyish look, but this was due to the faulty electrical design of some home-made devices that made the particle size of silver too big for the body to dispose of. Nowadays, the colloidal silver making machines are quite refined and no such recent cases have been reported. Colloidal Silver has not yet been recommended for women who are pregnant or breast-feeding, because it has not been tested on them.

Repeated infections of virus, bacteria, fungus, and other parasites are indicative of a weak internal gut microflora and immune system that cannot fight back. So killing parasites off repeatedly is not the long term solution. A regular intake of probiotic food, exercise and detox of inorganic substances is necessary for the body to help strengthen itself, so that it can fight the pathogens on its own.

Intestine Cleanse

Signs of a bad stomach and intestines are a white coating on the tongue, bad breath, and stomach and abdominal pains. A very clear sign of a bad stomach is pain when pressed on the corresponding acupressure points for the stomach as explained in the later chapter on Acupressure.

To clean the stomach and small intestines naturally, use Harde powder, which is the powdered leaf of Terminalia Chebula. To prepare a medicinal potion, add 1 teaspoon Harde powder to ½ teaspoon Khadi Shakar (crystal sugar), and dissolve it well in 250ml of warm drinking water. Drink this mixture first thing in the morning for 7 to 10 days. Do not eat or drink anything after having this mixture for 1 hour. This treatment cleans the intestines of accumulated food matter and toxic debris lodged in it. It also removes excess heat from the body. One may have a couple of loose motions till about noontime due to this treatment, and it is normal.

There are other herbal cleanses for the stomach as well, and you should choose one that turns out to be the safest and most effective for you. An Ayurvedic preparation called 'Triphala' also does a similar job. Cleaning out your stomach at least twice a year using organic cleanses is a very good practice.

Fasting once a week is also a very good practice that cleans the intestine for two reasons. One is that it gives your digestion system a much-needed rest from working daily for 6 days a week. Secondly, you can also make the fasting day a day of cleansing by drinking just water, cleansing vegetable blends, or fruit blends, or even liquid probiotics.

Fasting for more than a day has special therapeutic effects, because when the body is starved of food, it seeks all the nooks and corners for accumulated food and breaks it down to be digested so that it can get energy. When this happens, the usable part of the food is absorbed by the body and the balance waste is rejected for elimination. During such fasts, it is important to keep the body well hydrated with water or light organic vegetable or fruit blends. One should ease into the fast, having light foods the previous day, and also end the fast by starting with light foods first the next day.

Colon Cleanse

The colon is the last section of the digestive tract that solidifies waste liquid food residue by absorbing its fluids and electrolytes, and putting them back into the blood. If the colon is not functioning well, during this absorption process, a lot of residual toxicity can also get reabsorbed into the blood. This depends on the toxic content of the liquid food residue. This toxicity comes from unhealthy food, improperly balanced food groups, food additives, and inorganic substances that we consume. Added to this are the toxins secreted by pathogens in the body.

When feces remain in the colon for too long, residual proteins in it get putrefied, carbohydrates begin to ferment, and fats become rancid. This further adds to the problem, and that is why bowel movement up to twice a day, once in the morning and once in the evening, is the best to keep toxicity in the body at its lowest.

If the colon is not functioning well, then along with the bile salts that it reabsorbs from digested food to send back to the liver, it also picks up toxins that are also returned to the liver thereby increasing its toxic burden. In this way, toxins just keep recirculating in the digestive system and in the blood because they are not being thrown out in the feces. Such toxicity often manifests as skin problems.

An unhealthy colon also quickens the aging process, because it is not capable of absorbing the required amounts of vitamins, minerals, and electrolytes properly, which the body needs to remain youthful. When the walls of the colon harbor too much toxicity, it becomes necessary to cleanse it thoroughly. Colon cleanses

clean out all the dirt and some good bacteria that are loose inside the colon, yet, much of the good bacteria that live inside the mucosal lining remain unharmed.

The simplest kind of colon cleanse is a lukewarm water enema that can be done in a standing or squatting position and lasts for just 5 minutes. A more effective version is a retained enema, which requires a person to lie down on their back, while facilitating the movement of water up the descending colon, then across the traverse colon, and up till the beginning of ascending colon, allowing the water to remain in each section for 3 minutes at least. Adding organic tinctures or herbal teas to the water can also be very therapeutic. If it is suspected that the colon harbors harmful bacteria, yeast, or other parasites, organic tinctures that kill such organisms can be added to the water.

A retained coffee enema (water + coffee) is a very useful colon and liver cleanse due to the following relationship between the colon and the liver.

There is a special set of veins called the enterohepatic circulation that connects the colon directly with the liver, so that absorbed toxins get taken directly to the liver for detoxification, rather than being allowed to circulate in the blood to other vital organs of the body. The caffeine, the ophylline and the obromine present in the coffee, combine to stimulate muscle relaxation and dilatation of blood vessels so that the toxic blood is quickly taken to the liver. These substances also dilate the bile ducts so that bile flushes out the toxins into the gastrointestinal tract. Simultaneously, peristaltic activity is encouraged because of the flooding of the lower colon by the enema. When the colon is evacuated in this way, toxins and bile are thrown out of the body very quickly.

The best time to do an enema is in the morning after you have just passed stools. If you feel that your colon is quite empty, you can go for a coffee enema right away, or else, first do a warm water enema for 5 minutes just to clean out the colon. For the best results do an enema, whether plain water or coffee enema, for 2 to 3 days in a row.

People having Diverticulitis or very weak colons, should not do a retained enema.

Procedure for a retained coffee enema:

- 1) Dissolve 1 full teaspoon of powdered coffee in about 600ml to 800ml of warm drinking water, and put it in the enema can. Children to use a lesser quantity.
- 2) Lie on your back in the bathroom, and administer the solution into the rectum with the help of the enema nozzle, keeping the enema can high. After the solution is emptied out into the colon, remove the enema nozzle.

- 3) Lying on your back, first draw your knees upwards and prop up your bottom to allow the solution to travel up the left side of your colon and be in this position for about 5 minutes. In this position, most of the solution pressure will act on the transverse colon. You may need to keep a support under your bottom if your back cannot take the stress.
- 4) Next, lower your knees and rest your back on the bathroom floor once again. Then, turn to your right side and lie there for about 5 minutes. In this position, most of the solution pressure will act on the ascending colon.
- 5) Next, roll onto your left side and lie there for 5 minutes. In this position, most of the solution pressure will act on the descending colon and sigmoid colon.
- 6) You can then get up and evacuate your bowels as soon as you feel like. During the procedure, you will feel a few spasms in the colon, which will try to force out the solution. This is a normal function of the colon, but you will need to exercise control not to do so, as you need to retain the solution for the coffee to act thoroughly.

Psyllium Husk is also a good and natural intestine and colon cleanser that can be used when the digestive system is constipated. It is taken orally by mixing about 2 tablespoons of Psyllium Husk in about 250ml drinking water and drinking it immediately. Drink an adequate amount of water later, to facilitate the cleanse.

Colon Hydrotherapy is also a very effective colon cleansing treatment done only at health clinics or medical centers as it uses special equipment.

Liver Cleanse

The liver is one of the most worked organs of the human body because of the hundreds of jobs it does on a regular basis. It is literally a chemical factory within the body that has the job of processing every substance, organic or inorganic, present in the blood. When doing this job, its biliary ducts often get clogged with all sorts of substances that do not leave the liver along with bile. Some substances, over time, move into the gall bladder, and coat its walls or form gallstones. The clogging effect is certainly more pronounced when we eat foods that were not naturally meant to be processed by a human liver. Clogging of the liver causes food allergies, skin allergies, asthma, toxins in the blood, residual acidity in the blood, constipation due to low levels of bile in the digesting food, acid reflux, diabetes, fatigue, and dark circles under the eyes.

An organic liver cleanse like the one detailed overleaf, helps the liver and gall bladder tremendously by flushing out their long held unwanted toxic substances, thus reviving the health and vitality of both the organs.

Before cleansing the liver, it is important to cleanse the colon. If the colon is not cleansed and it has a lot of old toxic fecal matter stuck to its walls, a lot of that toxicity can flow back to the liver through the enterohepatic circulation.

The ingredients for a liver cleanse:

Extra virgin olive oil (250 ml) for a person of 75 kg

Fresh orange or sweet lime or pineapple juice – the same quantity as olive oil

Epsom salt / magnesium sulphate ($MgSO_4 \cdot 7H_2O$) – 80 gms for a 75 kg person, 50 gms for a 50 kg person and so on. Drinking Water (800 ml)

Choose a Saturday to start the cleanse, so that you can rest on Sunday.

Have a light dinner the previous evening. Eat a light breakfast on the morning of the cleanse.

Procedure:

1pm

Eat a lunch that is easy to digest.

2pm

Do not eat or drink anything after this time.

Mix 80gms epsom salt in 800ml drinking water. Refrigerate it.

6pm

Drink 1 cup of 200ml of the epsom salt water.

You can gargle your mouth after this, or drink a bit of water.

8pm

Drink 1 cup of 200ml of the epsom salt water.

You can gargle your mouth after this, or drink a bit of water.

9:45pm

Whip for about 10 seconds (175ml extra virgin olive oil + 175ml fresh orange juice without seeds)

Drink the mixture at your bedside. Lie down quickly on your right side for about 30 minutes, with your head up high on a pillow. Do not move, remain still. You may feel a train of stones traveling along the bile ducts like marbles. Go to sleep after 30 minutes in any position except lying on your stomach.

6am

Drink 1 cup of 200ml of the epsom salt water.

You can gargle your mouth after this, or drink a bit of water. Go back to sleep.

8am

Whip for about 10 seconds (75ml extra virgin olive oil + 75ml fresh orange juice without seeds)

Drink the mixture at your bedside. Lie down quickly on your right side for about 30 minutes, with your head up high on a pillow. Do not move, remain still. Go to sleep after 30 minutes in any position except lying on your stomach.

10am

Drink 1 cup of 200ml of the epsom salt water.

You can gargle your mouth after this, or drink a bit of water.

11am

You may eat light food or have fruit juice.

Have a light lunch later. Follow normal meals from here on.

You will have bouts of loose motions on the 1st day at night and from the next morning till noon.

If you want to see evidence of the liver / gall bladder stones that come out, put a big strainer or wire mesh in your toilet seat and pass all your stools into it. Spray water on the stools to wash away the feces and the stones will be left behind. You might find hundreds of soft green or yellow stones, which are actually only coagulated bile, or coagulated orange juice and olive oil. The real stones are black, dark brown or grey stones and hard to the touch.

Do a Kidney Cleanse after every Liver Cleanse, as this removes any deposits in the kidneys that may have got released during the Liver Cleanse.

Acidity Cleanse

An acidity cleanse aims at reducing the acid levels all throughout the body, whether in the blood, other bodily fluids, the bones or at the cellular level. I do not recommend many of the popular acidity cleanses for the following reasons:

- 1) Most of them take a long time to do, even up to 60-90 days. It is a slow process which makes it tedious for most people to do.
- 2) Many people do not report any benefit at all. This is because they do not understand that they need to reduce the incoming acidity from food. This way, acidity just builds up even though is being taken out by the cleanse.
- 3) The most popular acidity cleanse uses apple cider vinegar, which sometimes gives a bad throat and chest cold as well.

As I have explained earlier, an acidic state of the body comes from years of subjecting the body to too much acidic foods. It is a slow process where acidity is

first picked up from acidic foods by the blood and then delivered to the other fluids and cells of the body. The bones suffer the most, because they weaken as their calcium and organic lime gets leached by acidic blood over many years.

The safest and most natural way of decreasing the acidity in your body is to increase your quantity of alkaline foods and reduce your quantity of acidic foods on a daily basis. This will slowly and steadily reduce the acidity in your body over time. In fact, this process cannot even be called cleansing acidity from the body, because it is not. People, who promote the idea of acidity cleansing, have their core fundamentals very wrong!

You do not need to clean out acidity from the human body, you instead need to re-alkalize it back to healthy levels!

You can first do this by giving it more alkaline foods. Having good quality alkaline water at the correct times, as explained in the section on water, will certainly help reintroduce alkalinity into the body. Once healthy pH levels in the body are achieved, one does not need to drink alkaline water for the rest of their lives. Having 70-80% alkaline and 20-30% acidic food will be enough for good health.

The best neutralizer of high acidity from the stomach is of course a healthy liver and gall bladder that are able to supply the correct quality and quantity of bile so food is properly neutralized in the duodenum for further digestion. Most people who suffer from long-term acidity have a dysfunctional liver and gall bladder. Good functioning pancreas also produces good quality alkaline digestive fluids.

Cleansing baths

A warm water bath opens up the pores of the skin, allowing waste deposited there to come out easily with sweat. The warming of the skin also stimulates the body to further sweat in its effort to cool down the skin. This further facilitates the secretion of sweat and flushing out of more toxins. Using a herbal or organic soap during a bath is much better than using an inorganic chemical based soap, whose chemicals can get into the pores. Make sure to drink water before a warm bath, as it causes the body to sweat and become a bit dehydrated.

As sea salt (sodium chloride) is a good organic cleanser, soaking in a bathtub of warm sea salt water once a month helps the deep cleansing of pores, and removal of toxicity and negative energy from the body. Scrubbing the body with a loofah sponge at this time is also helpful. About 200gms of salt is enough for one bathtub. A bath in the ocean also achieves the same results if the sea water is clean and not polluted. It has the added advantage of having a multitude of other minerals that the body absorbs as per need. Have a normal water bath after a salt water / seawater bath to remove salty deposits from the skin.

Soaking in a bathtub of warm epsom salt (Magnesium Sulphate) water for about 15 minutes thrice a year is also very good for health. Epsom salt dilates the pores of the body to a greater extent, which facilitates an even deeper cleansing than salt-water bath. About 400gms of Epsom salts is enough for one bathtub. Scrubbing the body well with a loofah sponge really helps. This bath should be had at night, so that after stepping out of the bathtub one can fully wrap themselves in a bathrobe or towels and go to bed. This makes the body sweat some more, by which, it further eliminates toxins all night long. A blanket cover can also be used to help this process. After an epsom salt bath, avoid exposing the body to cold air or draughts as this could lead to tension in the nerves and muscles, causing temporary pain. A normal water bath should be had the next morning. Drinking water at proper intervals at night is recommended, since much water is lost through perspiration.

An Epsom salt bath also gives you an abundant supply of magnesium, which is lacking in most of our bodies due to the depleted levels of magnesium in our soils, and consequently in our foods. Magnesium also gets leached out from our bodies due to our regular intake of acidic food, free radical activity, and other degenerative processes.

Magnesium is the second most abundant element in human cells and the fourth most positively charged ion in the body. It helps the body regulate over 325 enzymes and plays an important role in organizing many bodily functions, such as muscle control, electrical impulses, energy production, and the elimination of harmful toxins. Magnesium deficiency contributes towards high rates of heart disease, stroke, osteoporosis, arthritis and joint pain, digestive maladies, stress-related illnesses, chronic fatigue, and a number of other ailments.

Tests show that oral magnesium supplements are not so well absorbed by the body due to the weak intrinsic factor of our modern stomachs and intestines. The skin, however, does a very good job of absorbing magnesium as well as sulphate, and this is why the epsom salt bath is beneficial in many ways. Sulphates play an important role in the formation of brain tissue, joint proteins, and the proteins that line the walls of the digestive tract. They stimulate the pancreas to generate digestive enzymes, and help detoxify the body of medicines and environmental contaminants. Magnesium Chloride baths as well as Sodium Bicarbonate baths also cleanse toxicity from the body.

Heavy Metal Cleanse

I do not recommend inorganic heavy metal cleanses as the first option, because most of the cleanses use inorganic elements, sensitive processes and expensive machines, which prevent you from doing the cleanses on your own at home. Besides, the technology used is under constant validation and revision and that is why one needs to handle the subject with caution.

Recommended instead, are organic superfoods such as wheatgrass, spirulina, chlorella, and blue green algae, because they have demonstrated the capability of removing some heavy metals. They are quite gentle in their detoxification action, and so have to be taken for longer periods of time. They sometimes do have side effects including nausea, vomiting, muscle aches and pains or fatigue when taken for continuous periods. They can also cause a slight build-up of certain minerals such as sodium, potassium, or iron. For these two reasons, I recommend a break of 1 week after every 15 days of their daily consumption. One can take these natural cleanse agents till the symptoms of heavy metal presence disappear.

Fruit pectin is a wonderful detox agent as well. It appears like small transparent drops of gel that come from the fibrous portion of the fruit, and is mostly found in the pith of papayas, limes, lemons, oranges and other citrus fruits. Other sources of pectin are bananas, apples, carrots, and cabbage. Simply eating fruits high in pectin also gradually cleanses the system of heavy metals. One can also get a pectin product, and add it to a glass of water or fresh fruit or vegetable blend.

Cilantro (Coriander) is also a delicious detox herb. At some places, you can buy it in a drinkable juice form. Even adding the herb to your blends or in your salad will give the desired effect over a period of time.

Psyllium Husk (Sat-Isabgul), Bentonite Shakes, Zeolite Clays and Activated Charcoal are also effective in removing traces of heavy metal from the body. You can try them as well, if the above options do not work for you.

Summary of this Chapter

Apart from the natural cleanses I detailed in this chapter, there are other natural cleanses advocated for organs such as the heart, lungs, pancreas, spleen, and the brain. I do not recommend them much because I have not experienced much benefit from them, neither have I observed others getting distinct benefits from them. I have, however, found that eating a healthy diet and doing all the cleanses I have suggested, effects a safe cleansing of all other organs as well, albeit in a gradual manner. I focus mainly on cleansing the digestive system, because that is where most of the impurities in our bodies are stored. Once we put the right cleansing foods into the digestive system, it automatically delivers the cleansing agents wherever required in the body. I have also found that panchakarma cleansing treatments of the Ayurvedic system benefit many conditions.

It is important not to vigorously exercise when you do a cleanse. Firstly, some cleanses do temporarily tax certain organs in the body where most of the detox is taking place and what these organs really need at the time, is rest. One may also feel tired after the intestine, liver or colon cleanse, so it is better to rest for a day, hydrate yourself well, and take probiotics for a week after these cleanses, so that good bacteria repopulates the digestive tract. Secondly, as each internal organ gets cleansed, it works at a new level of purity and efficiency, and it does require a few days for the rest of the organs and the body, as a whole, to re-configure the new operational parameters of the cleansed organ.

As the blood also becomes cleaner due to the cleanses, the body gets more hydrated and filled with life. This naturally kicks its detox mechanism into full gear. When this happens, a lot of toxins stored in the body, re-enter the blood stream to be processed and expelled out of the body.

This manifests as many symptoms. The most common are headaches, aches and pains, feeling irritable, congestion, and in severe cases vomiting, sweating, fevers, and dizziness. Often you may find yourself re-experiencing symptoms of diseases or sickness you've had in the past. If you find yourself in a detox phase, be patient, take it easy, and drink lots of water. Detoxing can be an intense body process, especially if you have a lot of built-up toxicity. The heaviest bursts of detox are right in the beginning. If you have been eating unhealthy foods and not greens or raw foods for a long time, be prepared for higher levels of detox. Detox can last a day or two, and sometimes even a week. Take a nap whenever necessary during the day, and do not cut short your night sleep. You might even want to take a day off from work, and go for a walk in nature while your body cleanses itself. When the detox period is over, you will experience a new level of energy, rejuvenation, and mental clarity.

Acupressure

Acupressure is an ancient healing technique that is safe, because it has no side effects and does not conflict with any other system of treatment or medication a person might be using. It involves pressing certain points on the hands, feet, ears, or on the body in any combination for healing different parts of the human body. The system of acupressure I am teaching in this book is designed to treat the entire body as a whole because that is what is required to cure chronic illness. It is a vital tool that will help you implement the 4th step of the Natural Health Therapy - Activate the body's healing mechanisms to cure illness. Though it is part of the fourth step, you can start using it even during the 1st step of the Natural Health Therapy. That is because it is an energy push system of healing and does not have any pre-requisites. Energy pull systems on the other hand can be harmful if done vigorously when the body is already inundated with other efforts such as the action of medications or changes in diet and habits. This acupressure system is simple to learn, and one does not need to have great knowledge of either diseases or the human body. The simplicity of Acupressure is that it deals on a one to one basis with each organ of the body. Acupressure can detect which organ is ill and once that organ is treated with acupressure, it regains health, and illness associated with the organ disappears over time, as a natural consequence.

