Health Freedom Manual

Your Key to Longterm Health

by Greg Samples

Sixth Edition

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Chapter 1. Introduction

Disclaimer: This manual is intended purely as a communication of information in accordance with the right of free speech. It does not constitute medical advice. Anyone seeking medical advice should consult a competent professional. Nothing in this book is to be interpreted as suggesting preventions or cures for any illness or disease. If your health is less than perfect, please consult the appropriate competent professionals. This manual constitutes dissemination of information in accordance with the principle of free speech. Neither the author nor the publisher accepts any responsibility for the consequences of anyone acting in accordance with the information in this manual.

I am not a doctor. The information in this book should not ever be considered to be medical advice. What you will find here is information of a common sense, biological, and historical nature. It is information which I have obtained from various sources over the last thirty-five years. It is information that is, incredibly, almost never available in the mainstream press. I have always had a longing for personal freedom and self-reliance. If one is to be free, the amount of freedom that can be obtained is directly proportional to the amount of responsibility one is willing to accept. If you are willing to accept responsibility for your own health and freedom, the information in this book will surely provide you with the means to achieve them. This book is not all or nothing. You can put into practice one paragraph, or the whole book. The amount of health and freedom you obtain is up to you. You will certainly not be able to put the whole book into practice overnight. Our modern lives are so intertwined with various types of institutions that it takes real effort to throw off these ropes of bondage. You will meet obstacles at every turn, from the closest family members to the most remote government bureaucrat. But if you persevere, you will obtain health and freedom.

A law is something that is predictable. The information in this book is based on laws, and most of the information therein is based on Natural Law. Natural laws, such as gravity, never fail. We ourselves

may be incomplete in our understanding or application, but the law itself never fails us.

About the author

Greg Samples holds a degree in psychology from the University of Tennessee. In search of a healthier life-style, he adopted the ancient art of macrobiotics (a Greek word meaning "large life') in 1985. In 1988, he cofounded the Macrobiotic Center of Knoxville, Tennessee and has taught and counseled thousands since that time throughout the southeast. In 1994, he entered politics for the first time and ran as an independent candidate for the U. S. House of Representatives. In 1995, he authored *The Constitution of the United States of the Earth, a Blueprint for the Liberation of Humanity*. This work is a rewrite of the original U. S. Constitution from a health and freedom perspective. In 1996, he was selected as a candidate for the U. S. Senate from Tennessee by the Libertarian Party.

Case Histories

While making no claims as to the guaranteed effectiveness of the information relating to health in this book, it is a fact that thousands of people worldwide have used the information to recover from such wide ranging diseases as cancer, diabetes, arthritis, heart disease, drug addiction, and mental illness.

Chapter 2. Health or Medicine

Over the last century, western people have become more and more dependent on the medical profession. At the same time, rates of cancer, heart disease, diabetes, arthritis, and many other chronic diseases have skyrocketed. Billions of dollars have been spent on cancer research with the result being that soon 1 out of every 2 persons is expected to experience cancer in their lifetime. This is compared to 1 in 50 in 1910. In the 1920s, diabetes was considered a fatal, but relatively rare disease. Now it is common place. The medical approach is clearly not working. That is because health and medicine are not the same thing.

The focus of modern medicine has been to treat symptoms, relieve pain, and rescue from immediate danger. But there is virtually no chronic illness which medicine can claim to have completely overcome. Medicine cannot create health. However, you, and only you, can create your own health. Unless you were born with a particular genetic disorder, virtually every illness or condition which you have ever experienced was created by choices you made about your life-style. While it is true that there are some tendencies inherent in genetic makeup, the way we live influences to a great degree how much these tendencies affect us. The earlier in age these problems show up, the more difficult they are to deal with.

The body is constantly taking in food. It comes not only in the form of physical food that we take in through our digestive system, but also through all the various senses and organs, vibrations through the nervous system, gases through the respiratory system, etc. However, physical food through the digestive system has the single most effect over our makeup.

When we take in any food, the body deals with it in one of three ways. The first option is to use it. It uses it for the building of new cells and also for producing energy for our thinking and activity. If the food cannot be used for this, either because it has an unusable makeup or because it is in excess of our energy demand, the next option is to eliminate it, through digestive, excretory and respiratory functions.

The third option comes in to play when we exceed our eliminatory functions' capacity. What is not used or eliminated is stored in the body. If this storage is continued over long periods of time, the excess begins

to interfere with the organs' ability to function. Some of these organs are used for elimination (the second option) and our ability to eliminate excess and toxins is reduced. At this point, we begin to experience the first symptoms of chronic illness. It may arise in countless ways, depending on our genetic tendencies and the amount and type of excess that we have taken in. At some point, we begin to give these symptoms names, such as cancer, heart disease, diabetes, etc. But whatever their nature, their origin is in the life-style and eating pattern of the person.

Eating patterns have changed drastically in the 20th century. Per capita consumption in the U.S. has greatly increased since 1920 of meat, poultry, dairy, frozen food, tropical foods and artificial food. Also, chemical toxins absorbed from various sources are at unprecedented levels. At the same time the consumption of whole grains, fresh vegetables, and fresh fruit has greatly decreased. How has this affected the nation's health? Cancer rates were 1 in 50 in 1920, 1 in 25 by 1950, 1 in 3 today, and expected to be 1 in 2 in the near future.

The origin of the problem may have been in the discovery in the late 1800s of the function of protein. When it was discovered that protein was the major building block of the cell, it was assumed that foods high in protein were to be preferred. In addition, it was assumed that protein from animal food was superior to protein from vegetable sources because animal protein was "complete" whereas protein from vegetable sources had to be combined in order to form a complete protein. This was undoubtedly the biggest mistaken assumption in history. As consumption of animal food increased in proportion to grains, the amount of energy derived from fat rather than carbohydrate increased. One problem with this is that <u>while muscles can use fat as energy, the brain and nervous system cannot;</u> nerves must have glucose from carbohydrates. Because of this, the use of simple sugar in various forms has increased dramatically.

The increase of animal food and sugar and the reduction of whole grains has had a devastating effect on our health, as we shall see in the following chapters. It has come at a tremendous cost, both in dollars and in human suffering. Although much has been said in the media about diet and health, most of the resources invested in research have been aimed at trying to find a magic bullet for whatever affliction is being studied. This is mainly because teaching the people how to create their own health naturally rather than applying some manufactured

medicine to the problem is not profitable, and it is mostly large pharmaceutical companies with an eye on profit that usually make the decision on what will be researched. But it is profitable for society as a whole when individuals create true health. Every dollar spent on medicine reduces by one dollar what could be spent on some other item which would increase the standard of living.

You have the power to create health in yourself. Read on and see how.

Chapter 3. The Cellular Level

Except for accidents, virtually any health problem you have manifests at the cellular level. (Since our judgment functions on the cellular level also, one can view accidents as having manifested on the cellular level as well.) Our body is made up of trillions of individual cells, which in human beings have highly specialized functions, and each of which is a miniature power plant and a manufacturing center. Additionally, most have the ability to reproduce themselves.

Whenever we experience illness, it is because certain cells are either malfunctioning, dying, or reproducing abnormally. In his book *Acid and Alkaline*, Herman Ahira explains the cause of this. He notes that Dr. Alexis Carrel kept a chicken heart alive for 28 years in a saline solution by changing the solution every day, thereby removing the waste and maintaining the pH (a measure of acid/alkaline) at the level that would normally be found in chicken blood. When he stopped changing the solution, the heart cells died.