From this point onward in this book, when I use the word 'Acupressure', it will mean the entire technique of Acupressure that I am teaching in this book. It will not mean any other form of Acupressure taught by anyone else.

Acupressure points are to be pressed either on an empty stomach or 2 hours after a meal since this is when the body derives its maximum benefit. Pressing of the acupressure points can be done once, twice, or even thrice a day, till ailments disappear completely. When dealing with chronic ailments, it is better to continue pressing the acupressure points on the palms or feet for an additional month, even after all symptoms of illness disappear completely. This helps rid the illness from its roots. Pressing the points elsewhere on the body can be stopped after a few days of complete healing.

The use of acupressure nowadays is steadily increasing as an alternative treatment, as many conventional treatments are unable to cure chronic ailments properly and some conventional treatments have side effects as well. Some treatments involve taking medications for a lifetime and many people who are on medication say they are cured, but they are lying to themselves. In comparison, acupressure is easy to administer, it is free if you do it for yourself, it can show results very quickly in most cases, and it has no side effects. This is the reason for its growing popularity and use. All that one needs is a good understanding of how to use it, and that is what I aim to give you in these chapters of the book.

How does Acupressure work?

In the human body, bioelectric current, also known as 'Chi' or 'Prana' is generated by the brain. It is constantly supplied in minute doses to each and every part of the human body through the nervous system. Prana is the life energy that is needed by all the cells of the human body for their functioning. If Prana flow to an organ were reduced, the organ would perform sub-optimally and show signs of sickness. If its flow to an organ were totally cut off, the organ would seem lifeless, just like the paralyzed arm of a person. Prana is the electricity that drives all movement in the human body.

This Prana can be measured in the laboratory with the help of sensitive instruments. It can also be strongly felt when nerves are severed and left open ended in the flesh after reconstructive surgery, as I narrated earlier. Even though it is the nerves that carry this bio-current, common acupressure terminology says that meridians carry the current. Nerves and meridians are not the same thing. Meridians are energetic network lines of the astral body, whereas, nerves are situated in the physical body. To measure bio-current in the body, two fine electrodes are pierced into the skin till they make contact with the nerve at different points and then a reading of the current flowing through is taken. Instruments to measure the energy flow in the astral body meridians have not yet been developed. It is necessary to make this distinction, because I have explained that the astral body is distinctly different from the physical body. I will nevertheless continue with convention and use the word meridian (meaning nerve). There is no discrepancy between points on meridian lines or nerves, because the nerve network matches the meridian network very closely.

So bio-current flows through the meridians, which run through the entire length and breadth of the human body, connecting each and every organ and body part. So every organ or body part has meridians on it as well as in it and that is how they accurately represent the state of the organ or body part, whether it is healthy or sick. The meridians run continuously for the most part, but have their end points located on the hands, feet, and ears. These are called correspondence points, meaning a point that corresponds to a particular organ or body part. All the organs on the right side of the body have their corresponding acupressure points on the right palm. It is similar for the left palm, and similar for the feet and ears as well. By pressing these acupressure end points on the hands, feet, and ears, more bio-current is directed to the respective body part and this removes blockages in bio-current flow. This bio-current flow helps activate the blood flow, lymphatic flow, cerebrospinal fluid flow, reconstruction of damaged or weak cells, elimination of toxins from cells, and it improves cellular function and immunity. This is why acupressure is a very powerful system of healing. The freed up toxins from the corresponding organs that get released into the blood which then get eliminated through urination. When points are pressed regularly, it rejuvenates organs, which regain their vitality in a short span of time.

Which diseases can be cured with Acupressure?

Most chronic illnesses such as headaches, sinuses, eye problems, ear problems, throat problems, thyroid problems, heart problems, stomach problems, acidity, lung problems, liver problems, digestive problems, kidney problems, appendix, joint and bone problems, bladder problems, slip disc, high or low blood pressure, cholesterol, hormonal imbalances, obesity, diabetes, asthma, skin problems, and allergies can be cured with the help of acupressure. Even hereditary diseases can be cured if acupressure is correctly done between the ages of 5 to 18.

Acupressure is not a remedy for viral, bacterial, fungal or similar infections and it cannot heal communicable or contagious diseases. It cannot kill internal parasites or pathogens that are in the body, and that is why I have described different organic methods to deal with parasites. It can however, help the body in recovering from such illnesses, as it rejuvenates all the systems of the human body. Regular acupressure will certainly increase immunity against all such diseases. Regular acupressure will cut short the recovery time for illnesses like Tuberculosis, Pneumonia, Cholera, Typhoid, Jaundice, Malaria and many others.

Does Acupressure have any side effects?

Acupressure does not have any side effects, because it uses the body's own internally generated energy to effect healing. There is no foreign or inorganic agent acting, so there is no chance of contamination, adverse reaction, or side effects. Over-pressing an acupressure point only leads to an organ getting more bio-current, which only makes the organ healthier.

In conventional medicine, there could often be a wrong diagnosis. Sometimes, a wrong prescription of medication could also be given. In acupressure, there is no scope for such errors. The points that pain when pressed have bio-current blockages in their corresponding organs due to their weakness. So acupressure gives you a one to one relationship between weakness in the body at a particular place and its pain detecting point on the palm for example. All that one has to do is, press the points on the palm to activate the bio-current flow to that organ once again and effect the healing of that organ. No other system of treatment is as simple and straight forward. Most conventional systems of treatment treat just the symptoms of disease, but Acupressure treats the root cause of the disease.

Will Acupressure work for me?

Acupressure is purely a physical system. It relies just on the human body and an individual's effort. There is no need to have faith for it to work. If you follow the advised program, it will work on you. Marked improvements in health have happened for even totally bed ridden and paralyzed patients who could not do anything themselves, after acupressure was given by their family members.

How long will it take to cure my ailments?

Sick people may have at least one serious chronic ailment along with other minor ailments. Treatments for long-standing chronic ailments may last between 3 to 4 months, depending on how serious the ailment is. Minor ailments may disappear within a week itself and some may take upto a month.

You need to do an acupressure session on yourself for about 20 to 30 minutes. My recommendation is to do 2 such sessions in a day. If your chronic ailments could get cured within 3 months by doing acupressure twice a day, they would take almost 5 months to cure, if you did it just once a day. You could even do it thrice a day and heal even faster.

One hour a day just for Acupressure?

You may be aware of your chronic ailment since maybe the last 3 years, but what you do not realize is that its seeds have probably been sowed in your body 3 years prior to that. So, to say that 6 years of illness in the body can be repaired by just 1 hour of treatment daily for 3 months is nothing short of a miracle! Most other natural treatments take more than double this time to cure illness.

Take a look around you, and notice how everyone, in some form or the other, is spending on an average of 1 to 2 hours a day on health, doing activities such as long morning walks or jogs, pranayam, yoga, workout, aerobics, swimming, activity sport, special diets and regular visits to the doctor or the health clinic.

If you do acupressure that covers all your organs, it is like giving the whole body a workout. You will not need any other form of exercise to remain fit, except moving all your body parts for flexibility and agility. Simple stretches and joint rotations or regular work that gives your body an overall workout will stimulate the blood, lymphatic, cerebrospinal, muscle, tendon, and joint systems to keep you fit enough. Acupressure can be blended into some of your other regular activities such as reading the morning newspaper, watching TV, chatting, reading a book, travelling to work, etc. You do not really need to make a separate time in your day to do it. Most other fitness activities require an exclusive time. This is a great advantage of acupressure.

Are there any diet restrictions in this acupressure system?

For the best and fastest results, one should be on a 100% vegetarian diet. Non-vegetarian habits only slow down the effectiveness and speed of the treatment. This is only natural, because man is by design a vegetarian first. The body heals itself fastest in this environment.

When and where should one avoid Acupressure?

When having a fever. Acupressure will cause higher fever due to detoxification.

During pregnancy, only if one has complications, or a history of miscarriages.

If one has deep vein thrombosis. Pressing directly on the clot could rupture it.

Epilepsy patients should not press hard on head or brain acupressure points.

Do not do acupressure over injuries or sores, corns, inflamed, or puffy areas.

Do not do acupressure on reproductive organ points during menstrual flow.

Avoid doing acupressure for someone with a contagious disease. They should do it for themselves.

Why is Acupressure one of the best systems of maintaining good health?

Acupressure is not only a curing system; it is a diagnosis system and a disease prevention system as well. With acupressure you can check the health of all your organs anytime in a few minutes and detect illnesses even before they manifest physically. Curing diseases at the initial stage is much easier and quicker. If acupressure is routinely done even by a healthy person, it raises the immunity of the person to such a high level, that chronic diseases just do not get a chance to manifest. The body does not even succumb to external attacks from virus, bacteria, fungus, weather changes, pollution, spoiled food, or toxic food sources easily. Acupressure is one reason why I have not fallen sick for even a single day in the last 12 years!

I don't do acupressure daily because I'm not sick in any way. But I do check acupressure points on my palms once a month. If a point is paining, I press it and the pain goes away in 2-3 days. This is how one can maintain a healthy body.

Acupressure along with The Natural Health Therapy treats not just specific organs, but the human body as a whole. If you suffer from chronic illness and practise this complete system for 1 whole year, expect to biologically reverse your age by about 10 years. You can verify this by taking one set of all your medical reports before you start practising this system and then one set after a year and comparing the second set with your medical reports of 10 years earlier.

Since acupressure is a diagnostic system as well, you can check up your own health whenever you like and be in an illness prevention mode rather than needing to make routine visits to a diagnostic center. Once your health improves, you will not need to see your doctor often.

Calculate the benefit on the following:

Time and money saved.

Being healthy all the time.

Being able to rely on your body for performance.

Living without any fear of some undiagnosed illness suddenly showing up.

Acupressure is an energy push system that does not stress the body and that is why it is much safer. In comparison, rigorous exercise regimes are energy pull systems that have the potential to make the body break down.

Increasing bio-current in the body

Bio-current is the energy used in acupressure to revitalize ailing organs or body parts, so having a good flow of bio-current in the body really helps the speed at which acupressure works. Even if one does not have a healthy amount of bio-current being generated in the body, the acupressure treatment still works, but at a slower pace. Three methods that help generate good bio-current levels are:

1) Life Energy water

To make this water, boil 4 glasses water in a stainless steel vessel, with 15gms gold, 30gms silver, 60gms copper plate and a 60gms iron bowl, till the water reduces to 2 glasses. There should be no dust and no rust on any of the metals, they should all be shining. For this, clean them with an abrasive powder like Pitambari power every time before boiling them. Keep this water warm in a thermos flask, and drink one glass preferably first thing every morning and the second glass after about 4pm. This water can be safely drunk daily for about 3 months.

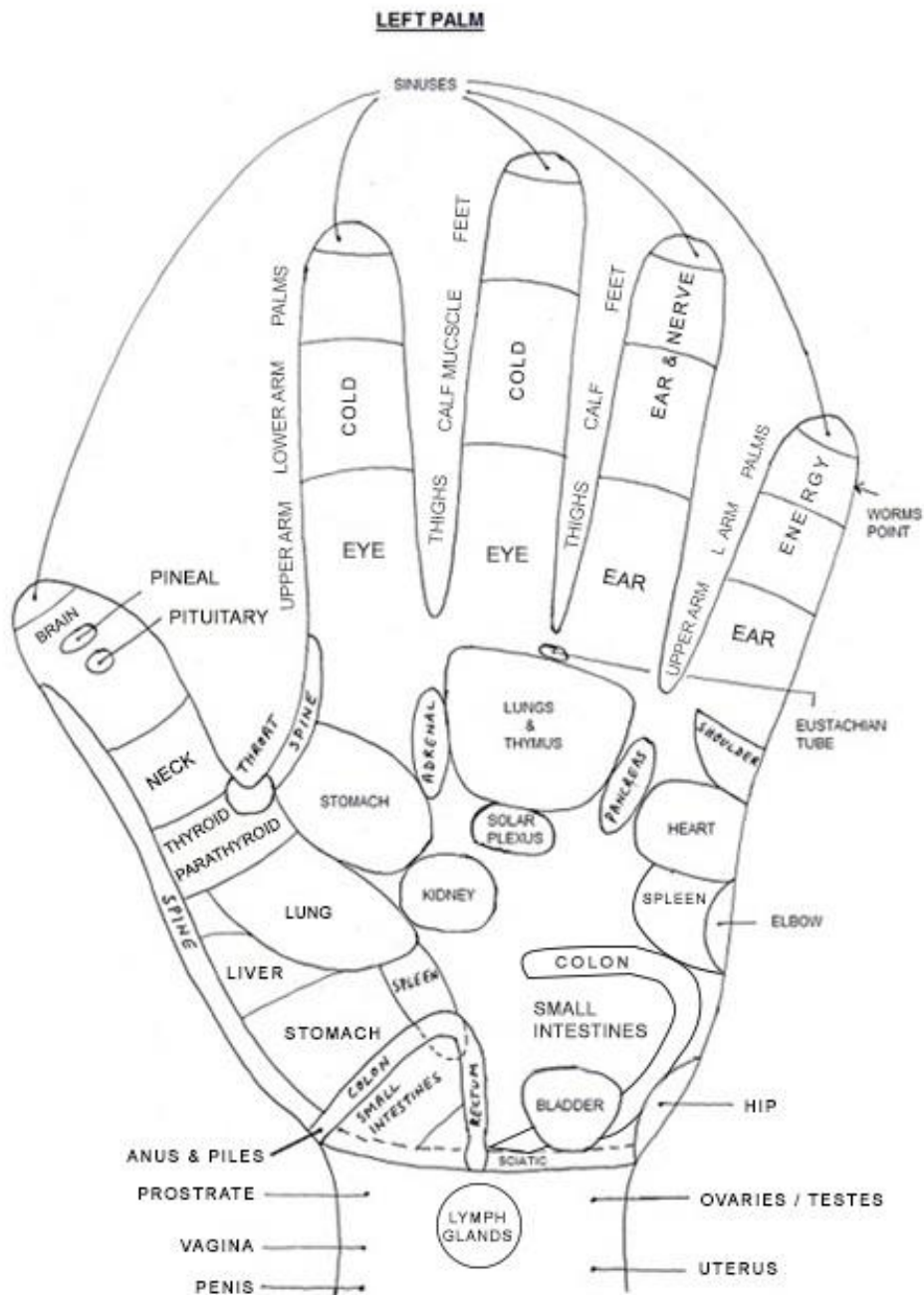
2) Combination 12

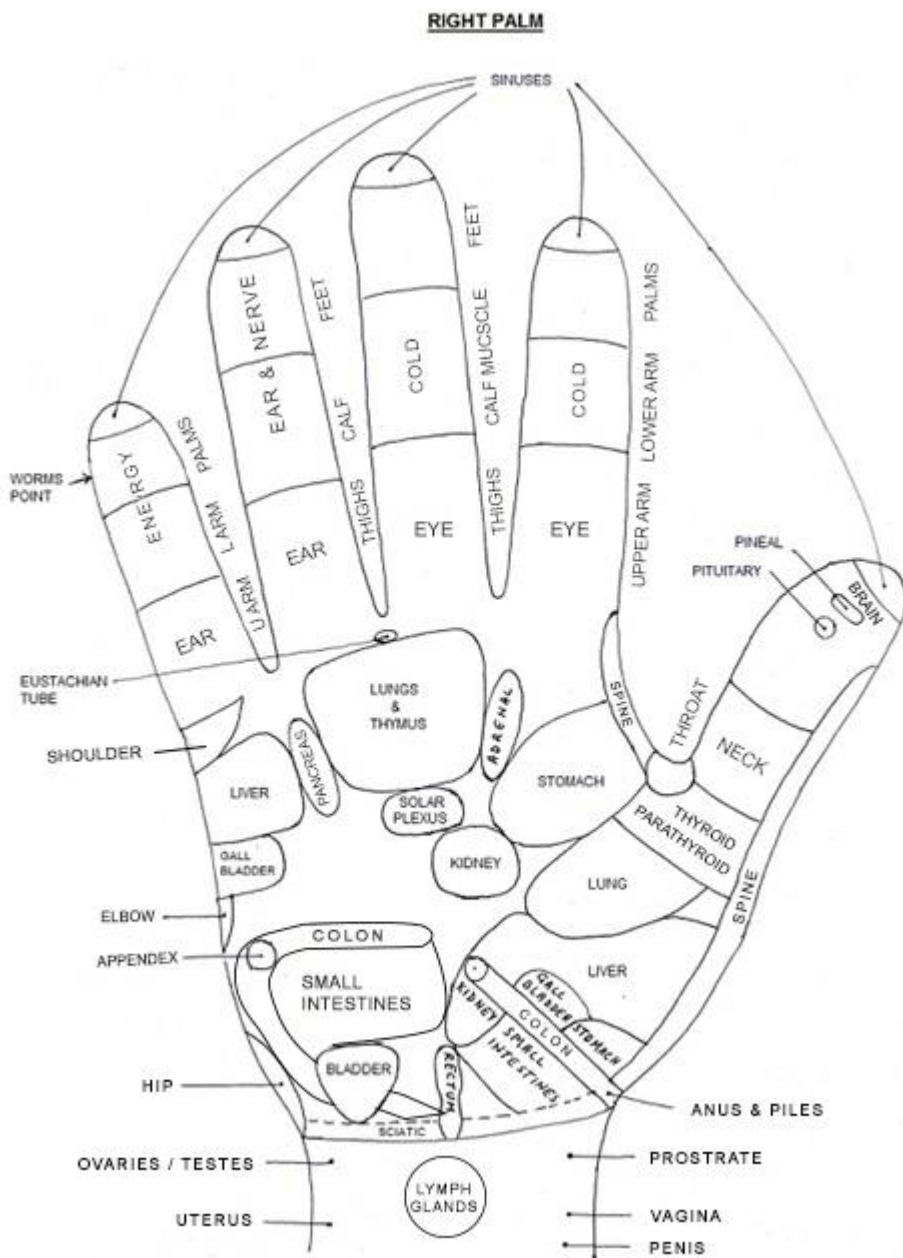
These are Homeopathic pills. They provide the minerals and nutrition to the brain and aid it in producing adequate bio-current. Take 3 pills 3 times a day for about 3 months. See the improvement, and decide whether to continue it.

3) Pranayam

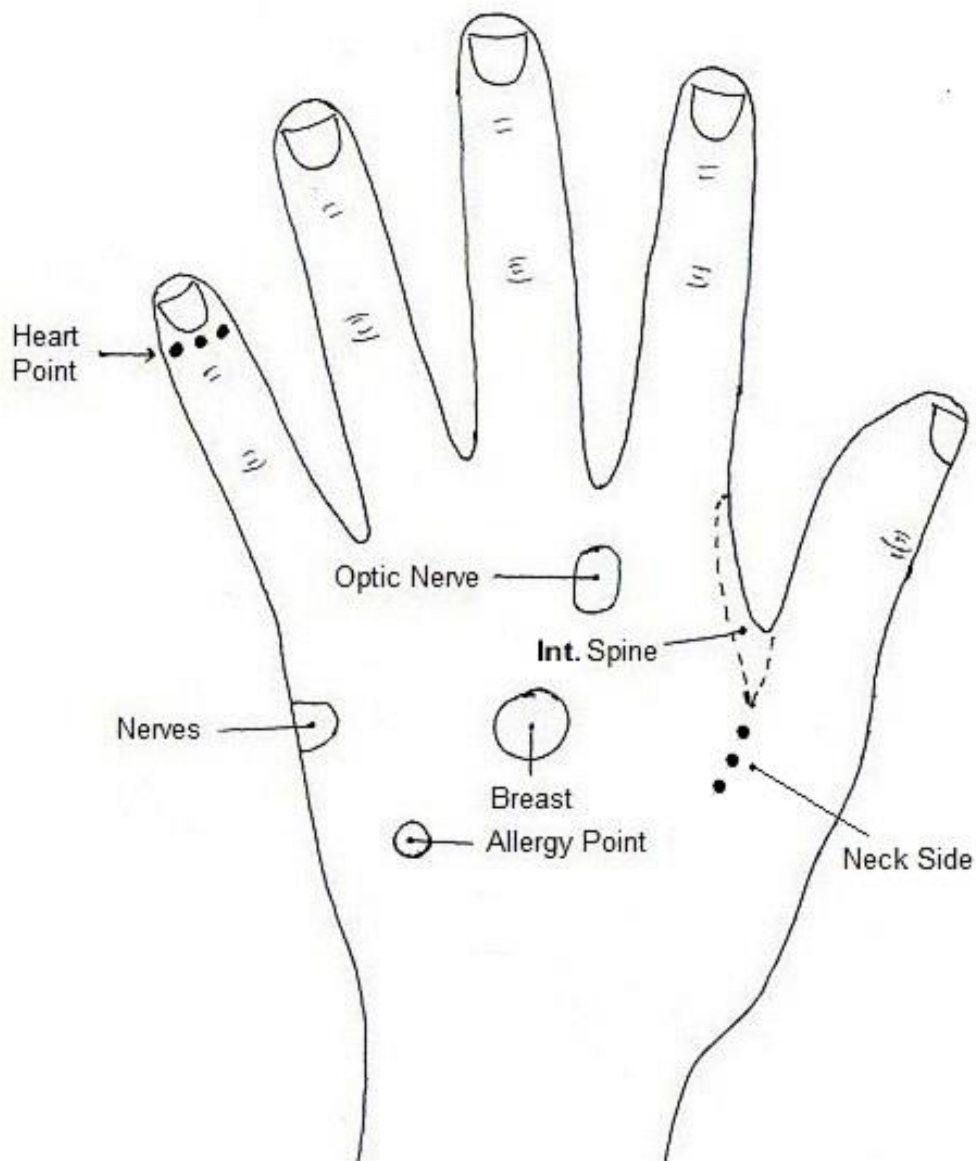
There are many types of Pranayama (breathing techniques), but the one to be used for the generation of good levels of bio-current is the one I have explained on page 190. Do it to the level you are comfortable with, starting with the 20 breaths cycle, and then increasing the number of breaths gradually over a month or two. This pranayam is to be done just before every acupressure session, so that you have optimum levels of bioenergy available.

Acupressure Hand Charts

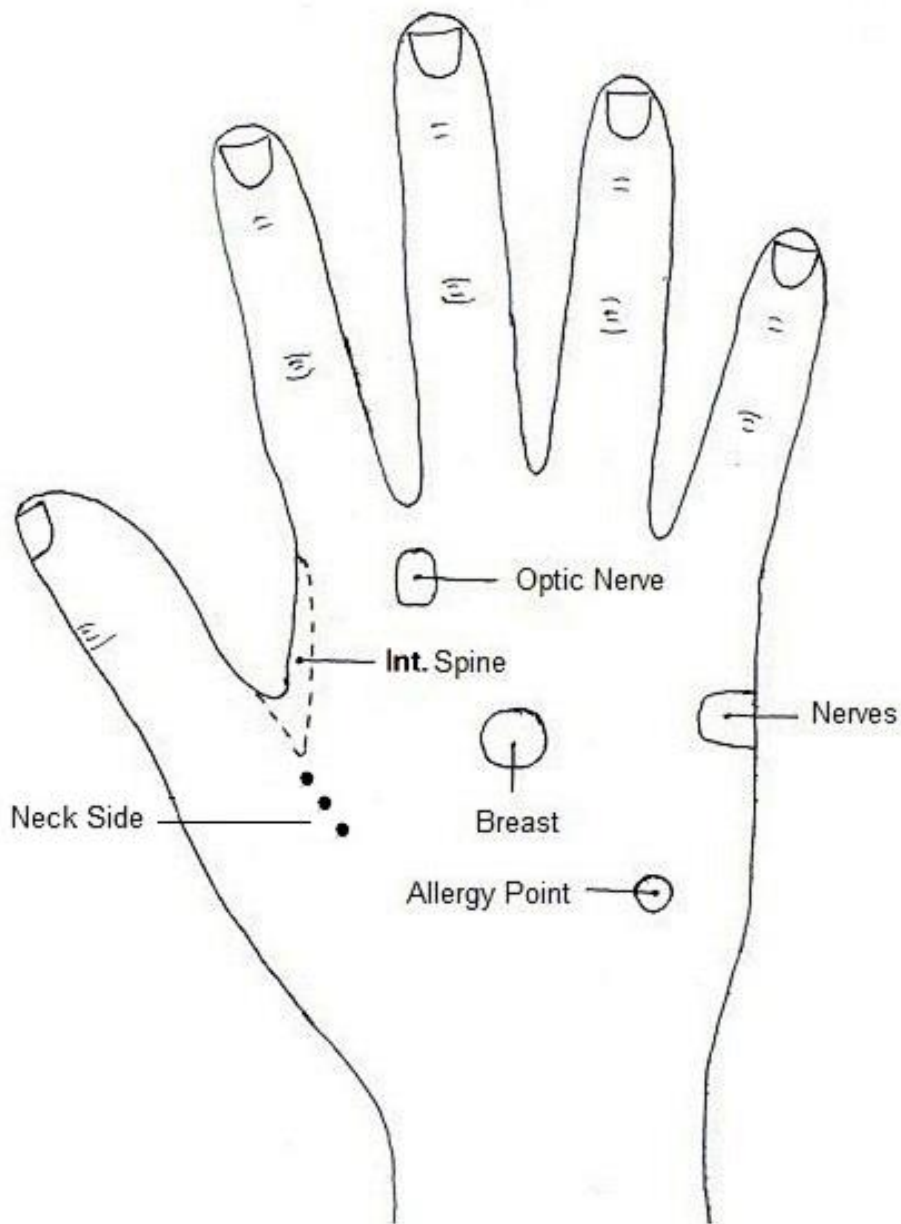




Back of Left Hand



Back of Right Hand



Diagnosis Chart

Name -

Age - yrs, Wt - kgs, Date -

1. Eyes Redness -
2. Tongue Diagnosis -
3. Swollen Feet -
4. Frequency of passing stools -
5. Navel Balance in Palms -

- Dark Circles under eyes -
- Puffy Skin under eyes -
- Black skin patches on legs / feet -
- Blood Pressure – Sys Dia Pulse
- Solar Plexus balance in Feet -

	Organ pain points	LH	RH
1	Pineal gland		
2	Pituitary gland		
3	Thyroid & Parathyroid		
4	Thymus gland		
5	Solar Plexus		
6	Adrenal glands		
7	Pancreas gland		
8	Ovaries / Testes		
9	Prostate		
10	Uterus		
11	Vagina / Penis		
12	Brain		
13	Eyes		
14	Optic nerve		
15	Ears		
16	Ear & Nerve		
17	Cold		
18	Sinus points		
19	Neck Side		
20	Throat		
21	Shoulders		
22	Arms		
23	Internal Spine		
24	External Spine		
25	Lymph glands		
26	Lungs		
27	Heart		
28	Breast points		
29	Energy		
30	Stomach		
31	Liver		

Current Health Problems

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

History of Illnesses since Birth

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Current Medications

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

32	Allergy point			10
33	Gall bladder			
34	Spleen			1
35	Intestines			2
36	Worms point			3
37	Appendix			4
38	Colon			5
39	Piles			6
40	Kidneys			7
41	Urinary Bladder			8
42	Hip & Knee			9
43	Legs & Feet			10

Current Health Practices

Using The Diagnosis Chart

When you start diagnosing your condition, use The Diagnosis Chart to note all parameters of your present state of health. After a month of doing acupressure regularly, you can check the same parameters and note the improvements.

Eye redness indicates level of toxicity in the blood as well as heat in the body.

Dark circles under the eyes indicate the unhealthy condition of the liver.

Puffy skin under the eyes indicates the unhealthy condition of the kidneys.

Tongue diagnosis is a detailed subject that will not be covered here.

Swollen feet or black skin patches on the legs or feet indicate severely ill kidneys.

The relevance of frequency of passing stools has been explained on page 32.

Solar Plexus balance in Palms: By placing both your open palms together, facing you, align the topmost prominent horizontal lines on the palm to make a continuous curve. Once they are aligned, check if the horizontal lines on the little fingers match. If they do not, and the lines of one little finger are lower than the other, it indicates that the Solar Plexus is out of balance. The little finger, whose lines are lower, will even appear a bit shorter.

To rebalance the solar plexus, stretch out the hand whose little finger is shorter, horizontally in front of you. Now firmly grasp the crease at the elbow with your other hand, thumb on the lower side of the elbow and four fingers on the upper side. The crease of the elbow should be just below the little finger. Now make a thumbs-up fist of the outstretched hand and swiftly jerk the hand upward, till the tip of the thumb hits the top of the shoulder of the outstretched hand. Let the arm go back to the outstretched position again. Repeat this two times. Then place the palms together like before and see if the little finger lines match. If they match that means the balance has been restored and there is no need of doing the exercise again. When the solar plexus is not balanced, a lot of digestive problems like stomach pain, loose motions and constipation can occur.

Solar Plexus balance in Feet: To check if the hip and leg balance is ok, lie down on the floor, flat on your back, legs straight and match the height of the main toes. If one is higher than the other, it indicates an imbalance. To rectify this, sit up, with one leg still outstretched, and draw in the foot of the other leg (whose toe is shorter) by bending the knee upwards in the air. Then holding that knee firmly, press it down swiftly across the thigh of the other leg with good pressure. Do this 4 times. This will lengthen the tendons of the leg whose toe is shorter and the toe heights will begin to match again.

These two check-ups and rebalances are to be done on an empty stomach first thing in the morning. Check every morning to see if the balance has come back. If not, rebalance them till the day they get balanced.

Diagnose organs by pressing their acupressure points

Outstretch the thumb of one hand and bend just its top digit forward to a 90deg angle. Press the nail tip side of this thumb, perpendicular to any acupressure point (shown in the acupressure hand charts) on the palm of the other hand, with a deep pressure. Place the other 4 fingers below the palm for supporting the pressing action. Press deeply and release a couple of times at a chosen acupressure point. Likewise the index finger can also be used to press a point on the other palm. If there is pain deep within the flesh of the palm, it means that the corresponding organ has sickness or weakness. The degree of pain indicates the severity of sickness. For a video of a correct pressing technique, visit the webpage www.becomehealthyorextinct.com/acupressure/techniques

Check the acupressure points of all organs and body parts as per the sequence given in The Diagnosis Chart and if they pain, put a “Y” symbol (Yes) mark in the LH column (pain on the left hand palm point) or RH column (pain on the right hand palm point). Do this for all 44 points given in the diagnosis.

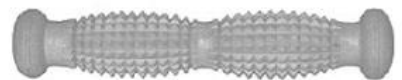
In some cases, where the palms are used a lot for manual work, the sensitivity of the acupressure points is a bit diminished. So some points may not show pain for the first day even though the organ is unwell. In such cases, an acupressure ball like the one shown below should be rolled between the palms with a firm pressure, for about 5 minutes, twice a day, for 2 days. The acupressure points will then get activated and show their pain when you check them after 2 days when pressed with the thumb or index finger. This completes the diagnosis of all points in the hands and therefore the diagnosis of their corresponding organs within the body.



Metal Spring Ring



Plastic Probes Ball



Wooden Foot Roller

How to treat acupressure points

The points that pain are the sick organs or body parts. To cure them, you need to press them in a certain way, and that is all they require for healing. Now since this system is designed to heal chronic illness, pressing certain points that manage overall health is necessary, even if they do not indicate any pain. I will explain why shortly. If you are not following this system, then you can press any point in any sequence, it really does not matter. You will still get some benefit.

Doing an Acupressure Session

- 1) Drink 1-2 glasses of water to flush out toxins released during the session.
- 2) Do the pranayam detailed on page 190 to generate good level of bio-current. It also strengthens the heart chakra and improves heart, lung and liver health.
- 3) Roll an acupressure ball in both palms firmly for 3 minutes. You can also roll a foot roller under your feet firmly for the same duration.
- 4) Make a 90deg angle of your thumb or your index finger and press it deep on the acupressure point (shown in the acupressure hand charts) of the other palm, with an up and down pulsating kind of pressing for about 1 minute. Do this for each point or area of the palm, in the following sequence. Pineal & Pituitary (one area), Thyroid & Parathyroid (second area), Thymus & Lungs (third area), Solar Plexus, Adrenal, Pancreas and finally, the Sex Glands on both sides of the wrists. This same sequence is given in The Diagnosis Chart. After you press a point on one hand, next press the same point on the other hand. Then go to the next point given in The Diagnosis Chart.

The above points are the endocrine glands, the master controllers of the human body. Pressing them first is absolutely necessary because only if they work well, will they secrete the right quality of hormones required by the body. The pressing of these very points also activates the associated plexus in the same area that conduct the flow of bio-current to every associated chakra, as well as through the nervous network of the body.

If you noticed the sequence of points, they start from the topmost area in the brain, the producer of bio-current, and then go progressively lower. As you press each endocrine gland, you strengthen its physical vitality as well as the energetic vitality of the chakra it manages. The performance of this junction in the body improves, and in turn, it enables a healthier flow of energy to the next downstream endocrine gland. This is how the entire 'Endocrine Body' is first energized and healed.

- 5) The next sequence of points to be pressed are the points where you have felt pain and marked 'Y' in The Diagnosis Chart. Go as per the sequence given in The Diagnosis Chart. Do not press these points as deep as the endocrine glands. Just press enough to feel their pain. Here, each point needs to be pressed for 2 minutes since more healing is required. If your kidney point is not weak, still compulsorily press it for 1 minute as the last point on both hands. Pressing the kidney points in every acupressure session is a must because it helps the kidneys perform optimally. Kidneys should be in a healthy condition so that they can eliminate through the urine, all the toxins that are released into the blood from the sick organs.
- 6) For problems in the areas of the face, eyes, nose, ears, neck, hands, legs and feet, roll the metal spring ring on thumbs and fingers about 10 times up and down these areas shown in the previous diagram.

It should be remembered that pressing the paining point is what cures. So, do not avoid paining points, instead search for them and press their weakness away!

Give proper attention to the Thyroid & Parathyroid area. These are important endocrine glands as far as energy flow is concerned, because they are situated in the neck, which is a narrow channel through which all the bio-current from the brain flows. All communication from other parts of the body, picked up by the nervous system, also flows back to the brain through this neck region.

Acupressure point pain analysis

Acupressure point pains in the hands have a way of expressing themselves and they do have a very clear meaning, which is termed as the classic acupressure pain cycle, which is as follows:

For the first couple of days you may not feel pain at some points. This is due to the insensitivity of the nerves in the hand, which will improve in a couple of days.

After a couple of days the pain in the points increase and it becomes very clear that certain organs are sick. The amount of pain is proportional to the level of sickness of the organ.

As you continue pressing these points daily, the pain in some of the points will go down, and this is part of the healing cycle. These are the points where the weakness was not deep rooted, and the organ has just recovered from sickness.

The points that pain for over 15 days or a month are the organs that have deep-seated chronic illness. Keep pressing their pain till it disappears completely.

If you have a doubt about whether the pain is actually acupressure pain or just weakness in that part of the hand, ask yourself these questions:

- 1) Did I have an injury on this part of my body?
- 2) Am I pressing so hard that my tissues or my bones are getting damaged?

The final guideline is that, over a period of 10 days, if the pain is increasing by the day, then it is not acupressure pain, and you may be causing yourself some tissue damage by pressing too hard.

If you are still not able to get a good understanding of acupressure pain, please visit an acupressurist or a person who successfully practises acupressure.

Pressing an acupressure point deeply and continuously (not pulsating) for over 3 minutes will make pain in the body at its corresponding area disappear. This is just temporary numbness and not an effect of permanent cure. It is often used to numb pains such as dental, neck, or joint pains.

There is one peculiar organ in the human body that may not show as much pain as it should, when it is ill, and that is the liver. The liver point shows pain only when it is severely ill. This is because the cellular structure of the liver is quite different from other organs in the body. In addition, the network of nerves in it is quite less. As there are a lesser number of nerves in the liver, the amount of pain in its corresponding point in the hand is also lesser than normal. This is why the liver is called 'the silent organ'. When this point clearly pains on the hand, it shows that the liver has substantial weakness. Even so, acupressure diagnosis of the liver detects weakness much earlier than other conventional diagnosis.

Compulsory cleanse before starting acupressure treatment

If you have never done a kidney cleanse before, you should certainly do one before starting acupressure, so that the kidneys are clean and healthy to dispose of the cellular toxins that are released due to the action of acupressure.

If a person's kidneys are severely weak to begin with, as in the case of renal failure patients, they should first start with the black tea kidney cleanse for 15 days. Along with it, they should also do acupressure twice a day just for the kidney points. Regular acupressure for the rest of the body can be started after this period.

Optional treatments that help the healing process

The body will cleanse itself of toxins and also heal much faster if it is helped by some natural treatments that facilitate its cleansing. The following natural treatments are recommended when using this system of acupressure.

1) Black Pepper treatment for the removal of excess heat from the body.

Soak the powder of 15 black pepper seeds + 2 Tsp Khadi Shakar (crystal sugar) in 250ml water at night. Stir it well and drink it first thing in the morning for 10 days. After this, chop up 5 peeled almonds and add it to the mixture and have it for the next 10 days.

2) Nux Vomica 30X

Take 3 pills 3 times a day for 45 days, or 5 drops in 30ml water 3 times a day. This treats disorders of the stomach, digestion problems, problems of bile and ulceration in intestines.

3) Health Drink powder

Mix 300gms dried amla (indian gooseberry) powder and 100gms dried ginger powder. Take 1 Tsp in warm water every morning and every evening for 15 days. Amla has 16 times more vitamin C than lemon. This protects the body from cold and increases digestive power.

4) Q Mixture

Mix Neem (Azadirachta Indica) powder, Tulsi (Basil) powder and Bael powder (Aegle Marmelos) in equal proportions. Take 1 Tsp in warm water 1 hr before lunch and 1 hr before dinner for 15 days. This treatment purifies the blood and also increases energy levels.

5) Aloe Vera juice

Mix 30ml of Aloe Vera juice and 30ml water. Have it on an empty stomach, first thing in the morning. No food or water for ½ hr after it. Repeat the same just before going to bed at night. It is a health tonic and benefits the liver a lot.

One blood circulation cycle in the human body takes approximately 20 minutes. So if you are taking medications for different ailments separate them by at least 20 minutes. This allows one complete cycle for the medication to be absorbed in the blood and delivered to where it is required in the body.

The Meridian System

The network of the human nervous system, mainly stemming from the brain and the spinal cord, is like a massive river with all its tributaries. It has junctions and branches on the main pathways, called the meridians, which run through the entire length and breadth of the human body. The end points of these nerves are located on the hands, feet, and ears.

In healthy individuals, bio-current flow maintains a constant balance within the body. When a harmful event occurs within the body, it clogs the flow of bio-current and disease ensues. The meridian junctions are the spots where bio-current has the greatest tendency to get stuck. When this happens, it causes an imbalance, as upstream sites are flooded with too much bio-current and downstream sites receive too little. Acupressure points are also located on the pathways and junctions of these meridians. Pressing the acupressure points on the meridian pathways on the body dislodges blockages, and this restores normal circulation of bio-current. Once normal bio-current circulation is restored, the cells eventually return to their normal, healthy state. The pressing action also facilitates the smooth flow of cerebrospinal fluid in the nerve ménages.