Like Dr. Carrel's chicken heart, when properly nourished in the proper environment, human cells will function normally. This function includes the production of energy, as well as the production of enzymes and hormones which keep our bodies functioning. It also includes the production of a natural defense system, which includes the cell wall itself, and other specialized cells which taken together constitute the immune system. Lastly it includes the ability to reproduce itself when necessary. It is only when these functions fail to occur that we experience what we call disease. The type of disease we experience is merely dependent on where the failure occurs and in what way. For example, if there is a sudden breakdown in the cell walls concentrated in the nasal cavity, resulting in the cells being consumed by viruses, we may call it a cold. On the other hand, if there is a slow, progressive, reduction in the ability to produce insulin in the pancreas, we call it diabetes.

<u>The single most important factor in whether this failure occurs is the pH of the fluid surrounding the cell.</u> In human beings, the optimum pH for this fluid is 7.45, or slightly alkaline. (A pH of 7.0, pure water, is considered neutral. Anything above 7.0 is alkaline, anything below is

acid.) If the blood drops below 7.0, that is, becomes acidic, for only a few minutes, we will slip into a coma and die. The body will go to great lengths to maintain this slightly alkaline condition in our blood and intercellular fluid. Each cell acts as a power plant, taking in fuel in the form of food, and, just like any other fire, uses oxygen as a catalyst to produce energy. It also has waste material as a by-product.

Without oxygen, the fire will go out, i.e. the cell will die. If oxygen is limited, the fire will not burn efficiently, resulting in the inability of the cell to fully complete its function. In order to carry oxygen, the fluid or blood must be alkaline. The difficulty arises from the fact that there are many factors which tend to make the fluid acidic. One is the waste material itself. Lactic acid and carbon dioxide are produced by our muscles whenever we move or exercise. In addition, many of the foods we eat help create an acidic condition. This means that there is a constant effort by the body to maintain the alkaline condition, which is accomplished by the use of mineral elements to buffer the acidic condition, as well as the systematic removal of wastes from the body.

Sang Whang, in his book *Reverse Aging,* relates how Dr. Otto Warburg discovered the cause of cancer in 1923, for which he received the Nobel Prize. Dr. Warburg demonstrated that the "primary cause of cancer was the replacement of oxygen... **The growth of cancer cells... can be initiated only in the relative absence of oxygen.**" While many efforts have been made through surgery, drugs, and treatments of various types to reverse this, they are all of a temporary nature if the original cause of the acidic condition is not corrected.

The food we eat is the single most important factor in determining whether our blood and fluid are alkaline, and thereby determining the concentration of oxygen. All food can be broken down into four major components. These consist of carbohydrates, protein, fat, and inorganic minerals.

Carbohydrate's major function is to provide the energy needed by the cells. Although there are many variations, we can break them down into two major components, simple and complex. Simple carbohydrates are the sugars found in sugarcane, fruit, milk, and other sources such as maple syrup. Complex carbohydrates are found in sources such as beans, grains, and vegetables.

Proteins are necessary for the cell-building process, body maintenance, growth, and regulation. They are found most abundant in animal food, beans, and grains.

Fat can be stored in the body and provides a reserve source of energy in the event that carbohydrates are not readily available. It provides insulation from heat loss and is also a part of the structure of cell membranes. There are also two major types of fat, saturated and unsaturated. Saturated fats generally are solid at room temperature, and are most often found in animal food and some tropical plants. Unsaturated fats are liquid at room temperature, and are most often found in beans, grains, and other plant sources.

These three nutrients, carbohydrates, protein, and fat, are called "macronutrients" and are transformed in the metabolism process, either being "burned" as a fuel to produce energy or becoming a part of the cell structure. The remaining nutrients are enzymes, amino acids, vitamins, and minerals. Of these, it is the minerals which are most important in determining whether the blood and fluid are acid or alkaline. They are the "residue" of the burning, what is left over after metabolism is complete. The most abundant alkaline minerals are calcium, potassium, sodium, magnesium, and iron. The most abundant acid elements are phosphorus, sulfur, iodine, and chlorine. In *Acid and Alkaline*, Herman Ahira quotes Dr. Tan Katase from *Calcium Medicine* as follows:

> In the intercellular fluid, there are four kinds of alkaline elements, Na, K, Ca, and Mg [sodium, potassium, calcium, and magnesium], in ionic condition. Also, there exist all nutrients delivered by blood, hormones, and waste products of metabolism. Those nutrients must enter the inside of the cell, passing through cell membranes in order to be utilized by the cell. <u>This passing ability is dependent on the quantity and proportion of the ionic osmotic pressure of cell membranes</u>. In other words, when the four alkaline elements are the proper quantity, with the proper proportions, the cells absorb the highest amount of nutrients and thus will be in the most healthy condition. At that time, we are the most healthy. If cells are sick, we are sick. <u>Therefore, the condition of our health is dependent upon the condition of alkaline elements in the body fluids</u>.

We can therefore insure our health by consistently choosing foods which result in an alkaline residue after metabolism. If we do not, it does not mean that we will immediately feel the effects. An acidic condition not only will deprive us of oxygen, it will also cause damage to any isolated area of cells. In removing acidic toxins from the body then, the kidneys, bladder, intestines, lungs, etc. would all be damaged by the poisons in their transportation out of the body. In order to prevent this from happening, the body uses the alkaline minerals to buffer and neutralize any acidic condition. If these minerals are not readily available from the food we eat, the body will find reserves from somewhere in the body, for example, calcium from the bones. In this case, short term, we may feel no ill effects of this, but in the long term, we inevitably develop the condition known as osteoporosis.

There are various methods to determine whether a particular food will result in an acid residue or an alkaline residue. However, the results may be different in a test tube than in the body. The ratio of alkaline to acid minerals, the amount of fat in the food, and the rate at which the food is metabolized all influence the ultimate result.

Besides food, of course, there are other factors which can effect our pH and therefore the amount of toxins in our bodies. The air we breathe, chlorinated water, and various household and commercial products all may contain chemicals of one sort or another which are detrimental to our cells. If we want to have health to the fullest, we must become responsible for everything we eat, breathe, or come in contact with. Responsible does not mean paranoid to the point of being afraid to go outside. Our bodies are marvelously adaptive and resourceful. We just have to become free to choose health if we desire it.

pH is the key

Exactly what is pH? Water is chemically known as H2O, that is, two parts Hydrogen and one part Oxygen. However, water is not always in this configuration. Water with an exact ratio of H2O only exists in water with a pH of 7, known as “pure” water, or distilled water. Water is a solvent that is constantly interacting with everything it contacts. This interaction causes ionization (a positive or negative charge resulting from the gain or loss of an electron). When ionized, the water molecule splits into two parts, a Hydrogen ion (H+) and a Hydroxyl ion

(OH-). These ions ionize other minerals to create chemical reactions in the body, and are therefore essential for life.

So at any given time, there is a ratio of H2O molecules to H+ ions. In pure water, this ratio is 1:10-7, or in shorthand, pH of 7. We could also say that the ratio of H2O molecules to OH- ions is also 1:10-7, or in shorthand, pOH of 7. (pH indicates parts hydrogen, pOH indicates parts hydroxyl). It is a natural law that these two ratios add up to 14. Therefore, if we say something has a pH of 6, it is understood that it has a pOH of 8.

Important Note: The exponents in the ratios given above are **negative** numbers, therefore a pOH of 8 has less oxygen than a pOH of 6, and conversely, a pH of 8 has more oxygen than a pH of 6.

If acid minerals are added to water, the chemical reaction causes the number of H+ ions to increase, and the number of OH- ions to decrease. If alkaline minerals are added, the exact opposite occurs. Anything measuring a pH above 7 is therefore alkaline, and anything below 7 is acidic.

pH and the Blood

Understand that the numbers above are on a logarithmic scale. In other words, an increase of pH from 8 to 9 is 10 times greater than an increase in pH from 7 to 8. A pH of 7.3 to 7.45 is considered the normal range for human blood by the medical community. However, blood with a pH of 7.45 has 64.9% more oxygen than blood with a pH of 7.3. Remember that Otto Warburg won the Nobel prize in 1923 for demonstrating that **"the growth of cancer cells... can be initiated only in the relative absence of oxygen."** So, keeping your blood alkaline, which the body does so efficiently, merely means that you are not going to die in the next 3 minutes! It requires consistently alkaline well oxygenated blood to maintain your health.