There are 14 meridians that run through the body. 12 of these meridians are connected to 12 different organs in the body, whereas 2 of the meridians are connected to mechanisms of the human body. The meridians are as follows:

- 1) The Heart meridian
- 2) The Small Intestine meridian
- 3) The Gall Bladder meridian
- 4) The Liver meridian
- 5) The Urinary Bladder meridian
- 6) The Kidney meridian
- 7) The Lung meridian
- 8) The Large Intestine meridian
- 9) The Stomach meridian
- 10) The Spleen meridian
- 11) The Pericardium (heart sac) meridian
- 12) The Triple Warmer (spinal cord) meridian
- 13) The Governing Vessel meridian
- 14) The Conception Vessel meridian

To reduce the number of diagrams that you need to reference in the following pages, I have only shown meridian points that are required to treat specific illnesses. If you need to see all the points on each meridian line, please visit my webpage www.becomehealthyorextinct.com/acupressure/meridians

Treatments for Illnesses

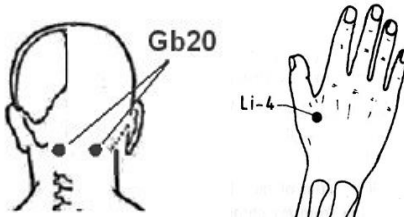
This chapter explains acupressure treatments for various ailments. Combinations of hand acupressure points and meridian points on the body have been given. Some places additional information pertaining to the cure of the problem is also given. When a hand point is referred to, press it with a deep pulsating action for about 2 minutes. Each meridian point on the body should be pressed with a pulsating action firmly only 8 times in one acupressure session. Two acupressure sessions should be done every day, with preferably a gap of 6 hrs in between to give the nerve points some time to normalize. The pressing of points for the following problems should be incorporated within the acupressure session format that was detailed earlier.

Headaches

Pain on the forehead

Press Gb20 + Li4

Closing the right nostril, breathe only through the left nostril for 5-10 minutes. Or close the right ear with a small ball of cotton, the left nostril airflow will open up.



Pain on the sides of the head – Due to Cold.

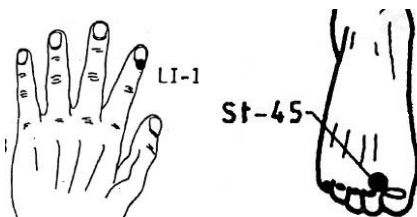
Press below the thumbnail, both sides.



Pain on the top and back of the head – Due to Acidity.

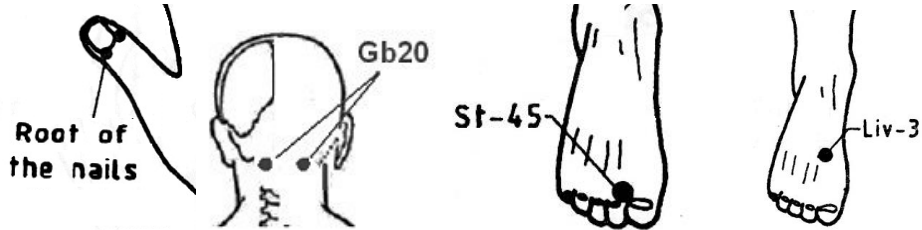
Press below the index finger nail outer side + chronic acidity point St 45

Closing the right nostril, breathe only through the left nostril for 5-10 minutes. Or close the right ear with a small ball of cotton, the left nostril airflow will open up.



Pain on one side of the head – Migraine.

Press below the thumb nail, both sides + Gb20 + Chronic Acidity point St 45 + Liv3 + Pancreas + Liver. Migraine patients should not eat refined flour, cheese, paneer, chocolate, citrus fruit, alcohol, milk, soft drinks, and spicy food. Use Magnesium supplements or Magnesium Oxide powder for relief. Do Sun Yoga. Closing the right nostril, breathe only through the left nostril for 5-10 minutes. Or close the right ear with a small ball of cotton, the left nostril airflow will open up.



Brain Tumor

On the hands press the Pituitary + Pineal + Brain + Cervical + Spine points
Roll the metal spring ring on all the fingers of both hands. Stop using cellphone.

Brain Stroke / Paralysis

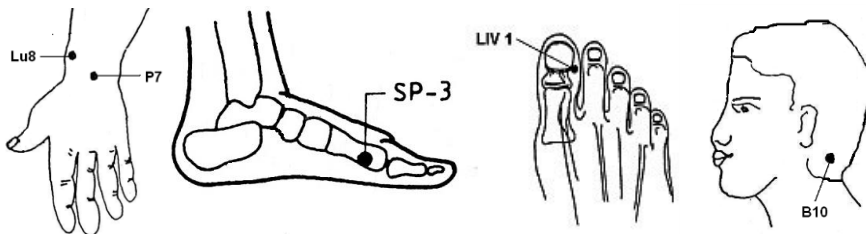
To check if it is brain stroke, do STR:

- 6) Ask the person to SPEAK a full sentence you just spoke.
- 7) Ask them to stick the TONGUE out. See if it is drooping on one side.
- 8) See if the person is able to RAISE both arms high.

On the hands press Pituitary + Pineal + Brain + Heart

Press Lu8 + P7 + Sp3 + Liv1 + B10

Roll the metal spring ring on all fingers and thumbs of both hands. Stop using the cellphone. Combination of working on Pericardium meridian and Triple Warmer meridian along with the Spinal Cord is helpful.



Memory problems

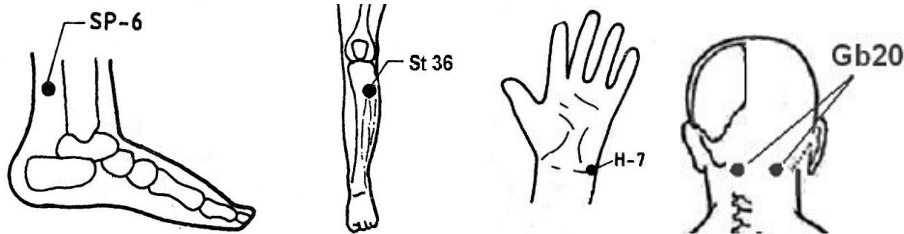
On the hands press the Pituitary + Pineal + Brain + Gall Bladder.

Press Gv26 between the nose and upper lip + point between the eyebrows.

Insomnia

On the hands, press Lymph glands. Press Sp6 + St36 + H7 + Gb20.
Do the Medulla Massage twice a day + once before bedtime. While trying to sleep, press down the webs of fingers of both hands to facilitate relaxation.

Reduce Vata in the body, reduce sea salt in food and avoid salty snacks. Try Magnesium tablets or Magnesium Oxide powder at night for good sleep. Follow all the advice given in the topic 'Sleep' on page 200.



Hair fall

Caused due to loss of elasticity in the scalp skin, due to dryness caused by excess heat in the body rising upward. Heat that rises within the body to the head region has excess of the fire element that dries up the water content in the scalp.

Have regular head bath to moisturize the scalp. Do not use hair shampoo often, as it extracts natural oils from the scalp, making it dry. To moisturize the scalp, use cold pressed coconut oil. It treats dandruff too. Eat some raw guava leaves or make herbal tea of it and drink it. It has good antimicrobial properties too.

Roll the metal spring ring on both thumbs + brush nails of both hands for 5 mins twice a day. Reduce excess heat in the body by doing the black pepper treatment given on page 235. Excess heat in the body is also caused by weakness in liver and gall bladder. On the hands, press Liver + Gall Bladder.

Parkinson's

On the hands, press Pituitary + Pineal + Brain + Cervical + Gall Bladder + Lymph glands. Roll the metal spring ring on all the fingers and thumbs of both hands. Stop using table salt.

Symptomatic Parkinson's

On the hands, press the Cervical + Gall Bladder + Lymph glands
Roll the metal spring ring on all the fingers and thumbs of both hands.
Stop using table salt.

Dyslexia

On the hands, press the Pituitary + Pineal + Brain
Roll the metal spring ring on all the fingers and thumbs of both hands.

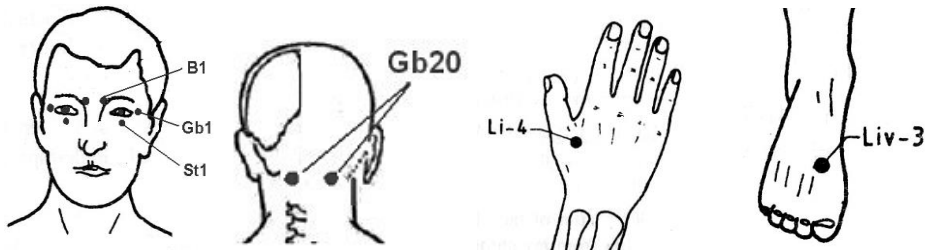
Mentally & Physically challenged

On the hands press Gall Bladder + Spleen + Lymph glands + Memory point
(below center of nose). Roll the metal spring ring on all the fingers and thumbs.

Eye problems

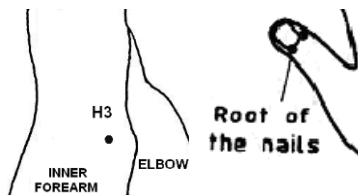
On the hands, press the Pituitary + Pineal + Optic nerve + Eye points on fingers
+ Gall Bladder. Press B1 + Gb1 + St1 + Gb20 + Li4 + Liv3.

With the tip of the index finger, gently press points on the rims of both eye
sockets, all around each eye for just about a minute. Roll the metal spring ring on
all fingers and thumbs of both hands. Eat plenty of carrots or drink carrot juice.



Vertigo – Imbalance of the water in the ears

Press the inside of elbow H3 + point under thumbnail + tips of the 2 middle
fingers. Roll the metal spring ring on all the fingers and thumbs of both hands –
more on the ear points. Press the roots of the little fingers and ring fingers.



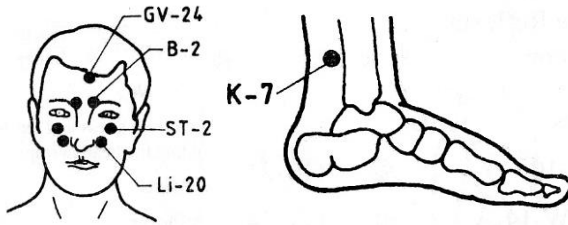
Sinus

On the hands, press Adrenal + Tops of all fingers and thumbs + Top of Big Toes.
Press Gv24 + B2 + St2 + Li20 + K7. Practise Oil Pulling.

Stop milk and all milk products. Drink ginger tea.

Do the black pepper treatment for excess heat given on page 235.

To drain out the sinuses, push the tongue against the top of the mouth and place a finger between the eyebrows and apply pressure for about 20 seconds.



Facial Paralysis

On the hands, press the Pituitary + Pineal + Cervical + Bladder + Kidney. Roll the metal spring ring on thumbs of both hands. Cover the ears in windy and cold places. Press Liv3, Gb20, Gv16, Liv8, Sp6, K3, Ub18.

Fainting / Fits

On hands, press Pituitary + Pineal + Heart + below center of nose + below little finger nail inside. Roll the metal spring ring on thumbs of both hands. Do the Pranayam detailed on page 190.

Stammering

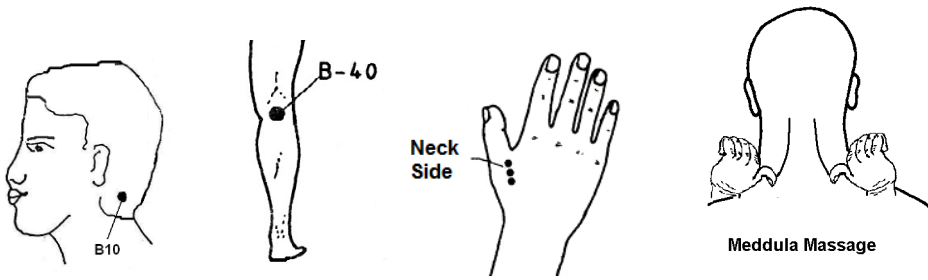
On the hands, press the Pituitary + Pineal + Thyroid + Solar Plexus + Lymph.

Teeth pain and tooth cavities

Press the outer side of top of each finger for the top jaw and the inner side of top of each finger for the lower jaw. Pegs can be put on the fingers for over 3 minutes. Press Li4. Brush teeth at night with a mixture of tumeric powder and coconut oil as detailed on page 94. Stop eating food that has sugar added in it.

Neck pain / Cervical Spondylitis / Tension

Press B10 + B40 + Neck Side point at the base of each thumb. Roll the metal spring ring on thumbs and middle fingers of both hands. Rotate thumbs clockwise and anti-clockwise 20 times – 3 times a day. Press down the webs of fingers of both hands to facilitate relaxation. Do the Medulla Massage given on the next page.



The Medulla Massage

This massage is very important for relieving a lot of ailments in the neck region and for relieving stress and tension since it builds up mainly in the neck muscles.

Keep a small bowl of water at hand. Stand behind the person with the problem and first wet the neck area shown in the figure. Then wet both thumbs and place your closed fists on either side of the neck, resting on the shoulder. Starting from the base firmly rub and slide the thumbs up to the base of the skull. Do this 8 times, taking care that your thumbs are a bit wet all the time. The thumbs should slide and there should not be friction. After this, gently stroke the neck from top to down 8 times with the fingers of your open palm as a relaxation. Do this massage 3 times a day.

Thyroid problems

Symptoms of Thyroid problems – Sudden weight gain or loss, swollen look in the body, eyes popping out, mood swings, energy loss, and hair loss.

On the hands, press the Thyroid & Parathyroid + Gall Bladder + Spleen + Lymph
Reduce the intake of cruciferous vegetables as detailed on page 80.

Throat infections / Tonsillitis

Roll the metal spring ring on the thumbs of both hands.

On the hands, press the Thyroid + Throat area + Middle finger below the nail 8 times. Gargle with warm salt water twice a day. No food or water till ½ hr later.

Stop milk and all milk products. Drink ginger tea.

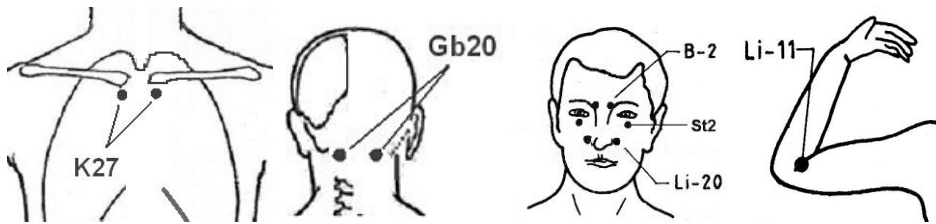
Twice a day, mix a bit of turmeric in warm water and drink it in slow sips, no food or water for ½ hr. Make a paste of ghee and turmeric and apply to the throat.

Cough & Cold

On the hands, press Head + Thyroid + Throat + Lungs + Lymph Glands + Tips of all 4 fingers with the thumb. Press K27 + Gb20 + B2 + St2 + Li20 + Li11

Roll the metal spring ring on all the fingers and thumbs of both hands.

Do the black pepper treatment for excess heat given on page 235.



Stop eating all foods that have mould on them. Have natural foods that contain high levels of Vitamin C daily. Do cardiovascular exercises that give the lungs a good workout daily. Stop milk and all milk products. Drink ginger tea.

Do 10 chest push-ups against a sideboard or dining table, followed by 10 forced breaths (sitting down, eyes closed), followed by rolling the acupressure ball firmly in the palms for 1 min (eyes closed). Repeat this another 2 times. This exercise is to be done twice a day on empty stomach.

Heart Attack

To check for heart attack, press left little finger below the nail and around it. Keep pressing that area for relief. On the hand press the Heart point.

Weak Heart

On the hands, press Pineal + Pituitary + Thyroid + Thymus + Heart. Roll the acupressure ball in the palms for 5 minutes. Eat one pomegranate a day. Meditate and contemplate on the source of stress in your life. Resolve it.

Breast health after breast removal surgery

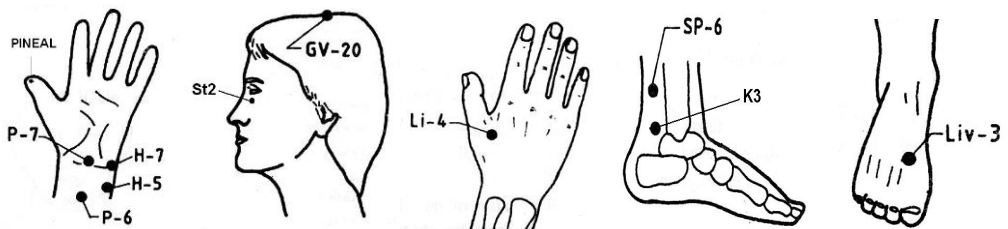
Symptoms are hand pain and swelling. Do the Pranayam detailed on page 190. On the hands, press the Thyroid + Thymus + Lymph glands + Breast.

High Blood Pressure

Causes of High BP are excess of common salt (NaCl) in the Cerebrospinal Fluid, bad food habits, tension and less sleep, which lead to improper liver function.

On the hands, press the Pineal + Adrenal + Heart + Kidney.

Press H5 + H7 + P6 + P7 points on wrist + Gv20 + St2 + Li4 + K3 + St2 + Liv3.



During a High BP attack, press the small finger in each ear and shake vigorously for 2 minutes. To bring down pressure immediately, press center of top of the head GV 20. BP must be checked only after 20 mins rest and on empty bladder.

Take a piece of Supari (Beetle Nut) after meals. Chew for 10 mins and spit out. Supari is nature's Aspirin. Never stop High BP medicine abruptly since it is a blood thinner. Clots may form. Reduce gradually if required. Reduce common salt in the food and avoid all salty snacks. Reduce hot spices in food. Stop having tea, coffee and soft drinks. Do a Kidney Cleanse.

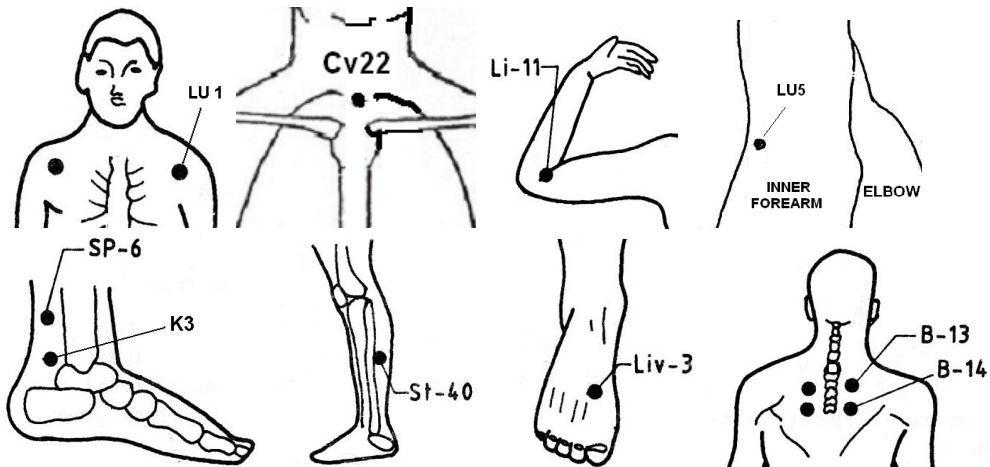
Low BP

One cause of low BP is malfunctioning of the Pancreas so it reduces the glucose level in the blood and cerebrospinal fluid. Eat raw tulsii leaves, beetroot, almonds, raisins or brown rice. Drink adequate water. Eat fresh fruits twice a day. Do Pranayam and get good sunlight every day.

On the hands press Pineal + Pituitary + Adrenal + Pancreas + Lungs + Heart + Kidneys.

Asthma / Bronchitis

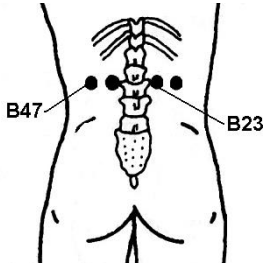
Asthma is caused due to Lungs weakness. Less Oxygen in the body leads to Eczema & Psoriasis. Asthma Inhaler medication can cause weakness in Liver over a period of time. On the hands press the Thyroid + Lungs + Solar Plexus + Top flange of middle 2 fingers. Press Chest Lu1 + Cv22 at base of neck + Li 11+ Fore arm Lu5 + K3 + Sp6 + St40 + Liv3.



Press back 2 points 4 fingers below base of neck B13, then another 2 points below 4 fingers B14. Blow a balloon daily. Do Pranayam detailed on page 190. Do a Liver cleanse. Stop milk and all milk products. Drink ginger tea.

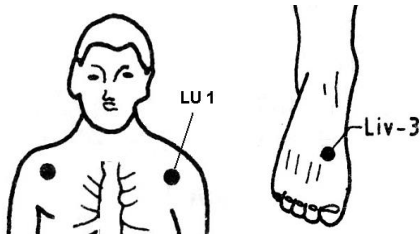
Eczema / Psoriasis

On the hands, press Thyroid + Lungs + points where the infection is + Kidney.
Do the Pranayam detailed on page 190. Press B23 + B47. Stop using sugar since it increases bad bacteria formation in the body. It is the bacterial toxins that come out through sweat and cause skin rashes. Eating some fruit is fine.
Eat probiotic foods and cultured vegetables regularly to increase good bacteria.



Pigmentation problems

Caused due to Lung and Liver weakness.
On the hands, press Lungs + Liver + Lu1 + Liv3. Do a Liver Cleanse.

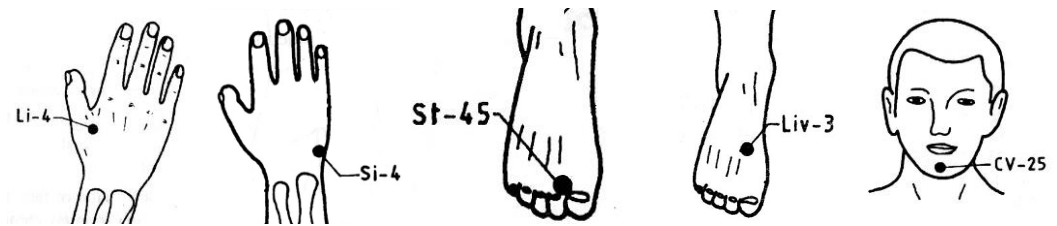


Acidity

On the hands, press Thyroid + Stomach + Liver + Gall Bladder + St 45
Take a pinch of raw rice with water 1st thing in the morning and also at night.
Do the black pepper treatment for excess heat given on page 235.
Do a Liver cleanse. Switch to a highly alkaline diet. Drink alkaline water.

Constipation / Indigestion

On hands, press Thyroid + Adrenal + Stomach + Liver + Gallbladder + Intestines + Colon + Kidney. Press Li4 + Si4 + St45 + Liv3 + Cv25 + Cv6 (lie down and press with 3 fingers below navel). Malfunction of Gall Bladder and Liver can also cause constipation. Check the Gall Bladder point and press Gall Bladder + Liver + Spleen points on the palms ½ hr before meals. Switch to an alkaline diet. Drink alkaline water. Do a Liver cleanse.



Gastric / Stomach / Intestines problems

On the hands, press the stomach point. Roll the acupressure ball in palms. Press center of left arm to check for pain. Press 8 times thrice a day if it pains. Take a course of Nux Vomica. Have Red Pumpkin juice in the morning.

Excess Heat / Pimples / Acne / Mouth Ulcers

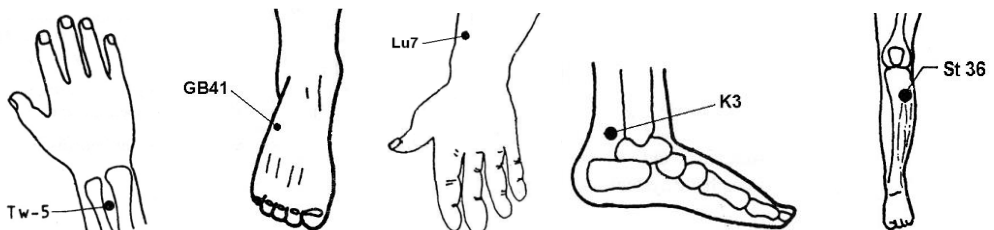
Excess heat in the body is caused when the acidity in the body remains high. This can happen due to consumption of too much acidic food, malfunction of the Stomach, Liver, Gall Bladder and also due to the presence of impurities and toxins in blood that interfere with maintenance of proper pH at the cellular level.

On the hands, press Thyroid + Stomach + Liver + Gall Bladder + Intestines.

Press Tw5 + GB41 + Lu7 + K3 + St36.

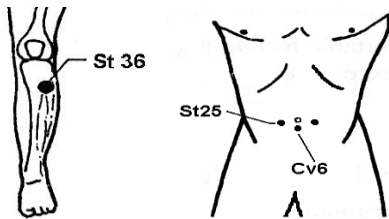
Do the black pepper treatment for excess heat given on page 235.

Do the Harde Powder cleanse detailed in the Intestine Cleanse topic.



Amoebiasis / Colitis

On the hands, press Thyroid + Adrenal + Solar Plexus + Stomach + Intestines + Colon. Press St36 (4 fingers down side of knee) + St25 + Cv6



Stop eating spicy food. Avoid green chillies in food. Stop eating nightshades like tomato, lady finger, brinjal, capsicum, potato, mushroom and also wheat & dairy.

Avoid raw foods like vegetable salads. But if you need to eat uncooked greens, then soak them in salt water or potassium permanganate water or baking soda water for 10 minutes. Rinse properly in the water itself and then use. This kills a lot of germs and dislodges all traces of mud from the vegetables.

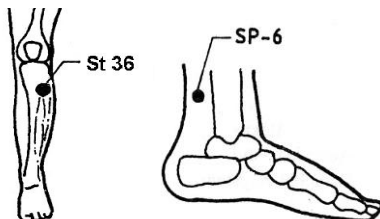
Be careful of the water you drink outside your home. Have only boiled or bottled water. Never use ice cubes from restaurants or public places in your drinks.

Kidney Problems

On the hands press Adrenal + Kidney + Urinary Bladder. Do a Kidney Cleanse.

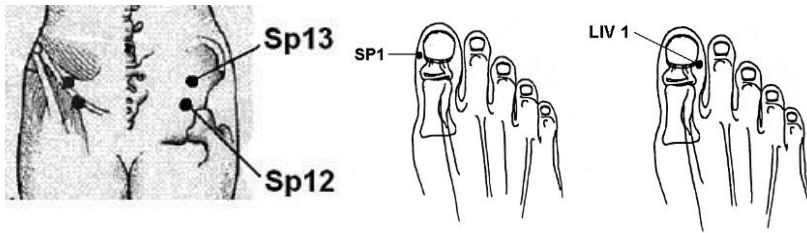
Fibroids / Bulky Uterus

On the hands, press Thyroid + Sex glands + Spleen + St36 (growth shrinkage) + Sp6 (irregular periods / hormonal imbalances)



Menstrual problems

On hands press Pituitary + Thyroid + Adrenal + Pancreas + Sex Glands. Press Sp12 + Sp13. Press SP1 to stop Menses over 4 days. Press Liv1 to start menses if it is not starting.



Hormonal Imbalances / Menopause problems

On hands, press Pituitary + Thyroid + Adrenal + Sex glands + Lymph glands
Press Sp1 + Sp6.

Incontinence (loss of urinary bladder control)

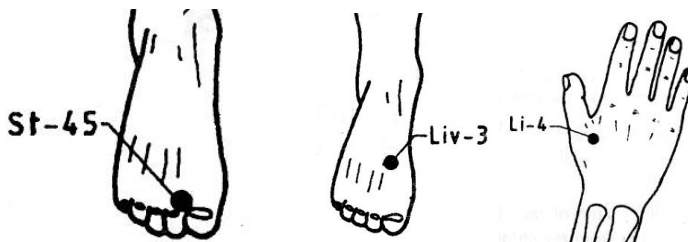
On the hands, press Lungs + Adrenal + Solar Plexus + Spine + Bladder + Kidney

Urinary Tract infection

On the hands, press Adrenal + Sex Glands + Bladder + Kidney

Gout

It is caused due to high uric acid in the body. Switch to an alkaline diet. Drink alkaline water. On the hands, press Kidney + Joints where the problem is.
Press St 45 + Liv3 on the feet + Li 4 on the hands.



Diabetes

Type I - Insulin producing Beta cells of the Pancreas stop functioning.
Type II - Organs develop Insulin resistance - Beta cells fail from overworking.

Symptoms are urination at night, weakness before / after meals, lungs weakness, less sex desire, burning sensation in feet, and emotional stress to self and family

due to diet change. Diabetes medications in the long term can damage the Kidneys. Insulin patients doing acupuncture should check for quickly falling sugar levels every alternate day.

Different types of Diabetes and their treatments

On the hands press Thyroid + Stomach + Adrenal + Pancreas + Liver + Gall Bladder + Spleen + Lymph.

Stop fried foods. Stop processed food. Cellular inflammation caused by these foods hamper the absorption of glucose from the blood into the cells of the body. Reduce wheat and rice products. Stop milk and milk products. Stop having Alcohol since it helps parasites that infect the Pancreas. Slit 2 Bhendi (Okra) in the middle and soak them in 1 glass of water overnight. Drink this water 1st thing in the morning. Do it for 21 days, take a break of 8 days and repeat for 21 days.

From Spleen weakness – Symptoms – Excessive thirst.

Also press Sp1 + Liv1 + Sp6

From Liver weakness – Symptoms – Body weakness and Muscle pain.

Also press Liv1 + Liv3 + Sp1

Small Intestine weakness – Symptoms – Feeling cold / Numbness / Burning in the hands and feet. Also press St40 + Tw1 (ring finger 2nd digit left side 45 deg between side and top).

From Kidney weakness – Symptoms – Sexual weakness.

Also press Kidney pt on palms + Spleen + K10 behind the knee.

Do a Kidney Cleanse.

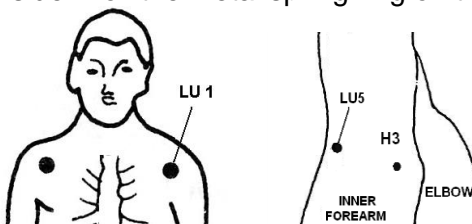
From Bladder weakness – Symptoms – Frequent urination, tiredness, losing weight. Also press Urinary Bladder on palm + Liv1

From Lungs weakness – Symptoms – Skin infections, itching.

Also press Lungs on the palm + Lu1 + Lu5

Shoulder pain / Frozen Shoulder

On the hands, press the shoulder area + Lymph glands + Lu1 or Lu5 + H3 elbow inside. Roll the metal spring ring on thumbs of both hands.



Arm pain

Touch 1 by 1 each fingertip to the base of thumb 20 times – 3 times a day
Roll the metal spring ring on fingers of both hands. Get good sleep.

Back pain / Slipped Disc

Factors that cause backbone problems are:

A heavy potbelly.

Inadequate sleep.

Deficiency of vitamins in the diet.

Stress on the spine due to bad posture.

In rare cases, bulky uterus or enlarged prostate.

Lifting heavy objects without balancing body posture.

Lack of regular movement of body limbs and lack of regular exercise.

Lifting objects from a low level without bending the knees and aligning the spine.

Disc and vertebrae degeneration due to acidic diet leaching calcium from bones.

For the prevention of back problems, do the following:

Shift to an alkaline diet.

Do light exercises daily.

Do not use pillows that are too high.

Maintain proper posture when sitting.

Take breaks from any kind of physical work.

Take breaks from sitting in one position for too long.

Do not drive a vehicle for more than 2 hrs at a stretch.

Avoid bumpy road rides and bad vehicle suspension.

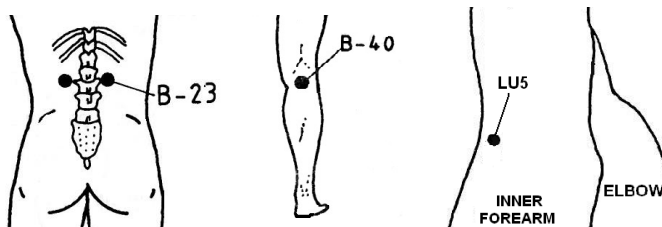
Instead of a soft mattress, use an orthopaedic mattress.

Do not neglect back stress that appears on a frequent basis.

See that your workplace seating arrangement is ergonomically suited for you.

On the hands, press the Thyroid + Solar Plexus + Adrenal + Internal Spine + External Spine. Press B23 + B40 + Lu5

Do the Back Massage given below, only for back pain and not for slipped disc.



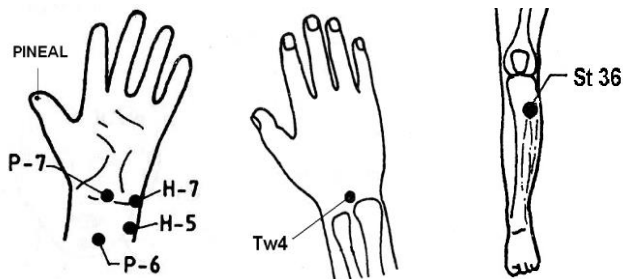
Even though the internal spine and external spine acupressure points are shown in the hand chart, it is difficult to press them properly, because proper technique is required. You will learn the technique in my acupressure workshops or from people I have taught. You won't find these points in any other acupressure chart, ancient or modern. Curing the spine in a proper way is an art in itself. There are defined stages of recovery, which if not followed, cause life-long back problems.

The Back Massage

Ask the person to lie down on his belly with both arms to the sides. Do 8 downward caresses with your open palm from the top of the neck to the base of the spine. Sitting on one side of his body make two C shapes with your open fists press on both sides of the spine. Move from top to down, 8 times. Then press the mid of each buttock with deep pointed thumb or elbow 8 times. Follow this with medium intensity karate chops using both hands, from top to down on each leg 8 times. Press the base of shoulder blades with thumbs 8 times. End with doing 8 downward caresses with one open palm from top of the neck to base of spine.

Elbow and Wrist pain

On the palms, press the elbow or wrist area. Press P7 + H7 + Tw4 + St36



Hip pain

On the hands, press the hip area. Press Sp6 + St36 + Liv1 + Liv3

Enlarged Prostate

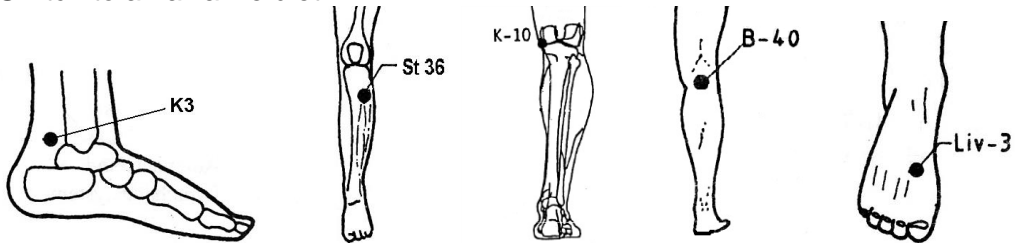
Press prostate points on both wrists + Eat guava leaves or have herbal tea of it.

Sciatica problems

On hands, press Sciatic nerve + Midpoint of heel & ankle + B40 pt behind knee.

Knee Joint problems

On the hands, press knee points. One cause of knee problems is a bad kidney. Check Kidney pt. Roll the metal spring ring on the two middle fingers of both hands. Press K3 + 4 pts around the knee front side + St36 + K10 + B40 + Liv3. Switch to an alkaline diet.



Leg pain / Feet pain

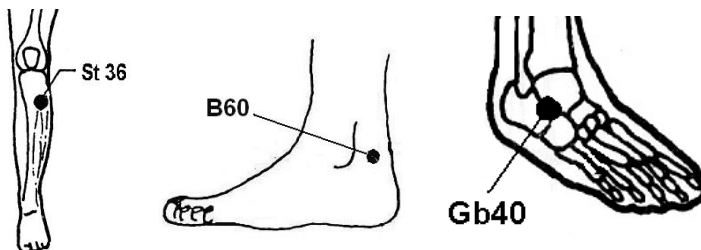
Check toe alignment. If one toe is higher than the other, do the hip & legs balancing procedure. Leg / feet problems also come from nerve problems in the neck. Fix C1 to C5 problems by rolling the metal spring ring on the thumbs as well as middle fingers of both hands. Press the neck side point on both hands.

Heel pain

Roll metal spring ring on last 2 digits of middle fingers of both hands + Press Liv3

Ankle pain

Roll the metal spring ring on the last 2 digits of the two middle fingers of both hands. Press St36 + B60 + Gb40

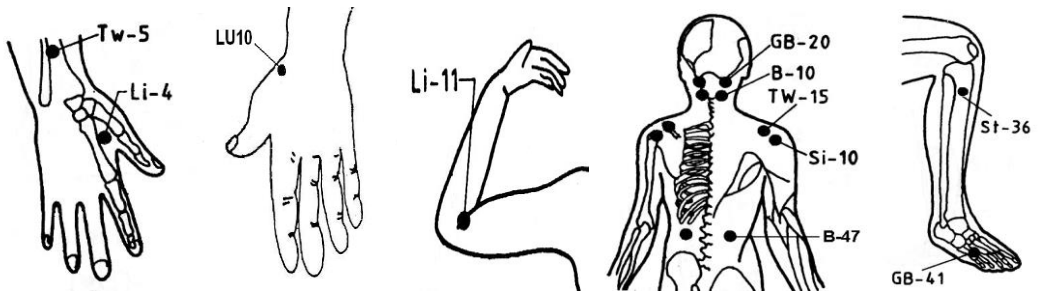


Varicose veins

Causes - Standing for too long at a time. Return valves of a weak heart may be the cause. On the hands, press Thyroid + Adrenal + Heart. Roll the metal spring ring on all fingers of both hands. Press the base of all toes. Gently massage the affected area with healing oil, only in the upward direction. After standing for a long time, sit down with both legs horizontal or lie down for at least 15 minutes.

Arthritis

Arthritis is caused due to acid deposit build-up in the body, weak digestive organs and stress. On the hands, press Pineal & Pituitary + Thyroid + Adrenal + Sex Glands + Heart + Kidney. Press Li4 + Tw5 + Lu10 + Li11 + Gb20 + B10 + Tw15 + Si10 + B47 + St36 + Gb41. Reduce all meats, sugar, salt, maida, white bread, hot spices, dals, milk, cheese, paneer, alcohol, colas, caffeine and chocolate in the diet. Increase the intake of high calcium foods and have a highly alkaline diet. Drink alkaline water.



Osteoarthritis

Besides doing the above, also mix a pinch of ginger powder in ½ teaspoon castor oil and have it before bedtime. Reduce sea salt in diet, use rock salt.

Rheumatoid Arthritis

Caused by imbalanced gut microflora and leaky gut. Cure leaky gut and IBS. A weak heart is also a cause. Check the Heart point and press it if it pains.

Osteoporosis

Also eat a handful of sesame seeds first thing every morning. No food or water for ½ hr. Stop Sodium Chloride (sea salt) completely. Replace it with Rock Salt or Himalayan Salt.

Allergies

On the hands, press the Lungs + Spleen + Finger tips + Lymph glands + Allergy Pt. Press Li4. Do a Liver cleanse.

Leucoderma

On the hands, press the Lungs + Liver + Gall Bladder + Spleen

Obesity

Rapid increase in weight within 3-4 months could be due to Thyroid. Press Thyroid on the palms. Avoid sour foods and astringent raw vegetables.

Weight gain within 6-12 months could be due to hormonal imbalance. Press sex points on both sides of the wrist.

Gradual and steady weight gain on the belly, hips and thighs after 3-6 months of delivering a child could be due to a stressed birth canal and weakness in the ovaries. Difficult child labor also causes an internal stress. On the hands, press ovaries and uterus. Exercise regularly and avoid eating sugary foods, and foods that build up fat. Strengthen digestive power by cleanses.

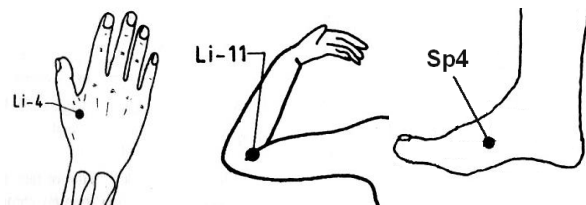
Gradual increase in weight over a year or more could be due to weakening digestion. On the hands, press Stomach + Adrenal + Pancreas + Liver + Gall Bladder + Intestines + Colon. Do the Intestine Cleanse.