Many think that they can measure their health by testing their saliva with litmus paper. This is simply not the case. All of the body's different substances have a relatively specific pH necessary to provide their various functions. For example:

stomach juice	1.5
skin	4.7

saliva	7.1
blood	7.4
pancreatic juice	8.8

Just because your saliva is 7.1 or your blood is 7.4 does not mean that you are healthy. The determining factor is how your blood got that way. In other words, did it achieve this alkalinity via minerals from food from outside the body, or did it achieve it by leaching minerals from your bones and organs? *The answer is crucial.*

Healing

The alkaline blood carries nutrients and oxygen via capillaries to the intercellular fluid (the fluid between your cells), where it can be absorbed by the cells which in turn are then able to perform their specialized functions. While essential, this is only half of the equation. There is also the problem of wastes. Wastes are created by almost any activity, including exercise, metabolism, thinking, stress, even sleeping. The body must dispose of these wastes, which include uric acid, fatty acid, lactic acid, cholesterol, ammonia, and others. When this waste builds up in the cells over time, the cells gradually lose their ability to function. This is the true cause of aging and disease.

If the body takes in and creates more wastes than it is capable of eliminating, disease follows. **If the body eliminates more wastes than it takes in or creates, healing occurs!**

The key to being able to eliminate waste is once again pH. The amount of waste the body can safely remove at any one time is determined by the amount of alkaline minerals available. Removal of acid wastes by themselves will damage the organs that they pass through, such as the kidneys, bladder, liver, lungs, and others. In order to prevent this, the body, in its infinite wisdom, uses alkaline minerals to buffer the acids, thereby providing a safe discharge from the body. This is true natural healing.

Antioxidants

Antioxidants are touted far and wide as having healthy attributes. This is true, but why? When you understand pH and the body, it

becomes very clear. Oxidation is simply the using up of oxygen, be it in the body or on an iron pipe. An antioxidant is merely something that retards the loss of oxygen. As we already know, alkaline substances provide more oxygen than acid substances. Any alkaline forming food is therefore an antioxidant.

Speeding up Healing

The next chapter will deal specifically with acid and alkaline in foods. A good alternative health counsellor can assist in determining what might be appropriate for specific conditions.

Chapter 4. Acid and Alkaline in Foods

This chapter will present several tables which will tell you whether a particular food has an alkalizing or acidifying effect on our intercellular fluid. One generalization that can be made is that fruits and vegetables are usually alkalizing and most everything else is acidifying. There are some important exceptions, however.

Grains are one of the most important foods. In their whole form (i.e. not stripped of the outer layer and/or ground into flour), they provide many vitamins, minerals, and fiber, all important to the diet. However, their most important contribution may be in providing complex carbohydrates to supply a steady supply of usable energy for the body. Grains are known as the "staff of life" in almost any culture. Rice in Asia, wheat in Europe, and corn in America have played an important role in almost every civilization. They are the best source of most B vitamins. They should be a major part of every person's diet.

Unfortunately, they are acid forming in the body, with one notable exception. Millet is the only major grain that is alkaline forming. Some lesser known grains like amaranth and quinoa are also alkaline forming. Because it provides energy, vitamins, and protein while still resulting in an alkaline residue after metabolism, millet is the most healing of all grains. Other grains must be cooked and eaten in a way to produce alkaline in order to produce health. We will discuss how to do this in later chapters.

Alkaline Forming	Acid Forming
Millet, Amaranth, Quinoa, Teff	Brown Rice, Wheat, Oats, Rye, Barley, Buckwheat, Corn

Beans are also important foods. Together with grains, they are an excellent source of protein and unsaturated fat. However, beans are also acid forming, and special ways of cooking and eating must be employed.

Alkaline Forming	Acid Forming
	Pinto, Mung, Kidney, Soybean, Garbanzo, Lima, Lentil, Azuki,

Vegetables are, as a rule, the most alkaline producing group of foods. As a group they are the most health producing foods, not only alkaline forming but also rich in vitamins. However, how we prepare them also can make a big difference. If we cook them, they become more digestible, even though some of the nutrients are lost. If we juice them, much of the fiber and pulp as well as the minerals are removed. Also, some vegetables may be ultimately alkaline forming, but because of the fat and slower rate of metabolism, are at least temporarily acid forming. This causes the body to transfer minerals from other areas of the body in order to keep the blood alkaline. By the time the carbohydrates are metabolized and the pulp is digested, the result may be alkaline, but the damage will have been done.

Alkaline Forming	Acid Forming	Temporary Acid Forming
Carrots, Onions, Parsnips, Turnips, Radish, Burdock, Lotus Root, Rutabaga, Squash, Collards, Kale, Beets, Mustard Greens, Daikon, Bok Choy, Nappa, Leeks, Parsley, Scallions, Broccoli, Cauliflower, Brussel Sprouts, Cabbage, Leaf Lettuce, Cucumber, Celery		Potatoes, Eggplant

A special group of vegetables known as sea vegetables are the most alkalizing natural food in existence. They are usually eaten only in small quantities and combined with other foods in recipes, but their special properties for providing an alkaline environment should make them a small but regular part of any diet.

Alkaline Forming	Acid Forming
Kombu, Wakame, Hiziki, Arame, Nori, Dulse, Sea Palm, Agar Agar, Kelp	

Fruits and nuts also require special attention. Nuts can provide protein in the same manner as beans, but also contain even more oil and fat in addition to being acid forming. Fruits in their whole form with the pulp are ultimately alkaline forming but because of the amount of simple carbohydrate they contain, which can be absorbed directly into the blood stream without going through the digestive process, they can have a strong temporary acid effect, causing the body to react by pulling minerals from other areas in order to buffer the blood.

Alkaline Forming	Acid Forming	Temporary Acid Forming
	Walnuts, Peanuts, Almonds, Pecans, Cashews	Lemons, Oranges, Apples, Pears, Peaches, Dates, Currants, Bananas, Grapes, Figs, Cherries, Strawberries, Watermelon, Cantaloupe, Tomatoes

Animal foods are generally acid forming. They are high in saturated fat, and have very little, if any, complex carbohydrates. They provide vitamin B-12 and protein, but these can be found in other sources. They are concentrated sources of energy, but most western illnesses are caused by excesses, not deficiencies. They are not likely to produce any healthy condition.

Alkaline Forming	Acid Forming
Human Milk	Cow's Milk, Goat Milk, Cheese, Butter, Beef, Pork, Chicken, Fish, Shellfish

There are a number of other foods which can be beneficial or harmful to our condition. Seeds, oils, and certain processed food has the following characteristics.

Alkaline Forming	Acid Forming
Sea Salt, Miso, Soy Sauce, Sesame	Sugar, Alcohol, Chocolate, Oil, Margarine, Iodized salt, Pesticides, Chemical Foods, Most Drugs

By using these tables to select more alkaline foods, and using methods described in later chapters to prepare any acid forming foods you may consume, you will be able to sustain your health. The following chapter will outline a way to consume an alkaline forming diet while still obtaining all of the vitamins, fats, and energy sources you need. You will then be free to choose whether to maintain your own health, or turn over that decision to someone else.

Chapter 5. Daily Fare

This chapter will outline the best food choices on a daily basis in order to produce an alkaline condition in the blood and fluid while still obtaining all of the nutrients and energy needed for ultimate health. Keep in mind that this is a generalization and should only be used as a guide, not as a prescription.

The overwhelming bulk of our diet should come from whole grains, vegetables, beans, and sea vegetables. Fruits, nuts, seeds, and other condiments can be used in small amounts, depending upon an individual's condition, which will be explained in a later chapter. Animal food is rarely, if ever, needed, and if so in very small quantities.

One very worthwhile principle is that grains, the "staff of life", should be our principle food. If you are allergic to grains, that does not mean that you cannot practice this way of producing health. It just means modification is needed. You may need to be selective in the grains you eat until the allergies themselves are eliminated, then you can choose from a wider selection of grains. Whole grains provide many vitamins and nutrients, but the important thing is that they provide COMPLEX carbohydrates. Carbohydrates are converted into glucose, which is the main source of fuel in our production of energy. Glucose cannot be produced from energy sources such as animal food. Muscles can use energy from animal fat, but the brain can only use glucose. Glucose can be produced from simple sugars such as sugarcane, but this causes other problems (cancer, diabetes, etc.) Cancer cells are grown in a sucrose medium in the laboratory, i.e. cancer loves sugar. Whole grains, therefore, are the best source of glucose, our fuel. These include brown rice, millet, oats, wheat, rye, barley, corn, buckwheat, and others. The other categories besides grains in a health producing diet are vegetables, beans, and sea vegetables.

Grains

Grains are the best source of steady energy, providing a slow, steady supply of glucose for fuel. When we eat whole grains at each meal, we tend to not get hungry between meals since the blood sugar level remains constant. This may take a while to accomplish if the

pancreas is not functioning well, but eventually, almost everyone can achieve this. Grains come in various forms, but generally speaking, the less processing, the better. This means that grinding grains into flour is less favorable than eating them in whole form. Removing the outer layer (such as in creating white rice, or white bread) is even less desirable. Flour tends to create mucus in the body, which is an indication of infection susceptibility. In between whole grains and flour are partially processed grains, such as oatmeal, bulgar, couscous, and others.

When grains are ground into flour, as stated above, their good effect is diminished, since flour creates mucus in the body. This effect is not as great, however, when the flour is used in pasta form, (noodles), instead of baked flour like bread or pastry. It is very important when eating grains to chew them thoroughly. Saliva is naturally alkaline. By mixing well with saliva, (50 chews per mouthful is usually recommended), proper alkalization takes place, more food can be absorbed, and we generally require less eating. Depending on our level of activity, grains should compose from one third to one half of our daily intake of food. The more physically active we are, the more grains we can take.

Vegetables

A good variety of vegetables is important. They are important not only from a nutritional point of view by supplying minerals and vitamins, and sometimes fuel, but also by providing a balance with grains. It is generally recommended that vegetables make up **at least half** of the DAILY food (by weight). This will help to insure an alkaline diet.

Vegetables can be divided into three categories: (1) leafy vegetables, (kale, collards, mustard greens, turnip greens, carrot tops, romaine, etc.; (2) ground vegetables, (onions, squash, cauliflower, broccoli, etc.,) and (3) root vegetables (carrots, rutabaga, radishes, parsnips, daikon, burdock) etc. Some fall in between, such as leeks, or celery. A good variety from each category will insure proper nutrition and good balance.

Beans and Fish

Depending on your condition and level of activity, about 10-15% of daily volume should contain some form of protein. Most first world people get too much protein. Rarely is there a deficiency. Animal food, beans, and nuts are all sources of protein, but are not equal in quality and other aspects. Beans and bean products are the best sources of protein. When combined with whole grains, they provide all 8 essential amino acids. Tofu, a product of soy beans, can provide complete protein by itself. Other beans need help from grains. (This does NOT mean that they must be eaten simultaneously.) Vegetable quality protein is preferred over animal quality protein. Vegetable sources of protein do not bring with them the large amounts of fat and cholesterol found in animal food, and vegetable protein is more readily assimilated by the body. Fish is preferred over other animal food if one chooses to eat it. Beef, pork, poultry, etc. are usually avoided except in the most extreme circumstances. White meat fish such as cod, halibut, bass, flounder, etc. are preferred. Red meat and blue skinned fish are more acidifying. These include salmon, catfish, swordfish, tuna, etc. Since beans have a high fat content, the smaller, darker varieties such as azuki (also known as aduki), lentils, mung beans, black soy beans, and chickpeas are preferred. Pinto, kidney, great northern, black, lima, etc. are used less often. For good digestion of beans, be sure to skim off the fat that rises to the top while cooking, and always add a strip of kombu (sea vegetable, about 3 inches) to beans. A good quality sea salt and thorough chewing will insure good digestion for most people. Remember, 10-15% maximum on any protein source.

Sea Vegetables

Sea vegetables are a very small part of the usual recommended diet (less than 5%), but they are very important. They are rich in vitamins and minerals in a very usable form. They may seem strange to many people, but they actually have been used by people living near any coast throughout history. There are many varieties, but we will go over the major ones and most often used here.

Kombu (kahm'-boo) comes in long flat strips. It is most often used when cooking beans or grains. Beans should always be cooked with kombu to make them more digestible. Break off about a 3 inch strip and place on top of the beans or grains while cooking. If it does not dissolve,

remove after cooking and cut into small pieces and put them back into the pot. You won't even know you are eating it. Kombu should be eaten every day. It has positive effect on the kidneys, and helps to remove excess toxins, including radiation effects, from the body.

Wakame (wah'-kah-may) is similar to kombu but not as flat. Use it every day in soup as the first ingredient, then add your favorite vegetables. Like kombu, remove wakame from the pot and cut into bite size pieces after it softens. It will swell to several times its dry size, so a little will go a long way. Wakame positively effects the liver and gall bladder.

Nori (nor'-ree) is the green sheet that is seen in sushi. It can be used in sushi, plain, or ground into a powder and used as a condiment (this is actually true of all sea vegetables). Use it several times per week. It positively effects the heart and small intestines.

Arame (air'-a-may) comes to us as thin wiry black strings, usually cooked in a side dish with other vegetables, especially carrots and onions. Use it 2-3 times per week. It positively effects the spleen, pancreas, and stomach.

Hiziki (hizj-eek'-ee) is similar to arame but thicker and stronger tasting. It is cooked usually in the same way, but more often with sesame oil sauté. Hiziki positively effect the lungs and large intestine. Traditionally it is said to be good for head hair, especially in changing gray hair back to original color. (I have seen this happen.)

Sea vegetables are tremendous foods. It is important to learn how to properly cook them (cooking classes are much better than books). If you replace dairy foods with the daily usage of sea vegetables given here, and avoid white sugar and other sources of simple carbohydrates, you will never have to worry about osteoporosis. In addition to the nutritional value, their usefulness in removing toxins from the body cannot be stressed enough. They may seem expensive, but remember, you will only be eating a small amount. This is one area that you want to spend the extra money for the best quality.

Fruits

Fruits are cleansing and contain ample sources of vitamin C, however in large quantities they can have a weakening effect, especially if consumed in the form of juice rather than whole and fresh. Carbohydrates in fruits are simple, causing them to be quickly absorbed

into the bloodstream and causing at least a temporary imbalance. For this reason, they should be limited to occasional use, and not a major portion of the diet. They can be useful as snacks in between meals, instead of candy or doughnuts. However, if you are consuming adequate amounts of grains at every meal, you probably will not get hungry between meals.

Nuts, Seeds, and Oils

Nuts and seeds are also useful as supplemental foods. Nuts are high in protein and oil, so they should not be overused. Dry roasting them in a cast iron skillet over a low flame can help remove excess oil. Seeds such as sesame or pumpkin are very good to use as condiments or as a snack. Sunflower seeds can also be used.

Oils are always acid forming. Although we do need a certain amount, most people get way too much. Using oil to sauté or stir fry vegetables several times per week should be sufficient. Never allow oil to smoke or burn, as this changes the chemistry in a very negative way. Sesame oil is the best oil to use generally. Also useful are corn oil and safflower oil. Olive oil is useful in salads. Canola and tropical oils (coconut oil may be an exception) are not very healthy and their use should be very limited.