Gradual and steady weight gain over the years could be due to dietary fat build-up. Stop the intake of all processed forms of sugar, soft drinks, and sweets. Considerably reduce the all-year-round consumption of grains. Reduce the intake of processed food. Eat more fruits and vegetables, and reduce the intake of pulses. Exercise regularly to assist the burning up of accumulated fat.

Malfunction of Gall Bladder could also cause weight gain. Check the Gall Bladder point and press Gall Bladder + Spleen points on the palms ½ hr before meals. Do the Liver Cleanse.

Water retention in the body can be caused due to sluggish working of the Large Intestine when it cannot absorb water from the digested food. Do the Colon Cleanse. On the hands, press Colon. Press Li4 + Li11 + Sp4

Regular and excess intake of sea salt can also cause obesity, as the body tries to dilute the salt content by retaining water at the cellular level.



Bed-wetting

On the hands, press Kidney + Lymph glands + outside of little finger.

For children to excel in sports

Press Liv1 + Liv3 + Lu5. This gives a good boost to the body muscles.

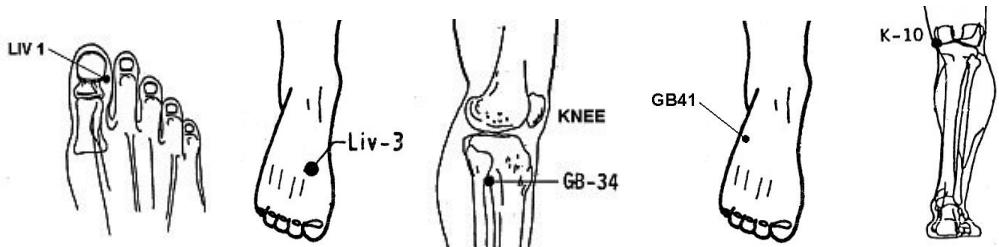


Nervous Tension

Check base of middle toes on both feet for pain. If it pains, press it thrice a day. Bend all the toes of both legs backward till it hurts a bit. Do this thrice a day. Press on the webs of both hands simultaneously for 2 mins. Do this thrice a day.

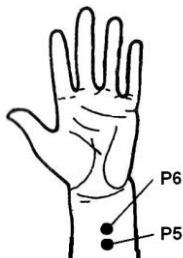
Muscle Pain / Cramps

If involuntary muscles like the heart, lungs, intestines, bladder and kidney are not able to absorb nutrition, the voluntary muscles get starved and start paining. The voluntary muscles are managed by the Liver and supported by the Gall Bladder. The involuntary muscles are managed by the Kidneys. On the hands press Liver + Gall Bladder + Kidney. Press Liv1+Liv3 + Gb34 + Gb41 +K10



Motion Sickness / Nausea / Vomiting

Press P5 + P6. Chew ginger or dried amla (Indian Gooseberry) for a while.



Foot Reflexology

Foot Reflexology is similar to acupressure for the hands, but is done on the feet. In this technique, relaxation and detoxification are the focus, as the person is generally made to lie down or sit in a chair with feet extended. It is generally not done as part of a daily routine like the hand acupressure technique, which focuses more on curing organs that have been chronically ill.

In foot reflexology, a therapist does not focus on the specific sequence of points to be pressed; rather, a flow of zones from the top of the foot to its bottom is followed. There are sequences of massage such as the warm-up massage, the main massage that focuses on the top, the middle and the bottom (topside as well as underside of the feet), and finally, the closing massage.

If you want to use foot reflexology for curing chronic illness in just the same way as hand acupressure, you just need to follow all the steps for hand acupressure. Instead of the acupressure ball, you will need to use a foot roller. Foot reflexology may even be used when someone has an injury on the hands or a condition like hand paralysis. Note that if an arm is completely paralyzed, doing acupressure on it will not benefit the body at all, because no nerve transmissions of bio-current happen. The corresponding foot should be treated instead.

For foot reflexology charts and the foot reflexology technique, visit my webpage www.becomehealthyorextinct.com/acupressure/reflexology

The reason foot reflexology feels much more soothing than hand acupressure has to do with the body's mechanism of sensation in the feet. When standing, the feet bear the entire body weight. This is a lot of pressure for the feet in terms of sensation, so the brain de-sensitizes the feet by suppressing the nerve feedback mechanism from the feet. This is why we cannot properly ascertain which points on the feet are paining when we wear acupressure slippers.

But when we lie down or are sitting with our feet outstretched, this de-sensitising mechanism is non-operative, because the feet do not bear our body weight and so, the brain allows all the sensations of the feet to be experienced. When the feet points are pressed in this de-stressed mode, soothing sensations are felt at the feet and people often drift into a tranquil slumber during the treatment. Feet points pain only when the related organs are unwell.

Sun Yoga

Sunlight is the 1st level of nutritional energy available on this planet. Its energy is directly captured by plants through the action of chlorophyll during the photosynthesis reaction. Plants convert this energy into various forms as per their genetic makeup, and store it in their leaves, branches, barks, fruits, flowers, seeds, and roots. Therefore, plants hold the 2nd level of nutritional energy. All moving creatures on this planet, including man, access this 2nd level of energy by eating plants and their produce. Thus, most moving creatures and man become the 3rd level that holds energy. So, man gets the choice of consuming energy at either the 2nd level or the 3rd level, so that his energy requirements are fulfilled.

Every higher level of energy storage is also a step down from the purer energy of the sun. This is why a quantity of plant or fruit has higher energy content than the same amount of meat. Each level of energy storage also contributes its burden of contamination and disease, to the next higher level. There is a certain level of contamination and disease at the plant level and an even higher level of contamination and disease at the animal level. To get nutrition that is free from all contamination, man has only the sun to look up to.

There are some people who live just on the sun's energy, by absorbing it directly through their eyes, energy centers, and skin. They eat nothing and seldom drink water. As they do not access the 2nd or 3rd levels of nutrition, they do not receive any contamination from these levels and hardly ever fall ill. For over 3 years, I have used sun energy absorption techniques and lived on 1/3rd of my earlier quantity of food, water and sleep.

Availing the sun's energy has many benefits. It can rectify many imbalances within the human body. It can also cure some diseases, and it can bring about great intellectual and spiritual development, as it clears blockages in the chakras (energy centers) of the human body.

The following Sun Yoga technique is what I used for absorbing the Sun's energy. I had been looking directly at the Sun for upto 45 minutes every day, for about 9 months each year over 3 years starting 2009. I could manage only 9 months, because the remaining 3 months are cloudy, where I live. I started with perfect eyesight in 2009, and I still have perfect eyesight. Sun Yoga balanced my chakras, it helped my spiritual evolution and it also cured me of one lifelong ailment in 2009, which could not get cured by any other technique. That ailment was migraine, and it got cured within just 2 months of daily practicing Sun Yoga.

During my Sun Yoga months, I felt no hunger till about 1pm in the afternoon. This is because the sun's energy gets converted into nutrition at the cellular level and satiates the body. I know people who have used Sun Yoga techniques in conjunction with a healthy diet to reduce excess weight drastically. Consequently

they experience higher levels of energy, greater agility, and sharpness of mind through the day. There are millions of sun gazers all over the world today. Some do not practice the technique with proper considerations. They do not give proper attention to rectify the pre-existing weakness of their eyes, so they sometimes experience negative effects.

I am not recommending that you must practice Sun Yoga as well. Here, I am only describing the technique in detail, for those who choose to practice it out of their own interest. Nobody advised me to do Sun Yoga. I did it since I felt a need to. The technique detailed here is called 'Sun Yoga', because it is not just a sun gazing technique, it takes your mind and body inwards and connects you to the core of your being. That is what Yoga is all about.

To start with, if you have any vision or eye problems, please use the acupressure techniques given on page 240 and make your eyes healthy once again. If your eyes are quite ill, do not practise this technique.

Start by doing Sun Yoga only in the morning, because with every passing minute, the sun's energy increases, thereby gradually increasing the capacity of the eyes as well. In the evening time, the sun's intensity starts decreasing, which is not so beneficial for two reasons - firstly, by the end of the day your eyes may already be stressed, and secondly, starting with higher intensity, might give you a headache by the end of the evening.

Sun Yoga is to be done at the same time every morning. ½ hr after sunrise is a good time to start. After a couple of months, it can be done 1 hr after sunrise, if one's eyes and body feel comfortable with higher intensity of the sun. It can also be done in the evening after 2 months, if one does not have time in the morning.

The Sun Yoga Technique

Sit cross-legged, or stand barefeet on the ground, so that you get a good amount of earthing. Having most of your body exposed to the sun will also help the abundant absorption of Vitamin D. Keep your spine straight at all times as this facilitates the flow of energy down the spine.

Start by first giving thanks to the sun for partaking of its energy of life. Think of the sun as a benevolent being that tirelessly feeds the nutritional needs of all living things on this planet. Think of the sun as your dear friend who is going to give you etheric nutrition that is of the purest form.

With your eyes closed, first face the sun for half a minute, and let the light and warmth of its rays liven up your eyes. Then gradually open your eyes and look at the center of the sun, with your head tilted a bit downward, but your eye gaze upwards, as if you are trying to look at the sun from your third eye. Do not strain

your eyes much to maintain this angle. On the first day you can look at the sun for 1 minute. Keep adding 1 minute every day to your gazing time, and in one month, you will reach a gazing time of ½ an hour. This time is good enough for a lot of benefits.

Use this gazing time to connect mentally with your teachers, gurus, and higher aspects of God. Also connect with the unifying energy of the sun, which is the common medium between all living things on this earth. Remember the meditation from the earlier chapter (I am the shining Sun of God) and imagine the sun's energy coming down your central energy column, and radiating out when it reaches your solar plexus. From your solar plexus, connect to Mother Earth and to the lifestreams of all other living beings on earth.

You may increase your gazing time, but only to a maximum of 45 minutes, only if your body calls for it. Do not force it if your body or your eyes get stressed. If the sun's energy is too much for you, first your eyes will heat up, then your cheeks will also get hot. This is a sign that you must slow down and give your body time to adjust to the incoming energy.

As your gazing time increases, after about two months, first physical ailments will start receding, especially those of the head and upper body. It is only after about 3 to 4 months that hunger levels come down a bit as the body starts feeding off the energy in the sunrays. Spiritual advancement happens after about 6 months.

Every day, after looking at the sun for the required duration, you need to do a closed eye meditation for the same duration, but only to a maximum of 20 minutes. This means that even if you reach 30 minutes of open-eyed sun gazing, you will still do the closed eye meditation for 20 minutes only.

After your sun gazing time is over, close your eyelids and squeeze them tighter and tighter. This is a form of massage. Then relax them slowly. Do this thrice. Then rub your palms together vigorously to make them a bit warm. Close your eyelids, and keep your warm palms on them for about 15 seconds. Now, with the tips of your fingers, massage the rims of your eyelids a little. Give thanks to the sun once again.

Without opening your eyes, lie down on a flat surface on your back, feet 6 inches apart, arms to your sides. Breathe in a relaxed manner, let go of feeling in every part of your body, step by step, starting from the toes first and working up to your head. You will not be able to do this complete visualisation, till the time you reach a sun gazing time of 10 minutes, when you're lying down time is also 10 minutes.

After you finish the complete body relaxation, keep lying down, eyes closed, and go deep within your consciousness and ask it:

Who am I? Wait a minute for an answer. If it comes, contemplate on it. If it does not come, ask the next question.

What do I want? Wait a minute for an answer.

Then ask: Why do I want it? Wait a minute for an answer.

Then ask: What is the purpose of life? Wait a minute for an answer.

Then ask: Am I doing the kind of work that I really want to? Wait for an answer.

Now these are very simple questions, but in a relaxed and contemplative state, they are very powerful and can bring changes in your life for the better. As days pass by, these questions will have a deeper meaning and you will progressively get deeper answers that will unravel the meaning and purpose of your life.

What happens during this time of horizontal relaxation is that the energy that is absorbed in the central energy column of the body slowly gets distributed to all the different areas in the body through the nerves and the chakra network. When you do not lie down after gazing, this energy slowly rises back to the upper half of the body and gets dissipated from the upper back, neck, face, and head, sometimes causing a headache. The lower chakras and cells of the body also do not get enough time to absorb the etheric nutrition.

After this meditation is complete, with your eyes still closed, move your feet and hands and turn to your left side and sit up gently. Take a few relaxed breaths, and open your eyes very slowly.

As your sun gazing time increases, you will begin to see the different rainbow colours in the backdrop of the bright sun. That will be a mark of your progress. The first colours to be seen will be the Violet and Indigo, followed by Blue and Green and then the rest. This sequence happens because the higher chakras get energized first and then the lower chakras, as the sun's energy slowly comes lower down the spine.

After you have reached a gazing time of more than 30 minutes, you may start feeling fullness in your solar plexus and a corresponding feeling of not feeling hungry. It is fine if you do not eat right after Sun Yoga and give your body about 1 hours' time to give its hunger call. If you do this, your body will slowly start living more on the sun's energy. If you neglect this feeling, and just go on eating, no harm is done, except that your body will not develop the capacity of living of this energy. Nevertheless, other health and intellect benefits will still accrue.

You can do Sun Yoga continuously for 9 months in a year. After this period give it a break for 3 months, and see your energy levels during this time. In these 3 months, walk barefeet on the earth for 45 minutes every day. It activates certain acupressure points on the feet and this helps the cosmic energy to keep flowing through your body, thereby nourishing it. You might feel like not eating much food. If this happens and your health is also maintained, listen to your body.

After these 3 months of no Sun Yoga, if you still do not feel any hunger, it signifies that the Sun Yoga process has taken its full effect on you. Your internal energy system has fully adapted to living on etheric energy. You do not need to do any more Sun Yoga after this. You must, however, be barefeet for at least 1 hour a day for etheric energy to sustain your life force.

If you do not reach this state after 3 months of Sun Yoga abstinence and you feel like getting some more benefits from Sun Yoga, you can do Sun Yoga again for another 9 months. Every person has a different internal setup, so the progress and benefits of Sun Yoga will vary accordingly.

I do not recommend that Sun Yoga be done for more than 9 months in a year, because I have not tested the same on myself, and so, have not experienced its effects. There are others however, who have done this technique or a different one, for longer periods.

One of the main benefits of Sun Yoga is the activation of the pineal gland, which is the master control gland of the human body. To facilitate its activation, one must reduce the intake of sea salt, because an excess of sodium in the blood or cerebrospinal fluid constricts the pineal gland. Avoiding products that contain inorganic fluoride, such as toothpastes, also becomes necessary, as fluoride is known to calcify the pineal gland and disturb its functioning. Trace heavy metals deposits on or around the pineal gland also subdue its functioning. Therefore, a regular intake of detoxifying agents such as wheatgrass, spirulina, and blue green algae are advised.

Reverse Aging

As I teach that the human body was designed not to age till 50 years at least, it becomes my duty to also teach how to reverse biological age, if one is not yet 50 years old and still looks like they have aged. I am 49 years old now, but easily pass off for a 25 year old. If you happen to find me online, do lookup my photo album "Reverse Aging" where you can see me aging till 35 years (at which point I really look like I'm 40), and then reverse aging over the next 7 years. It is not just the looks; I have regained the same slim body weight, waist and high energy levels that I had when I was an energetic youth of 25 years. That was the time I was free of illness, and it is no surprise that I'm illness free once again.

If I can reverse age almost 25 years, I think most people who will follow what I teach in this book, will also reverse age to some considerable extent. Now if you are 30 years old, you will not be able to reverse age by 15 years and become teenager of 15 again, because the body growth syndrome is so strong that you cannot push against it and reverse physical growth that completes by the age of 25. So, the best you will be able to do is, regain the vitality and youthfulness that you had when you were 25 years. If you get really good at reversing aging, it is possible that you may not age even beyond 50 years. Isn't that something worth looking forward to? That I will easily maintain my present youthfulness for another 6 years is a foregone conclusion for me. What I am really working at now, is extending my youthfulness for another 25 years beyond 50.

I think the top 10 most effective practices for reverse aging / holding your biological age are as follows (starting with the most effective).

1) Eating food meant for human beings (preferably organic).

Yes, the most focused topic in this book is at the top of this list. This topic is also going to be the most discussed topic about healthy living, because people who have done this right are now teaching others how to do it.

2) Maintaining the right pH levels in the body.

Lean towards an alkaline diet. Don't let acidity build up in your body. Remember that Alkalinity is anabolic (constructive metabolism) and Acidity is catabolic (destructive metabolism). The principle of eating 80% alkaline and 20% acidic food will serve you well when you are trying to cure chronic illness. When you have absolutely no illness in your body, eating 70% alkaline and 30% acidic food is also good enough.

3) Cleansing the body of substances that should not be in it.

These are the substances that interfere with all normal and healthy body processes. They stop the body from doing one of the most basic things it was designed to do - Remaining healthy and alive for as long as possible. The relative importance of this practice for each person depends on how many unwanted substances they have in their body. For some, it may be the most important practice in this list; for others, who were always putting the right food into their bodies, it may not be so important.

4) Giving your body an abundant and regular supply of the 5 elements.

When the body runs more on subtle energy, it needs lesser internal energy generated from food. Producing energy from food does age internal organs.

5) Regular exercise

It is not the quantity of exercise, but the quality and consistency of exercise that really counts. If you follow the principle of moderate exercise as I have explained, you will derive the best benefit from it. One important habit of most centenarians is that they set up their lives to have movement all through the day. They do most of their work manually and they enjoy it.

6) Making practices like Yoga, Acupressure and Recreation a part of your life.

Revitalizing practices like these are in tune with the human body and maintain a balanced flow of energy in the entire body. If done properly and regularly, they help maintain peak body performance, which prevents cellular degeneration. I have listed several similar practices on page 274.

7) Consumption of medicinal and life enhancing leaves, barks, herbs, seeds, grains, roots and fruits as per need.

These are tulsi, ashwagandha, neem, bael, amla, aloe vera, astragalus, ginger, garlic, cacao, chia seeds, green tea, sprouts, spirulina, chlorella, wheatgrass, seaweed, cinnamon, cloves, mushrooms, olives, flaxseeds, coconut oil, onions, shilajit, tumeric, pau d'arco, wormwood, olive leaf extract, grapefruit seed extract, schizandra, oregano, rosemary, thyme, sage, calendula officinalis, black walnut extract, maca root, ginseng, goji berries, acai berry, reishi mushrooms, chamomile, and some non-gluten grains that cure the body of illness and help maintain its vitality. The use of these substances is detailed in the ancient Indian Ayurvedic system, the Traditional Chinese Medicine system and other traditional systems of organic medicine too. You will find the health benefits of some of these natural substances on my webpage www.becomehealthyorextinct.com/naturalmedicine

8) Living in healthy environments.

Try to live in peaceful and unpolluted surroundings. Have supportive family, neighbours, and friends around you all the time. Sudden difficulties in life will not disturb you if you know that there are people who will take care of you all the time. In such an environment, the mind and body remains relaxed. This prevents the release of stress hormones that cause aging.

Hang out with Healthy People. You'll think health, talk health and walk health.

9) Have a healthy mind set.

One purpose of my explaining the mind body connections and the emotional bodies in this book is so that you become aware of the effects of the human energy bodies, and therefore hold healthy vibrations in all your energy centers and your mind as well.

Learn how to handle stress, because the different types of stresses are unharmonic vibrations that shift the natural and healthy harmonic vibrations of the energy centers. When the cells of the body draw in unharmonic energy as part of their energetic nutrition, they get inflamed. Even stressful attitudes such as being in a hurry all the time, causes internal inflammation. This has been proven medically.

10) Have the Immortalist philosophy.

All our lives, we believe that aging is a normal part of life and that dying by a certain age is also pre-destined. These beliefs are taught to us by our parents, family members, workplace colleagues, doctors and society at large. People even predict how long we will live by looking at the health and age of our parents. We play out these very beliefs and program our energy bodies, and in turn, the physical body, to slow down, age, and eventually die.