Special foods

There are certain special foods which have been developed in various cultures which can be very beneficial to our health. They help us to assimilate our food, provide alkaline minerals, and allow us to preserve food in a natural way without harmful chemicals. They also can provide certain nutrients which might otherwise be hard to get.

Miso: Miso is a paste which is a by-product of the production of soy sauce. When produced in the traditional way, which means without pasteurization, miso provides live enzymes which aid in the digestion of food. Miso can be used in a variety of ways, but it is most often used in soups which are consumed at the beginning of the meal. This helps to provide the digestive tract with the condition needed to absorb and make full use of the meal to follow. Miso is also very alkalizing. Because it contains live enzymes, it should never be allowed to boil.

Tamari soy sauce (shoyu): Tamari is a type of soy sauce useful as a cooking condiment, especially for vegetables. Be certain to buy brands which contain no alcohol or sugar, to insure their alkalizing quality.

Maitake or shiitake mushrooms: Dried shiitake mushrooms have been shown to have an anti-carcinogen effect. They are also traditionally known to be very useful in helping the body to remove fat and toxins from the body.

Sea salt: From earliest times, salt was used as a preservative to extend the abundance of summer into the scarcity of winter, and was one of the most precious commodities for ancient people. It is absolutely essential for human life, however the quality and quantity that we consume can have far reaching consequences.

Traditionally, salt comes from the sea. Sea salt, in addition to sodium chloride, contains 60-72 different trace minerals that are chemically useful to the body including gold and silver. Unrefined sea salt can consist of up to 2 to 3 percent of these trace minerals. Conversely, conventional table salt is a refined manufactured article in which most of these trace elements have been removed. Conventional salt is almost pure sodium chloride with the addition of iodine and dextrose.

Today, western people's taste buds have been assaulted by this coarse conventional product. Almost any processed food item you buy has excessive amounts of refined salt and our health has been jeopardized by it. Excessive salt consumption contributes to high blood pressure, increased mass of the left ventricle in the heart, and thickening and stiffening of arteries around the heart and kidneys. It contributes to strokes and the aggregation of platelets. It undermines bone metabolism and has been implicated in stomach carcinomas.

Using unrefined sea salt exclusively will gradually allow your taste buds to become more attuned to the subtle tastes in nature’s fare. Your enjoyment of every morsel will grow with even the simplest of foods. Be aware, however, that not all unrefined salts are alike. Avoid the darker, crude, gray sea salts and use the lighter, brighter varieties. They will bring out the taste of food rather than covering it up, and they do not contain excess mineral compounds.

Even with pure unrefined sea salt, however, quantity must be controlled. Children and elderly people need less salt. The more active we are, the more salt we need. Too little salt can lead to a lack of vitality and nervous system malfunctions. Too much can lead to myriad problems as mentioned above, but also hyperactivity and aggressive behavior. Too much salt will also cause you to crave sugar, which gives rise to scores of other potential health problems. The best way to avoid getting too much salt is to always use it in cooking and condiments, and never directly at the table. Various products such as miso, tamari soy sauce, shoyu, and umeboshi are creative ways of adding salt to the meal in a delicious and appetizing way.

The quantity and quality of the salt you take in could have far reaching effects on every aspect of your life.

Pickles: Natural pickles can be made from vegetables with either sea salt or soy sauce. When made properly with organically grown vegetables, they can be a source of B-12, normally only found in animal food. See the chapter on recipes to see how to make these pickles.

Animal food: Animal food is always acid forming. Traditionally it was used more in times of scarcity, to get through the winter or in times of drought. Today, modern western society has very little need for animal food, if any. If it must be eaten, white meat fish is the most healthy. Beef, pork, and chicken not only have high levels of fat, cholesterol, and other acid producing qualities, today they are loaded with chemicals and hormones which are very harmful to our health.

Important Note:

The more you are able to consistently apply the above suggestions, the healthier you will be. However, this can prove difficult for most people in a fast paced society. Supplements can help compensate for a more acidic diet than the one presented here. However, nothing can compensate completely. Moreover, the quality and quantity of supplements can be detrimental.

Chapter 6. Recipes for Health

This chapter will provide you with the most basic recipes to get started on your way to health and freedom. For a more complete collection of recipes and other resources, please use the list found in the Health Resource chapter at the end of the book. Many of the items used in the recipes found in this chapter can only be found in natural food stores. If you do not have a natural food store near you, you can mail order them from companies listed in the resource chapter. Gas stoves are the best for cooking, both in providing the ability to control the temperature of the food being cooked and from an energetic standpoint. Microwaves should be totally avoided.

WHOLE GRAINS

BROWN RICE:

Basic brown rice recipe (pressure cooked, or boiled)
1 cup grain brown rice
1 1/2 cups spring or well water
1 inch piece of kombu or pinch of sea salt

Wash rice with gentle swirling motion until water is clear. This usually will take about 3 washings. Place in pressure cooker or pot. Add water and kombu. (If sea salt is used instead of kombu, add pinch just as water is about to boil.) Place on a medium high flame and bring up to pressure or boiling point. Then move to a low flame using a flame deflector and cook for 50 minutes. Even if an electric stove is used, use a flame deflector. This will ensure the rice to be evenly cooked.

MILLET WITH SQUASH AND ONIONS:

Boiled method:
1 cup millet
4 cups water
1 butternut squash cubed in one inch pieces
1 medium onion
1 inch piece of kombu or pinch of sea salt

Wash millet until water becomes clear. Add all ingredients in pot and bring to boil. Then move to a low flame and simmer for 30 minutes using a flame deflector.

LEFTOVER GRAINS WITH DRIED DAIKON:

Creamed rice or other grain:
1 cup cooked grain
1 cup water
1/4 cup dried daikon
1 small onion, cubed (optional)

Add together and cover. Simmer for 30 minutes. This is a very good way to have grains for breakfast.

OAT GROATS (CREAMY STYLE):

1 cup whole oat groats
5 cups water
1/4 tsp sea salt

Place in a heavy enamel pot. Cover and place on a flame deflector over a very low flame. Cook overnight (approximately 8 hours).

VEGETABLES

KINPIRA STYLE VEGETABLES:

Cut equal amounts of burdock and carrot (1 cup each) or other root vegetables into shaved pieces or matchsticks. Lightly brush sesame oil in a skillet and heat. Add burdock and sauté for 2 minutes. Add carrots on top but do not stir. Add enough water to cover the burdock. Cover and simmer 30 minutes. You may at this time add either 2 tsp umeboshi vinegar or 1 tsp shoyu with 1 tsp ginger juice. Cover and simmer 3 minutes. Let all liquid evaporate. Before serving gently stir.

NISHIME STYLE (waterless cooking):

Vegetables cooked in this way are cut into large chunks and are cooked slowly for a long time over low heat. Very little water is used to insure that vegetables cook in their own juice to provide richness in flavor. This dish is very healing and contracting to an overly acidic condition and produces strong and calm energy. Soak 3 inch piece kombu for 3 cups vegetables. Slice kombu and place on the bottom of

pot. Cut vegetables into 2 inch chunks. Usually nishime dishes require 2 to 3 vegetables. Layer or section vegetables on top of kombu. Add soaking water to pot and supplement if necessary to a desired 1 inch level. Add pinch of sea salt. Cover and bring to boil. Lower flame and simmer 20 minutes. Add a few drops of shoyu and gently shake the pan to distribute. Do not mix with spoon. Cover and simmer 3 minutes more. Remove lid and let liquid evaporate. Nishime Combination Suggestions: Carrot, burdock, kombu-- Carrot, parsnip, kombu-- Turnip, shiitake mushroom and kombu-- Squash, onion, and kombu-- Daikon, squash, cabbage and kombu-- Burdock, lotus root and kombu-- Carrot, onion, cabbage and kombu-- Daikon, lotus root and kombu-- Cabbage, jinenjo, onion and kombu. My personal favorite: kabocha squash, rutabaga, turnips and kombu.