These beliefs are lies. The human body was not designed for death; it was designed for life. It is we who make it die prematurely. If you follow all the good advice given in this book, you will see the truth of this statement. If you believe that you are youthful all the time and act in accordance, you will remain youthful for a much longer time.

The Law of Attraction is working All the Time!
Whether you believe it, or even say that you do not!

Besides these top 10 practices, there are many other practices that help the body become healthier and younger, but they all pale in comparison. If you are lacking in the above practices, you won't be able to hold even your present age for now.

Cancer

After reading all through this book about the wrong habits, wrong foods, wrong substances as well as wrong environments we subject the human body to, you might now even be wondering how the human body still manages to function. Many do not even think about this; they just take it for granted till someday something really serious happens to them. It is only then that they try to understand why they are getting sicker by the day. Well, the human body can put up with such high levels of abuse, because it has been brilliantly designed to be highly tolerant. But sadly, there are times when we abuse it to such an extent, that we cross these tolerance limits and create internal imbalanced environments that facilitate cancerous activity.

If you have reached so far in this book without reading all the previous 264 pages, you must either be dying from cancer or you must be one of those people who think that they are really smart at finding quick fix solutions. Cancer is not one of those diseases that have a quick fix, so I advise you to go back and read every page of this book till you reach here, because all the causes of cancer have already been mentioned. You need to understand everything that has been written up till here, to properly understand the topic of cancer.

So what is Cancer?

One common definition of cancer - The uncontrolled growth of abnormal cells within the body. A medical definition - Malignant Neoplasm. Neoplasm means new abnormal mass of tissue. The most popular explanation of cancerous activity - Every cell in the body knows when to die, but there are some of these crazy cells in the body that for some reason are not able to remember that they must die after a certain period, so they just keep on growing and multiplying, eventually forming a tumor.

All these definitions of cancer just try to imply one thing = The human body can go crazy for no reason and start growing abnormal cells and tissues.

Can this really be true? Can the human body, which has a level of intelligence well beyond our wildest imagination, just go crazy on us? Or are we the ones who are having the crazy definitions of cancer? If you have really been able to grasp the understandings given in this book, by now you must be suspecting that it is surely the latter.

I stated the following earlier: All reaction mechanisms of the human body are rightful, and inherently protective in nature. Given a fair chance, the human body will do only what it is designed to, and that is, repair itself.

Is it probable that cancer has just a few unknown causes? This is the impression that our experts on cancer give us. Had there been a few specific reasons for cancer, our experts could have surely found out what they are by now and devised a few treatments that could cure all types of cancer. The truth is that there are many reasons for cancer to develop, and I have listed those reasons below. It is time to stop praying and hoping for a magic pill that cures cancer, because there will never be such a magic pill.

The real definition of Cancer - Cancer is the reactive expression of a human cell that is subjected to chronic cellular irritation.

There are 3 forms of chronic cellular irritation:

- 1) Energy irritation – These are the unharmonic energy radiations that emanate from inorganic sources of energy radiation such as EMF devices, cellphones, cellphone towers, satellite dish antennas, microwave ovens, wireless networks, remote controlled devices, and x-rays. When these external radiations reach the cells of the human body for sustained periods of time, they disturb them and replace the healthy and harmonic energy that the cells of the body were continuously receiving from the 7 major chakras and other chakras in the human body. The internally generated energy from the chakras contains photon energy, which feed the cells. If the cells do not get a steady supply of this form of energy, they slowly die. So, when unharmonic and inorganic energy radiated from external sources continuously bombard the cells, they experience an intense irritation. This triggers the reactive mutation of the cells.

These destructive external unharmonic energy radiations also deplete our astral and etheric bodies. When the human body is generating its pure energy fields at a faster rate than the incoming harmful radiation, the deterioration of health is prevented, although it causes an immense energetic drain on the human body. When the external harmful inorganic energy fields overcome the pure organic energy fields of the human body, reactive mutations of the cells begin. If you can imagine being subjected continuously for several hours, to an extremely loud blast of the most irritating music you have ever heard, you will begin to understand what chronic energy irritation is. Yes, it can drive you insane and make you react in extreme and abnormal ways, and that is what reactive cell mutation is all about. Your cell is just a miniature version of you.

The harmonic energy that the chakras generate can also become unharmonic due to the negative effect of our mind and emotions. When we continuously subject our mind and emotional bodies to unhealthy thoughts and feelings, the frequencies of the energies generated get changed from harmonic to unharmonic. Many instances of cancer are those created totally

by intense and prolonged mental and emotional stress. Once these unhealthy energies are neutralized, which can also be achieved completely by the mind, the cancer dissolves on its own, because the unharmonic energy becomes harmonic once again.

- 2) Foreign substance irritation – This comes from the inorganic substances that we unwittingly put into the human body. We are definitely asking for trouble when we dump inorganic substances into a 100% organic system. The human body was not designed to process inorganic substances. It manages to handle the negative effects of these substances to some extent because of its amazing tolerance capabilities and brilliant design.

The foreign irritants in our food chain are the synthetic preservatives, artificial colors, chemical taste enhancers, and stabilizers in our packaged foods, traces of synthetic pesticides, inorganic fertilizers, synthetic preserving and ripening agents, synthetic hormones in our fresh foods, dioxins from our plastic food containers, and polymerized oil molecules from processed cooking oils.

The foreign irritants in our environment are metal erosion from dental ware, erosion from water pipes and utensils, fiberglass filaments from insulation, asbestos fibres from appliances, fumes from paints, resins and aerosols, gas leaks, various polluted solvents and alcohols from packaged products, which are used in their cleaning, inorganic pollutants in the air that we breathe, and finally some of the contents of the synthetic creams, lotions and sprays that we put on our skin.

When all these substances get into the human body, they cause a lot of free radical generation, and this causes chronic cellular irritation. This weakens the cells, making them further susceptible to attack from sources, like bacteria and viruses.

Chronic substance abuse, which involves the overuse of even organic substances, such as chewing of tobacco, smoking of cigarettes, cigars, bidis, and the excessive consumption of alcohol have also clearly proved to cause cancer. Natural organ cleanses help remove all such substances from the human body.

- 3) Foreign organism irritation – This chronic irritation comes not so much from the usual harmful microorganisms such as bacteria, viruses, fungus, mould, and yeast that we easily identify and kill with our organic and inorganic medicines, because once they are dead, the irritation ceases to be chronic. This chronic irritation comes from internal parasites that escape our detection or parasites that are difficult to kill with either organic or inorganic medicines. Studies have shown that certain rare worms and parasites such as the

intestinal fluke, *Fasciolopsis Buskii*, the liver fluke, *Clonorchis*, and the pancreatic fluke, *Eurytrema*, all cause cancer of the organs that they normally reside in, by their constant damaging activities at the cellular level. All the techniques given in the parasite cleanse help in destroying and removing such organisms from the human body.

Just like how an internal energy can become unharmonic and cause energy irritation, an overgrowth of internal yeast such as *Candida Albicans* into its fungal form, diagnosed as *Candidiasis*, also causes chronic irritation. In fact, there are some researchers who are even saying that Cancer is a fungus called *Candida*. They only have a tiny part of the picture right.

The chronic presence of any of the above three irritants disturbs the normal chemical reactions at the cellular level and render its environment acidic. This is the environment seen in all cancer cases. Out of the three irritants, the foreign organism presence causes the highest acidic environment because all the excretions of internal pathogens are highly acidic.

From the widespread presence of all the above irritants in our daily foods and environments, is the current rate of cancer incidence surprising at all?

Notice the common characteristics of all these cancer causing agents:

- 1) They are things that should not be in the human body.
- 2) The human body does not have the natural capability of neutralizing them.
- 3) They are all inorganic, except for harmful biological pathogens and organic substance abuse. Organic substance abuse violates the principle "Too much of anything is bad for health".

What happens to a cell when it is subjected to chronic irritation?

When a human cell is subjected to chronic irritation, its internal and external environments undergo destructive changes. The cell retaliates to this situation by doing the only thing that it knows best, which is, fighting for its survival with all its might. In this effort, it draws higher amounts of energy and nutrition into itself in order to re-establish its environment and cellular structure. But, with the continuing presence of the irritant, this job becomes a violent battle. The resultant malignant growth of the cell at this stage is what is seen under the microscope and labelled as cancer.

Can you imagine what you would do if you were in a bathtub full of water and someone was holding you under the water trying to suffocate and kill you? Would you not fight with all your energy and might for your life? Would not every cell of your body be in a crazy and violent state? That is the exact energetic state of a cancerous cell.

There are many stages of cancer beginning with the simple tumor stage, which can then go on to become what is called a benign cancer, which can further go on to become a malignant cancer. This is representative of some cancers that heal easily, some that take more time and effort to heal, and finally, some cancers that advance to a stage where they are not curable.

When the irritation is far more powerful than the body's capacity to neutralize the irritation by its normal processes of elimination, detoxification, homeostasis, or immune system defence, cancerous activity progresses.

The simplest form of cancer is caused by just energy irritation. It is also the easiest to cure because it does not need any medicines or treatments. All you need to do is move the human body away from the irritant energy, or in the case of unharmonic energy generated within the human body, harmonize it.

The next stronger form of cancer is caused by foreign substance irritation. You first need to stop putting more of the irritant into your body. It can be cured by the combined effort of the right organic medicines and cleansing treatments.

The strongest form of cancer is the one caused by foreign organism irritation, because the organisms are constantly at work busy destroying the cells of the human body and also making the pH of the cellular liquids acidic by their acidic excreta. Here, you need to find the organisms and either remove them from the human body or kill them using techniques that do not kill the human cells. Chemotherapy is certainly not one of those techniques.

Stronger than these individual forms of cancer are cancers where two or all three irritants are at work. The progress of these cancers is much faster and very difficult to stop because so many factors have to be worked upon at one time.

The incurable stage of cancer, also commonly called the 4th stage, is when much of the internal cellular structure of the body is damaged. At this stage, cells of some of the internal organs are already destroyed. Some of the plexus may also be damaged. The endocrine glands will be malfunctioning. The brain is also under severe stress, and it becomes quite difficult for it to supply a healthy amount of bio-current to the various parts of the body. Even the amount that is supplied is not used much by the plexus or the endocrine glands or the physical body because of their diseased states. It slowly becomes impossible for the chakras to function and sustain the presence of the astral body and its soul. They leave when their home becomes unviable to live in, by the same route they came in, and this stage we call death.

Lumps and harmless tumors in the breast form due to energy irritation caused by unhealthy heart chakra energy. Benign cancers of the breast form usually due to unhealthy heart chakra energy combined with the irritation from foreign

substances that come from inorganic cosmetics applied on the face, neck and chest. These substances travel under the skin to the breast area and get stuck there causing the irritation. Malignant cancers of the breast usually have some internal microscopic parasite also adding its damage.

Mammograms expose the body to radiation that is 100 times more than an x-ray and increase the risk to radiation-induced cancer. Additionally, mammography compresses the breasts tightly and often painfully, which increases the malignancy. The data on routine mimeographs shows that 1/3rd of tests that showed positive were later found to be false. Thermography instead, is a no-contact scan that does not expose breasts to harmful radiation. It detects cancerous lumps by taking just the heat profile of the breasts.

What should you be doing if you have cancer?

- 1) First of all approach the subject of cancer in a calm and relaxed manner. Understand that cancer is not some big evil unknown killer that is out to get you. Walk away from that mental panic zone that holds the fear of death, because that is exactly what will deteriorate your energy body, which will in turn deteriorate the immune system that needs to be in healthy condition when combating cancer. Understand that cancer is not a disease but your own body giving a warning sign that many things have gone drastically wrong. Cancer is your friend that warns you in advance, or else you would have perhaps just dropped dead one fine day, for no apparent reason.

Settle unresolved conflicts, forgive yourself for your mistakes as well as others for what they have done to you, and set free anger, bitterness, hatred, resentment, regret, and fear from your heart and liver and other energy centers. Embrace your capacity for love, compassion and joy. Make meditation, positive affirmations and visualizations part of your daily practice.

Have a wholesome social life with family, close friends and support groups. The good feelings are a tremendous support to the immune system. Have a strong reason for living.

- 2) From the understandings given in this book, try and figure out why you got the cancer and what are the irritants or conditions that are still maintaining it. Start identifying the corrective steps that you need to take, and put them in place one by one. A positive mental attitude and a focused game plan will go a long way in reversing cancer.
- 3) Stop having all forms of processed sugar. Sugar is one substance that helps cancerous growth for two reasons. Firstly, it provides glucose to the agitated cells, which only gives them more energy to retaliate in violent ways (malignancy) against the irritant. The digestion of processed sugar creates

acidity in the blood, which is transferred to the cell's environment, causing a further drop in its pH, thereby accelerating the degenerative process.

- 4) Make sure you are not putting any inorganic substances into your body via the medium of food. Stop eating packaged foods because of all the inorganic substances contained in them. Eat only fresh food. Stop all processed food.
- 5) Switch to a vegetarian alkaline diet immediately. The intake of meats, grains, lentils, acidic fruits, starchy foods, hot spices in food, and all forms of food that contain high sugar, keep the body's environment acidic. It is very important for a cancer patient to have alkaline foods daily.
- 6) Have more of a raw vegetarian diet, for all the good reasons I have detailed earlier. Have the green juice detailed in the diet plan. Raw food is more detoxifying and need lesser energy to digest - a cancer patient lacks energy. Raw foods are living foods that have the highest amount of energy by weight.
- 7) Start having vegetable blends because it saves the energy that would have gone into chewing food. Add organic pathogen killing spices and herbs in your blend if you have internal parasites.
- 8) Detoxify your entire body by doing the cleanse therapies that suit your condition. The colon cleanse, liver cleanse, and heavy metal cleanse are the most important cleanses for a cancer patient. If internal parasites are suspected, try the different parasite cleanses till all parasites are killed.
- 9) Drink good quality alkaline water on a daily basis, because that will reduce the levels of acidity present in all the liquids of the body. To make a glass of alkaline water, dissolve ½ teaspoon of sodium bicarbonate or the juice of 1 sour lime in 200ml drinking water. Have a good amount of natural Vitamin C on a daily basis. These simple substances administered daily and over prolonged periods have cured cancers.
- 10) Cancer is one condition where I recommend using organic supplements like spirulina, wheat grass, chlorella, aloe vera, tulsi, blue green algae, acai berry powder, dulse leaf, wakame seaweed, etc., only because the body is too weak to invest a lot of energy in digesting normal foods. The energy thus saved, gets used by the immune system for fighting cancer.
- 11) Have natural and organic herbs, roots, barks, leaves, vegetables, and sprouts that have been proven to send cancers into remission. Drink green tea daily.
- 12) Do not store or heat your food in plastic containers as they release harmful chemicals. Use glassware, chinaware, enamel coated vessels, corning ware, pyrex, or ceramic ware instead.

- 13) Make sure you are not putting any inorganic substances like those contained in personal products on your body. Use only 100% organic consumables.
- 14) Get your Vitamin D levels up by going out in the sun daily, because this vitamin is one of the most important vitamins for the human body. Do Sun Yoga if possible, especially because it is a form of nutrition that does not require your body to spend energy on its digestion.
- 15) Daily do forms of Pranayam that suit your condition. This not only creates more of the vital bio-current that runs the body, but it also oxygenates the entire body. Cancer does not progress quickly in a well-oxygenated body.
- 16) Get adequate amount of good sleep daily. Stay away from strong EMFs.
- 17) Follow the 4 steps of The Natural Health Therapy protocol.

If you do not find a rapid remission in cancer within 3 months after following all the above guidelines, it is a sure sign that you still have chronic energy irritation, stubborn foreign substances, or harmful pathogens present within your body. It could also be that you are at the 4th stage of cancer, where most of your internal environment is destroyed to a large extent, from which much recovery might not be possible. Sun yoga, pranayam, and etheric energy will help energize your body at this stage of cancer.

If you have understood this chapter properly, you will come to the conclusion that all that we needed to do to prevent cancer, was prevent the wrong things from entering into the human body.

Do you think it is mere coincidence that this is the 1st step of The Natural Health Therapy protocol?

Most cancer detection apparatus can detect cancer only when it reaches beyond its 50% growth stage. Acupressure is one technique that can detect cancerous activity in the body even when the cancer is at a growth stage of only 15%, and that is why I am committed to teaching acupressure as one of the most important therapies for our present times. Cancer can cease to be a disease on this planet within the next two decades, if the right education is given to the people. The cure for cancer is truly in our hands, and not in the hands of the agencies that have made cancer a business!

A recent theory doing the rounds is that cancer is caused by a lack of oxygen at the cellular level. Although true, it is just a microscopic observation of what is happening at the macrocosmic level. It is unfortunate that they are planning to waste millions of dollars again, on finding out microscopic ways to inject oxygen directly into the cells. Now, don't all the wrong actions that I have explained in a

more understandable way, at the macrocosmic level, result in oxygen starvation and acidosis of the cell? Does not reversing all those wrong actions automatically enable more oxygen to be present at the cellular level?

There is no need to spend billions of dollars every year over cancer research at the microcosmic level, because we do not yet have the complete intelligence and technology to work at that level. The truth is that with the right macrocosmic approach, cancer can be cured worldwide within 1/1000th of current expenses.

Even though I have explained cancer so simply and clearly, there will be cynics who will try to discredit what I say about cancer. These are the people who will never find that miracle cure for cancer, and they also are the ones who will not be able to prevent cancer from attacking them. If you act wisely on what I have taught in this book, you will never see the face of cancer in your life!

Alternative Therapies

Out of the many therapies I have used over the years, I endorse the following:

- 1) Yoga
- 2) Reiki
- 3) Tai Chi
- 4) Shiatsu
- 5) Bodywork
- 6) Sun Yoga
- 7) Pranayam
- 8) Meditation
- 9) Bodywork
- 10) Breathwork
- 11) Reflexology
- 12) Naturopathy
- 13) Energy Work
- 14) Acupressure
- 15) Aromatherapy
- 16) Color Therapy
- 17) Pranic Healing
- 18) Foot Reflexology
- 19) Cleanse Therapy
- 20) Coloured Light Therapy
- 21) Cranio Sacral Balancing
- 22) The 5 Elements Therapy
- 23) Harmonics Sound Therapy
- 24) Tapas Acupressure Technique
- 25) Emotional Freedom Technique
- 26) Emotional Empowerment Technique

I endorse them for the following reasons:

- 1) They are natural and organic.
- 2) They have no adverse side effects.
- 3) Anyone can learn and practise them.
- 4) They have virtually no operational costs.
- 5) They are in tune with the natural functioning of the human body.

Summary

Now that you have reached the end of this book, have you realized what sickness is all about?

Sickness is the result of acting from a position of ignorance with wrong notions of realities regarding the workings of the human body and nature.

And have you also understood what curing sickness is all about?

It is all about understanding the workings of the human body, and the laws of nature and acting in accordance with them to create balance and wellness.

When you make healthy choices after understanding the human body and nature at a level where you can perceive truths more clearly, what effect does it have on the ecosystems around you?

Do you not call for healthier natural foods, and does that not help regenerate the earth naturally? You know from this effect that these are the right things to do.

Some experts have been confusing us for so long that we hardly know right from wrong anymore. If you seriously think about the following, you will begin to understand the crux of the problem and clarity will surely emerge over time.

You don't need to do things to make your body alkaline; you've got to stop doing the things that make your body acidic.

You don't need to do all sorts of things to make yourself lose weight; you've got to stop doing the things that make you gain weight.

You don't need to do things to make yourself become younger; you've got to stop doing things that make you age faster.

You don't need to do things to make yourself become healthier; you've got to stop doing the things that make you sicker.

Are you getting the picture?

If you have been picking up the finer points in this book, then you should be able to answer this next question.

Who is doing the real work of digesting the foods that give us our life energy?

If your answer was the stomach, the duodenum, the intestines, the colon, the liver, or the pancreas you are absolutely wrong! They just create the environments for the breakdown of food.

It is the living enzymes, bacteria, yeast, fungi and a whole host of beneficial microorganisms in our guts that are doing core of the digestion job. That is why we should keep their populations proper. Good digestion will not be possible if we kill these microorganisms with our regular intake of inorganic additives in packaged foods, birth control pills, antibiotics, synthetic hormones, steroids, inorganic pesticides and fertilizers in our foods, and genetically modified foods.