DRIED DAIKON WITH DRIED SHITAKE AND KOMBU:

This dish dissolves deep hard protein and fats. It is very medicinal for discharging cancerous tumors. Soak a 3 inch piece kombu. Slice into 1/2 inch squares and place on bottom of pan. Soak 1/2 cup dried daikon and 2 shiitake mushrooms until soft. Slice thin and add to kombu. Use the soaking water unless it is dark brown. Use enough water to cover the vegetables. Cover and bring to boil. Simmer for 30 minutes. Add 1/2 tsp shoyu and simmer 5 minutes more. Remove lid so that excess liquid may evaporate. Remember to never stir when seasoning is added. You may, however, gently shake the pot to distribute seasoning.

PRESSED SALAD:

To 4 cups sliced vegetables, add 1 Tbsp umeboshi vinegar and 2 tsp fresh lemon juice. Press together and press in salad presser for 30 minutes. Remove liquid before serving.

BEANS

AZUKI, KOMBU, SQUASH:

Put 1 cup azuki beans in 3 cups water. Bring to a boil, skim off foam, and simmer with lid on for 40 minutes. Meanwhile, soak and slice kombu and cut one butternut squash into one inch cubes. In a separate pot, add kombu first, squash, then partially cooked azuki beans. Cook covered for 20 minutes. Add 1/4 tsp. sea salt and cook for 10 minutes.

Remove cover and let all liquid evaporate. Stir gently and serve with scallion garnish. This dish is very healing for the stomach, spleen, pancreas, kidney and bladder. It is especially good for diabetes.

BASIC BEAN RECIPE:

1 cup beans
3 cups water
5 inches kombu
1/4 tsp. sea salt
vegetables to taste (onions, leeks, carrots, celery etc.)

Soak beans overnight. Bring to boil and skim off foam. Add kombu and boil for one hour. (Chickpeas and black soybeans are usually pressure cooked.) Add vegetables and cook 15 minutes more. Add salt and cook 10 more minutes. Stir. Let all liquid evaporate. Serve with scallions, chives, ginger, or parsley as garnish. Black soy beans are pressure cooked for one hour. Chickpeas are pressure cooked for 2 hours. The above recipe is best for the following beans: lima, navy, pinto, anasazi, turtle, azuki, chickpeas, black soy. Lentils are best in 5 cups water.

SEA VEGETABLES

ARAME:

1 medium onion,
1 carrot,
1/2 cup quickly washed arame,
2 pieces of dried tofu rehydrated. (optional)

To skillet layer: sliced onion, matchstick cut carrot, arame and sliced dried tofu. Add 1/4 cup water. Cover and simmer 20 minutes. Season with 1 tsp shoyu or tamari. Cover and simmer 5 minutes. Remove lid and let all liquid evaporate. Gently toss together and top with 1/4 cup chopped parsley. Arame is a sweet sea vegetable. It can be added to soups, casseroles, croquettes, pressed salads, and summer rice salads. Also delicious is to make sushi using onion butter, arame and marinated tofu.

HIZIKI WITH CARROTS AND ONIONS:

1 onion,

1 carrot
1/4 cup dried hiziki

Rehydrate hiziki with 1 cup water. To skillet add: sliced onion, sliced carrot, and hiziki. Add 1/4 cup water and cover. Simmer 25 minutes. In separate skillet roast 1/3 cup sesame seeds. Ground in suribachi. To seeds add 1 Tbsp umeboshi vinegar and 1 Tbsp brown rice vinegar. Mix. Add seeds to hiziki and 1/4 cup chopped raw scallions. Toss together.

SEA PALM WITH LEEKS AND TEMPEH:

2 strands sea palm rehydrated,
2 leeks,
2 cups sliced tempeh.

To skillet lightly brown tempeh in 2 tsp sesame oil, 5 minutes on each side. Add leeks and sliced sea palm. Add 1/4 cup water, 2 Tbsp shoyu, 1 tsp ginger juice and cover. Simmer 10 minutes. Thicken with kuzu if needed. Eat this dish with noodles or rice. Note: Kuzu is a very healing thickener (especially for intestines) and is much preferred over cornstarch. First add cold water, dissolve, then slowly add to dish and stir while thickening.

SOUP

BASIC MISO SOUP:

4 cups vegetable broth or water,
2 inch piece wakame,
1/4 cup fresh daikon,
1 small onion
Scallions to garnish.

To pot add water and bring to soft boil. Add wakame and cook for 5 minutes. Remove and slice thin. Return to pot. Add sliced onion and daikon. Simmer for 3 minutes. Dilute 1 Tbsp barley miso with soup broth. Add to soup. Simmer for 3 minutes. Do not allow to boil! Serve with garnish such as scallions, parsley, or celery leaves.

MILLET ONION SOUP:

8 cups water,
1/4 tsp sea salt,

3 inch piece of kombu,
2 sliced onions

Bring above ingredients to a boil. Add 1 cup millet, cover and simmer 20 minutes, then add 2 cups of cauliflower. Cover and simmer 10 more minutes. Season with miso and serve with chopped parsley as garnish.

CONDIMENTS

GOMASHIO:

Sprinkle on grains or beans to help produce an alkaline condition: In a stainless steel pan, first roast (or until dry on top), one teaspoon of sea salt. Place in a suribachi and crush to a fine powder. Roast 24 teaspoons (1/2 cup) of washed sesame seeds. Mix gently during roasting to prevent burning. Flame should be medium low. If seeds start popping out of pan, then heat is too high. The seeds are done when they crush easily between your fingers and have a nutty popcorn aroma. Grind on top of crushed sea salt until 98% of seeds are crushed. Store in a glass jar. There is no need to refrigerate and should easily last 2 weeks.

SESAME-WAKAME CONDIMENT

In a stainless steel pan, first slowly roast one cup of wakame. Place in a suribachi and crush to a fine powder. Roast 1 cup of washed sesame seeds. Mix gently during roasting to prevent burning. Flame should be medium low. If seeds start popping out of pan, then heat is too high. The seeds are done when they crush easily between your fingers and have a nutty popcorn aroma. Grind on top of crushed wakame until 98% of seeds are crushed. The ratio of wakame powder to seeds should be 1 to 7.

4 HOUR PICKLES:

Soak 4-5 inch strip of kombu 10 minutes and cut into slivers. Add 2 carrot cut into slivers. Add other vegetables as desired cut into very small thin slivers. In a separate pot, combine 1/4 cup shoyu, 1/4 cup brown rice vinegar, 1/4 cup mirin, and boil for 1 minute. Immediately pour over slivered vegetables. Mix well and cover bowl with a towel to keep heat in but allow steam to escape. Allow to cool slightly, add 2-3

Tbsp koji, and stir. Refrigerate. These pickles are ready to eat in about 4 hours.

DESSERTS

HOMEMADE AMASAKE:

Add 2 cups sweet rice, 4 cups water to a pressure cooker and bring to slow pressure and cook for 45 minutes. Remove from heat and let sit for another 45 minutes. Remove lid and let come to lukewarm temperature. Place in glass or enamel bowl or pot. Add 3/4 cup koji. Mix well and place in a 100 to 110 temperature setting. Let ferment for 8 hours. You may stir periodically during the process. After 8 hours bring to boil with 2 pinches of sea salt. Boil for 5 minutes. You may at this point add flavoring such as ginger juice, lemon juice, vanilla etc. or you may leave plain. Thicken with kuzu and cook 3 minutes more.

FRUIT KANTEN:

To 4 cups apple juice (may want to dilute 1/2 apple juice to 1/2 water; or you may want to make raisin juice by cooking 1/4 cup raisins in 4 cups water and strain) add 4 Tbsp kanten flakes (also known as agar agar) and a pinch of sea salt. Slowly bring to a boil and simmer 5 minutes or until all flakes are dissolved. (If you insert a dry wooden spoon into liquid and pull straight out you can see if flakes are all dissolved.) To a casserole dish add sliced pears and/or apples. (In summer other fruit may be used like strawberries, blueberries, etc.) Pour hot liquid on to fruit and let set up until hard. In winter you may put outside or in a cold room, in summer put it in the refrigerator. This dish is helpful for constipation or to balance overly contractive condition. Some conditions may need to avoid this dish.

ONION BUTTER:

To a pan add 8 medium sized onions that has been thinly sliced into moons. Add pinch sea salt. Cover and simmer 4-6 hours. Slowly cook this. The onions will "caramelize" into a dark sweet butter. Can be eaten with crackers, rice cakes, over rice etc.

HOME REMEDIES

AZUKI BEAN JUICE:

Very good for kidney or bladder infection. Helps one to pass a kidney stone. Boil 1 cup azuki beans with 5 cups of water and a 2 inch piece of kombu for 1 hour. Do not add salt. Do not stir the beans. Drain the juice and drink.

CARROT-DAIKON DRINK:

Helps dissolve solidified fat deposits existing deep within the body. Finely grate 1/2 cup daikon and 1/2 cup carrot. Pour hot shiitake mushroom tea over mixture and drink.

SHIITAKE MUSHROOM TEA:

Has calming effect. Helpful in cases of insomnia. Place 1 dried shiitake mushroom in 1 cup of water. Cover and bring to a boil. Simmer for 15 minutes.

HIP BATH:

Helps remove toxins from ovaries and uterus. Dry the greens of daikon, radish, turnip, or other green by hanging them up in a dry place until they are brown and brittle. Boil 1 bunch in 10 cups of water for 20 minutes. Pour water in a small tub and add enough hot water so that the water is just under the navel when you sit in the tub. Make as hot as possible. Add small handful of sea salt to the water. Cover the rest of the body with towels. Sit in water for 15 minutes. Best to do just before bed.

KOMBU TEA:

Good for strengthening the blood. Discharges animal fats and proteins from the body. Produces calmness. Aids in restoring the nervous function and in promoting clear thinking. Wipe off 3 inch piece kombu with wet cloth. Place in pot with 4 cups water. Bring to boil and simmer 15 minutes. Drink one cup while hot. You may reheat the remaining tea and drink up to 2 or 3 cups a day.

KUZU TEA:

For any intestinal disruption such as diarrhea. Can also help to regulate body temperature. Add a little apple juice in cases of high fever. Dissolve 1 tsp of kuzu powder in some cold water. Add the water

a little at a time and stir well until all the pieces are dissolved. Add one cup boiling water and stir well.

SWEET VEGETABLE JUICE:

Layer in pot the following vegetables and in the following order. Use equal amounts of vegetables: Onion, Winter Squash, Green Cabbage, Carrot. Add 4 times amount of water. Cover and simmer 20 minutes. Strain vegetables and drink 1 to 2 cups daily for 1 month. This drink produces a calmness, reduces sweet cravings because it heals the pancreas and softens tightness caused by consumption of heavy animal food.

Chapter 7. Self Diagnosis

While we can very handily maintain our health simply by following the dietary recommendations found in the previous chapters, it is also helpful to be able to know what our condition is, and especially if we can know it before it manifests into a serious condition. When we understand this, we can make better use of information about how foods effect the body and increase or decrease them as the need may be. For example, salt effects every aspect of the body, but it is especially affective on the kidneys. We can increase or decrease the amount of salt, depending on the condition of the kidneys, and thus improve our health. All foods and herbs have certain effects on the body, and if we know our condition, we can then select those foods more knowingly. For thousands of years, people of the East, especially China and India, have relied on a system of understanding based on oriental philosophy and medicine. This system is the underlying principle of acupuncture and all Chinese medicine.

This can involve volumes of books, but here is an overview. Oriental diagnosis includes the understanding that all conditions of the organs can be determined by a corresponding area on the surface of the body. For example, those of you who are familiar with acupuncture may know that the "heart meridian" runs down the inside of the arm and onto the little finger. Pain, skin conditions, color etc. on this meridian indicate the condition of the heart, thus we may experience pain in this area before the onset of a heart attack. Some may have experienced a sharp pain running down the back of your leg. This is an indication of problems in the urinary bladder.

Certain areas on the face relate to internal organs. In all cases, a clear or pink color indicates a good condition, while a red, green, blue, dark, or pale color indicates problems with the related organ. On people of African decent, the same procedure can be used, but with much more subtlety.

The upper middle of the forehead is related to the bladder. Excess liquid here in the form of perspiration indicates the bladder is overworked. Just below, in the middle of the forehead, the condition of the large intestine can be seen, with the small intestine just below that.

The condition of the liver can be seen in the middle of the face, just above the eyebrows. Puffiness or deep vertical lines here indicate problems. Between the eyes, on the bridge of the nose, indicates the condition of the pancreas, while the upper eyelids reveal the gall bladder. Small white bumps here indicate stones.

Below the eyes, (often seen as puffy or sunken) indicates the condition of the kidneys. The left eye relates to the left kidney, right eye the right kidney. The spleen's condition can be seen in the temple area. The lungs can be seen on the cheeks. Often in a person who smokes, deep vertical lines can be seen here.

The bridge of the nose reveals the stomach, while the tip of the nose relates to the heart's condition. The lips reveal the digestive tract. The upper lip relates to the stomach. The intestine, lower lip large intestine, and the corner of the mouth the duodenum. The chin and area between the nose and lips relates to the sexual organs.

The whole body can be seen in the whites of the eyes, and the ears also relate to the kidneys.

Along with the face, the hands and feet are very revealing as to the condition of the inner organs. Any abnormalities in the skin or nails indicate disorder in the associated organs. Pimples, white spots, dark spots, reddish color, pale color, overly dry or wet skin, all indicate disorder. A greenish color indicates the potential for cancer.

The heart and small intestine are revealed on the little fingers. The next 2 fingers are associated with what Chinese medicine calls the heart governor and the triple heater. Heart governor can be associated with the regulation of the circulatory system, while the triple heater is associated with functions of metabolism (loosely the thyroid). The index finger is related to large intestines, while the thumb is related to the lungs. The fleshy part of the thumb and the inside of the wrist shows the condition of the breasts.

On the feet, the little toe is related to the bladder, the next toe the gall bladder. The next 2 toes are associated with the stomach, while the big toe reveals the spleen and liver functions. The condition of the kidneys can be seen on the bottom of the foot, especially in the center toward the toes. A large callous in the middle of the bottom of the foot indicates stagnation in the kidneys.

One of the best ways to determine the condition of your own organs is through emotional diagnosis. If you experience the following

emotions on a regular or chronic basis, you can assume that there is some dysfunction of some kind in the associated organs. The correlation is based on the theory of 5-transformations, or 5-element theory. This is an exquisite, ancient theory which is extremely useful to understand in making daily adjustments in food selection and activity. The emotions and organs have the following correlations:

Fear, Paranoia	Kidneys, Bladder, Sexual Organs
Anger, Frustration, Impatience	Liver, Gall Bladder
Hyperactivity, Mania	Heart, Small Intestines
Worry, Jealousy	Stomach, Spleen, Pancreas
Sadness, Depression	Lungs, Large Intestine

A deep understanding of this theory will give you the ability to be in control of your emotions, without the use of drugs. When we choose food and life-style which corrects the physical condition of these organs, our emotions automatically are altered at the same time. This can have a positive effect not only on our physical health, but also on our relationships with all of our friends and family.

Chapter 8. Disease

If we are to regain our health by changing our diet and life-style, rather than to merely treat symptoms by taking drugs, having surgery, or any other temporary treatment, it is helpful to know not only what foods and conditions create health, but also how certain conditions and illnesses are created. In order to relieve illness permanently, we must know what is causing it.