It has taken over a million years to develop this delicate balance of gut microflora in our intestines. We have to learn how to work with it. If we think that we can re-engineer such ancient and detailed organic chemistry with our shallow sciences of the last 50 years, we are indeed stupid beings. Many of the illness on the planet today come from this flawed re-engineering approach and it is sad that there are still some adamant fools who keep genetically engineering new foods that will only destroy the core of our digestive system and drive us to extinction.

So is it a good idea to push further techniques that create inorganic foods and substances that have no place in nature or in the human body? Are not such techniques causing the destruction of our bodies and the soils and the environments we live in? Can the cost of living and the number of mouths to feed, be valid considerations when making so called 'cost effective decisions'?

Are not these two primary problems of our own creation?

Can two wrongs ever make a right?

I hope that I have made some basic fundamental choices very clear in this book, and I hope that it helps you decide what is more important for you and the future of your children as well as the future of this planet.

It is a normal human tendency to cling to old habits and resist change, especially when the number of changes is large. It is also very normal to immediately question the necessity of many changes for the same reason. So if you are pretty overwhelmed with all the information and choices given in this book and you are not very sure of where to begin, try using any of the following approaches:

- 1) Choose to do things that will have the most positive impact on your health.
- 2) Choose to do the things that seem simpler or more familiar to you.
- 3) Choose to do things that don't cause a big increase in money spending.
- 4) Within these choices, always stick to The Natural Health Therapy protocol.

In a few months' time, after you start implementing the recommendations in this book, you will realize that it is not some new regimen that you are supposed to follow in return for some specific health benefits. You will realize that these are actually all the right choices that were somehow kept away from you, mainly by people who valued money and materialism over health and balance with nature.

You may have intuitively known much of what is written in this book, but perhaps, it was not as clear as it is now. It may have not been clear to you earlier simply because of all the wrong and conflicting information that was provided to you daily through all the different channels of information that you access. You were taught to believe many lies by people who are in the dark themselves. They may know a lot, but what matters is whether their knowledge is helpful and whether it improves your future and the future of this planet.

For most of the information and understanding provided in this book, do you really need someone else's validation? Or do you really need to dig up another 100 studies to verify the information provided herein? I don't think so. This is so, because your senses of perception and your real life experiences seamlessly tie you into these very same truths. All that I am doing is connecting the many dots that you already had, and making the complete picture very clear to you.

This book is more about, clearing all the common wrong notions that we have about the human body, diet, nutrition, habits and nature. If you act rightly and in accordance with the true nature of the human body, disease has no place in it.

There are a few incurable illnesses, which will not get cured even after following all the healthy recommendations in this book. Those illnesses are caused by agents of biological warfare, which have now spread amongst the normal population. I will not go any further into this topic that exposes the very dark side of human nature and our rulers.

This book should be read by all your family members, so that a common understanding about food choices and habits develops. If not, you will always face opposition in the implementation of your healthy choices from other family members who do not understand all of this as well as you. Pass this book on to people who are not healthy and even on to people who are perfectly healthy, since they may want to help people who are not.

Do not be cowed down by the diktats of big food producers who just tell you to eat more of what they produce. You do not have to pick up unhealthy food of the shelf just because it is there. Have your facts about health and nutrition right and start demanding for what you want out there. Do not feel that even though you will change and make healthier choices, others may not. They are in fact, waiting for someone to show them the way. Do not think that there will be not enough suppliers of organic food or healthy foods. Never forget, that all businesses are

created and flourished by demand from the consumer. When there is no demand, businesses shut shop. So be part of creating the new demand.

Stop buying the old unhealthy stuff, and start asking for food that is healthy. This book has given you a long list of healthy foods. Retail suppliers are very competitive, and they will start stocking healthier foods that are being asked for regularly. Always support growers and suppliers of organic foods; do not mind the premium their goods demand, because healthier foods benefit you in more ways than you can figure out. Choose restaurants, snack bars, and juice bars that serve healthy food. If you can make a personal commitment of choosing only healthy food restaurants whenever you eat out, it will change the whole face and menus of restaurants all over the world.

Please do it. Be responsible for others health as well. Most people do not have this information that you do now. Please help them too. Be a saviour. No angels are coming down to save us.

Small Changes for a BIG IMPACT in Your Life



The above picture is a normal modern scenario. What details do you notice in it?

That the couple is concerned about the ingredients in the can? So that is a good thing. What else? Look in the background. Take your time and don't miss a thing.

The entire mall is full of packaged food products. So what are these things?

Let's start with some natural food first and understand something important about natural foods. Take a fruit like mango for instance. When does it normally become a food for the animals that eat it? When it ripens on a tree? And after it ripens, what happens? It falls off the tree onto the Earth and begins to decompose due to the action of soil organisms within just a couple of days. This of course happens if no animal or bird has eaten it already as it was close to ripening. They never eat it raw. So the natural shelf life of a mango is just 1 week and this will happen only in its season. You will not find any mangoes on the tree for the rest of the year. And so on for all other fruits. This is natural law.

But human beings are not satisfied with any of this. We want the mango to be available all the year round and in places across the globe where it does not even grow. We don't give a damn about what is real and natural anymore. So to satisfy us, they put it in a tin and along with it they put in a substance called a preservative. What is a preservative? It is some chemical that is powerful enough to violate the natural law of decomposition. And we have no problem putting such like this in our foods, knowing very well that it will finally go into our own bodies and disrupt the natural decomposition we call digestion there as well.

Take another of our regular packaged foods for example - a carton of chocolate milk. Besides a preservative, what else does it have? An artificial coloring agent, an artificial flavoring agent, a sweetening agent, an aroma agent and a stabilizer. What is a stabilizer? It is a super chemical that cuts out the cross reactions of the other chemicals between themselves, so that they don't spoil the whole food.

Isn't this what we are putting into our bodies with every packaged and processed food we eat? Each package is a unit of molecular warfare kept stable by in an air tight container waiting to unleash itself once opened. So we open this package and put its contents down our throats and into our stomachs and intestines.

What happens there? All these unbalanced substances become free of each other and they begin having uncontrolled reactions along their way with our throats, oesophagus, stomachs, duodenums, small intestines, large intestines and the anus. Their effect is classified as free radical activity because they are deficient of electrons and so they rob electrons from the linings of all our organs causing them inflammation and ulceration and long term damage in the form of tumors. Please read the chapter 'Free Radicals and Antioxidants' once again to understand the extent of damage that these substances are causing us and also the long list of illnesses they cause.

The entire antioxidant movement has emerged just to repair this damage that we have forced upon ourselves. Entire new range of products and businesses are emerging thanks to our sheer stupidity. What a loss of time and effort and money that could have been put to better use.

Why do we need processed food products? Weren't we all eating fresh and unprocessed foods just a couple of decades back? Was it difficult to do so? And weren't we all much healthier then? Can't we simply stop buying such food formats and stop the extensive damage that it does to the human body? Yes, we all can by just buying from stores or markets that sell fresh food.

What about that milk carton that you drank the chocolate milk from? Does it not go into your dustbin and from there onto a garbage truck, and then into a garbage dump somewhere in your country creating a mountain of garbage with all the other packaging's from other food products and consumer products? Now you have a garbage problem that needs to be taken care of and you begin to ask for garbage recycling programs to minimize the effect of these choices of yours.

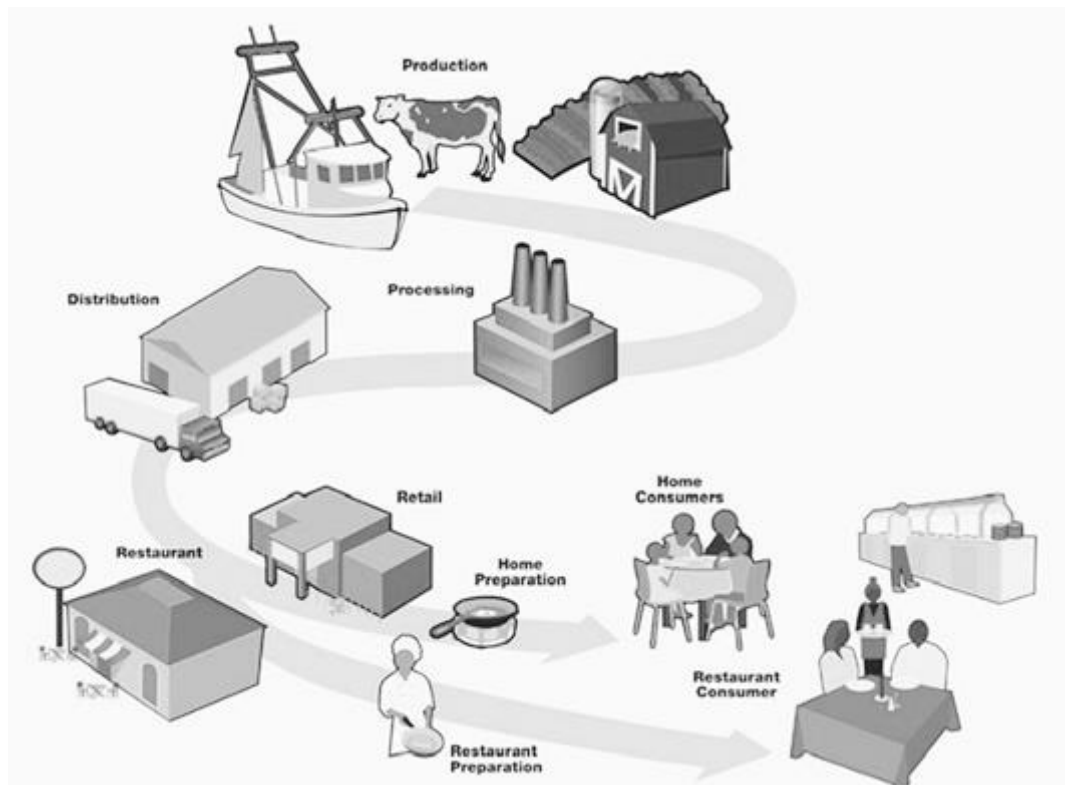
What materials are the milk tetra packs made off? Paper, plastic and aluminium? And where did they come from? Cutting of trees, petroleum products and metal ore from mining the Earth? So now you have participated in the depletion of these finite resources of the planet and also increased their prices in other products where they are used. Hasn't the packing also added to the cost of the food you bought, making it more expensive?

Wasn't the tetra pack made in a factory that used a manufacturing process that exhausted fumes in the air and chemicals effluents in the ground or waterways? Didn't the manufacturing process create heat that has increased global warming? All of this just because you don't want to eat something natural and healthy and because you want to damage your body and have some more sickness in life?

So haven't you been contributing to the cause of all these problems on our planet by buying packaged food products and aren't some of you those very people who go out on the streets with protests about the increasing cost of food supplies, the increasing air pollution, the increasing scarcity of fresh drinking water, the increasing petrol prices, and aren't some of you also the ones sitting on the boards of environmental organisations running big projects to combat the garbage menace, pollution crisis and global warming on this planet?

I have also been guilty of doing all of the above things till the day I became an educated man. I stopped doing these things, so that we and all of our children can have a better future than what we are all experiencing in the world today.

So it is we who have been creating these problems and so we must be the ones fixing them in the right way. It is the consumer who pulls junk through the entire food supply chain via their daily choices and not all the other entities in the chain.



Heal the Body or Heal the Mind

I became a healer in the year 2000 after being initiated into the Reiki healing system. It was a desperate attempt to heal myself of all my maladies after allopathy, ayurveda, homeopathy, prayers, healings and spiritual blessings failed. It felt unfortunate that Reiki too could not cure my digestive disorders, skin allergies and candidiasis, but I did feel its healing go through my energy bodies and my mental body and that gave me some degree of calmness and comfort.

So as I began treating people for chronic illnesses in 2005, I slowly became part of the alternative healing community and began to interact with energy healers who practised reiki, pranic healing, theta healing, crystal healing and energy healing modalities. I also noticed that in the case of chronic illnesses, many of the clients would come back regularly for healing for the same illness, because though the illness would diminish after each healing, it would come back to some degree once again. That turned my focus towards what the clients were doing in their lives to bring the illnesses back. And I saw that it was their unhealthy diets, unhealthy choices in life, toxic beliefs and emotions and relationship and also their sedentary lifestyles that were creating the problem.

The realization dawned that though energy healings take away our sickness and suffering, they do not really educate us about the root causes of our chronic illnesses related to unhealthy diets, unhealthy habits and sedentary lifestyles, and so they don't stop us from making the same mistakes again and again and that is why illnesses come back time and again necessitating repeated healings.

This made me stop doing energy healing for chronic illnesses though I had learnt 3 more energy healing modalities besides reiki. I began to see the necessity of integrated therapy that took care of not only the mind, emotions, energy body and spiritual body, but also the physical body through physical therapies, healthy diets, internal detox, exercise and deep tissue massage. I saw that the vital role of physical therapies was being missed out in the complete healing process and that is what made me write this book with a clearer focus on physical therapies.

Having the right knowledge is very important. It forms the main body of work in prevention of illnesses. If we are not the ones who are going to teach our children what is wrong, then who is? Who is going to save them from repeating the same mistakes we did? To bring things to a point where we have contaminated everything that we touch and eat? And who is going to teach them about the resultant damages of those wrong choices to the planet and our future?

I learnt from the example of two of our great masters of the past, that miraculous healings are great experiences, but not the real purpose of our journey on this planet. The real experience we are here for is the evolution of our minds through

education. So now I only give energy healings when a person is incapable of any learning or when there are mental, spiritual or energetic blocks or damage.

All the sickness and suffering in the world is only here to teach us where we have gone wrong. We need to learn those lessons. We must correct our faulty choices. No other species on this planet goes through sickness and suffering like we do because they all follow natural law. Natural laws are the ways of how God works through the world. Human beings are the only species who deviate from the word of God. It is high time we also abide by the word of God in the form of the laws of nature to heal ourselves and all the damage we have caused Mother Earth too.

2000 years ago, many sick people came to Jesus Christ saying "Master, heal us, that we too may be made strong, and need abide no longer in our misery. We know that you have it in your power to heal all manner of disease. Free us from Satan and from all his great afflictions. Master, have compassion on us."

Jesus replied "Happy are you that you hunger for the truth, for I will satisfy you with the bread of wisdom. Happy are you that you knock, for I will open to you the door of life. Happy are you that you would cast off the power of Satan, for I will lead you into the kingdom of our Mother's angels, where the power of Satan cannot enter."

Jesus goes on to explain to them that the Mother's angels are the 5 elements of Mother Earth – Earth, Water, Fire, Air and Space. Over a period of 6 days he teaches all those sick people how to treat themselves with one angel per day. The first day was a day of fasting and the seventh day was the day for rest and recuperation, after all the diseases left their body.

So there is a great importance of why I have written the chapter 'The 5 Elements Therapy' in this book. So follow it laws that sickness may stay away from you.

The above writing is an extract from the book 'The Essene Gospel of Peace'. If you are surprised that Jesus Christ taught physical healing therapies, download and read this book from my webpage www.fromthealphatotheomega.com/christ

These are not new lessons that are being taught. They are thousands of years old. They are eternal truths of nature and the human body. The problem is that Humanity forgets them time after time and that is why they need to be reminded of them time and again.

Guru Mantra

Gurur Brahma Gurur Vishnu Gurudevo Maheshwara
Guru is Creator, Guru is Maintainer, Guru is Destroyer

Gurur Sakshat Para Brahma
The Guru is verily that Supreme Creator of All

Tasmey Shri Gurbue Namaha
My Salutations to That Guru

Guruve Sarva Lokanam
The One who is Guru of All The World

Bhishaje Bhava Roginam
The One who Removes Worldly Diseases

Nidhaye Sarva Vidhyanam
The One who is The Keeper of all Knowledge

Dakshinamurthaye Namaha
Salutations to the God facing the South

This is one of India's most venerated shlokas. Dakshinamurthy, the God facing the south direction is a form of The Creator. The God who does not speak a word, who speaks through eloquent silence, who cures the disease of ignorance.

If you see the picture of Dakshinamurthy in any temple, you can see that a number of saints are sitting at the lotus feet of Dakshinamurthy.

The scene is very serene. It is clear that all are in silence, in meditation. The Guru, though in meditation, is firmly stamping upon a demon "Muyalagan". Here, the Lord is young. The saints around him, who are learning from him, are old.

The shloka tells us to seek knowledge wherever it is available. Even if the one with the knowledge is much younger than us. The real disease is the disease of pride and ignorance.

Though the shloka here refers to the ignorance about one's self, in worldly life also, ignorance is the real bane. The real cure is the imparting of knowledge. Hence, the 'real doctor' is the one who cures the disease of ignorance.

The act of stamping on Muyalagan tells us that only a Guru (wisdom teacher) helps us to keep ignorance at bay. The wisdom teacher is the one who lives by and teaches the Law of God. It is The Law of One.

Author's Message:

I have written this book keeping two things in mind. First, I have kept it simple, so that people find it easy to read, understand and follow. Second, I have covered topics that I feel are important for vibrant health. You might have deeper knowledge on some of the topics, and that is to your credit. But I hope that you have received well, the expanse and the integration this book provides.

I have known all of the truths expressed in this book for many years, but because they would have not received wide acceptance earlier, I waited. The time for the wide dissemination of these truths has arrived. So I urge you to pass this book on to all who you think will benefit from it. I hope that I am your inspiration that an ordinary person can understand extraordinary things and achieve extraordinary results just by working with simple truths. I have come out of the blue, just to do a job for you. If most of the conventional systems of medicine and health had served their purpose, I would never have written this book.

The last 12 years have taken me from being a 100% non-vegetarian to a 100% vegetarian and then to a 100% vegan. I wonder if the final leg of this wondrous journey will take me to a 100% breathenarian, living on air and light. There are already people in the world doing this. Then I would complete my mastery of all states of health and all states of nutrition for the human body. I say this for you to know that all things are possible for those who will learn and practice it.

Since the e-version of this is free, some people may tell you that even though I am not making any money out of it, I promote principles that feed the business of some companies and in return, I get benefits from them. The truth is that I am a simple man. I do not need anybody's benefits and I do not need anybody's money. I have learnt how to live a happy and content life without both.

As you have completed reading this book, I congratulate you on your steadfast commitment towards understanding health, nutrition, and the human body. You are one amongst those who will help yourself, your families, and friends as well, and many others in important ways that you may not completely perceive as yet. You help Mother Earth as well. My sincere thanks and blessings are with you.

I have seen your futures, and I have helped you in the past. I am helping you once again so that you have a better future than where you are currently headed.

I am whoever you think I am. In your mind, I am that
I am whoever you feel I am. To your heart, I am that
I am whoever you know I am. To your spirit I am that



Author's Favourite Quotes:

Thou shall not kill, for life is given to all by God, and that which God has given, let not man take away. For I tell you truly, from one Mother proceeds all that lives upon the earth. Therefore, he who kills, kills his brother. And from him will the Earthly Mother turn away, and pluck from him her quickening breasts. And he will be shunned by her angels, and Satan will have his dwelling in his body. And the flesh of slain beasts in his body will become his own tomb. For I tell you truly, he who kills, kills himself, and who so eats the flesh of slain beasts, eats of the body of death. For in his blood every drop of their blood turns to poison; in his breath their breath to stink; in his flesh their flesh to boils; in his bones their bones to chalk; in his bowels their bowels to decay; in his eyes their eyes to scales; in his ears their ears to waxy issue and their death will become his death.

~ the spoken word of Jesus Christ from the 'The Essene Gospel of Peace'

If you have begun to truly understand metaphysics of the human body, you have begun to understand man's place on this planet, you have begun to understand creation, and you have begun to understand creator itself.

~ Darryl D'Souza



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Let food be thy medicine and medicine be thy food.

~ Hippocrates

The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.

~ Thomas Edison

May all strive to be more knowledgeable about the true nature and working of the human body, for in it lies the answer to their health and happiness, as well as their symbiosis with Mother Earth.

~ Darryl D'Souza