In addition to understanding how to diagnose illness by facial and other observations, Eastern medicine also understands that all disorder is caused by an imbalance in the body. Although the application of acid and alkaline was not used, a very similar process was used and understood. This process relies on the principle that anything we take into our body has a certain effect. On the one hand, some things are contracting, hardening, strengthening, and tightening to the body. This is described as Yang. Other things are expanding, softening, weakening, and loosening, described as Yin. In actuality, everything consists of some elements of both of these extremes, but everything also has a predominance of one or the other. Neither is "good or bad", but rather both are necessary. However, either can be harmful in excess.

We can categorize foods according to this principle, from extremely contracting to extremely expanding. Choosing the foods which are not extreme will help us to achieve health.

Extremely contracting

Raw conventional salt, some pharmaceutical drugs such as "downers", barbiturates, sedatives, and steroids, pork, beef, other mammals meat, eggs, hard salty cheeses such as cheddar, poultry.

Very contracting

Amphibians, shellfish, red meat fish such as tuna, salmon, swordfish, caffeine.

Moderately contracting

White meat fish such as flounder, bass, trout, whole grain flour baked into bread, chips, etc., sea salt, miso, soy sauce when used in cooking, sea vegetables: kombu, wakame, sea palm, arame, hiziki, nori, dulse.

Slightly contracting

Grains prepared in their whole form: rice, barley, millet, wheat, corn, buckwheat, oats, rye, quinoa, teff, amaranth, azuki beans, some root vegetables: carrots, parsnips, daikon radish, burdock, rutabaga, turnips, cooked vegetables, gas cooking.

Slightly expanding

Some root vegetables: onions, red radish, lotus root, cauliflower, broccoli, brussel sprouts, cabbage, squash, greens: kale, collards, turnips, mustard, etc., bok choy, nappa, leeks, and others.

Moderately expanding

Beans such as lentils, black beans, chickpeas, leaf lettuce, cucumber, celery, sprouts, peas, green beans, summer squash, mushrooms, whole grain noodles, tofu, tempeh, parsley, scallions, beets, apples, pears, peaches, plums, strawberries, cantaloupe, apricots, watermelon, grapes, oranges, tangerines, lemon, almonds, walnuts, rice syrup, barley malt, raw vegetables.

Very expanding

White, processed breads, pastas, and pastries, tropical fruits and vegetables such as: tomato, potato, eggplant, grapefruit, bananas, pineapple, peppers, spinach, most spices, honey, maple syrup, cashews, other tropical nuts, soft cheeses, creams, yogurt, butter, electric cooking.

Extremely expanding

White sugar, most recreational drugs: alcohol, marijuana, cocaine, heroin, etc., some pharmaceutical drugs: amphetamines and other "uppers", most pain killers, most tranquilizers, nicotine, some artificial foods such as sweeteners, preservatives, and other chemicals, ice cold foods, atomic and electromagnetic radiation, microwave ovens.

Obviously, some foods which are very plentiful in the standard diet of most western people are quite harmful. There is nothing new about this. We have been hearing this in the major media for years. Why then has there not been a major endeavor by government, doctors, and other health professionals to change the western diet? We will explore the reasons for this in future chapters. For now, here are some of the major problems with specific foods.

Animal foods

Animal food is acid forming and does not really have any necessary ingredients to justify including it in a healthy diet. The fat is generally saturated and is a leading cause of heart disease as well as many cancers. Beef and pork are particularly unhealthy. Some people think chicken or turkey is healthier, but there is actually very little difference, and when the substances such as growth hormone and other chemicals are added to the mix, there is really no healthy reason to eat these foods.

Fish is generally a much better choice when it comes to animal food, but pollution of the lakes and oceans makes this not a very attractive choice either. In any case, it should not be eaten on a daily basis.

Many people believe that animal food is the only source available for vitamin B-12, but this is not the case. Many people regularly eating meat have been found to be B-12 deficient, and it is really a matter of the condition of one's own intestines that is important. In a person with a properly functioning digestive tract, B-12 can be manufactured there with a properly nourished intestinal flora.

Dairy

Dairy food is one of the most unhealthy foods we can eat, notwithstanding all the advertisements you have seen on TV. Ironically, one of the things dairy is supposed to be great for is the calcium, but because of the excess amount of fat and protein found in milk and other dairy products, it results in a net calcium loss for the body. This is because when it produces an acidic condition, the body must pull calcium and other mineral reserves from the bones and other organs to buffer the acidic condition. This is evidenced by the fact that although the USA consumes more dairy per capita than almost any other nation,

they have at the same time one of the highest rates of osteoporosis. How can this be? There is more to the equation than just getting enough calcium.

Sugar

Nothing has poisoned so many people with so little blame as sugar. Sugar is simply bait for every type of microorganism that every entered a human body. When we are fortunate enough to live through any viral type disease caused by consumption of sugar, we then expose ourselves to the long term effects: cancer, nervous system disorders, diabetes, and emotional turmoil. Get refined sugar out of your life as quickly as possible.

In addition to this, we can identify certain conditions and, using the principle of contraction and expansion based on thousands of years of experience, we can identify certain foods which have a tendency to create certain conditions. The following table relates these tendencies, and by avoiding the foods listed for any particular condition, one can avoid the disorder or help speed up recovery when a balanced, natural, diet is followed.

Disorder	Principle causative substances
Allergy	dairy, sugar, excess fruit, artificial foods, fats, vaccines
Alzheimer's	sugar, aluminum, artificial sweeteners
Arthritis, osteo	acid minerals, animal food, especially chicken, excess salt
Arthritis, rheumatoid	sugar, fruits (especially juices) nightshade vegetables (tomatoes, peppers, potatoes, eggplant), spices
Asthma	dairy or other fatty foods, flour products, sugar
Cancers:	

Disorder	Principle causative substances
bladder	sugar, fruit juices, exposure to radiation, chlorinated water
breast	sugar, alcohol, dairy food, birth control pills
bone	excess salt, animal food, sugar
colon	animal fat, excess salt
liver	animal fat, excess salt, dairy, oily food
lung	dairy food, sugar, flour
melanoma	sugar, excess salt, animal food, oily food
ovary	animal food, eggs, cheeses
prostate	animal food, excess salt,
skin	sugar, dairy,
stomach	sugar, alcohol, dairy
uterus	cheese, eggs, animal fat
Chron's disease	sugar, chocolate, dairy food
Chronic Fatigue	sugar, chocolate, many prescription drugs
Cirrhosis of the liver	alcohol, fats, oily food
Diabetes	sugar, fruit juice, chocolate, excess protein
Emphysema	sugar, flour products
Epilepsy	sugar, alcohol, artificial sweeteners,
Gall stones	oily, greasy foods, ice cold foods
Goiter	sugar, artificial foods, chocolate,

Disorder	Principle causative substances
Hardening of the arteries	excess salt, animal food
Hypertension	sugar, fruit juice, alcohol, (excess salt can be a factor in some people)
Hypoglycemia	animal food, lack of complex carbohydrates, excess salt
Hodgkin's disease	sugar, dairy
Impotence	sugar, chocolate, alcohol, excess fruit (animal food where cholesterol has restricted blood vessels)
Incontinence	sugar, excessive liquid
Infections (in general)	sugar, fats, flour products, lack of rest,
Kidney stones	salty meats, ice cold food
Insomnia	lack of play, excess salt, excess minerals, prescription drugs
Irregular Heartbeat	sugar, hot spices, tomatoes, alcohol, many prescription drugs
Leukemia	sugar, excess fruit, artificial food, chocolate
Lack of libido	
in men	sugar, fruit, drugs (both prescription and recreational, even if taken years earlier)
in women	salt, drugs, sugar, cold foods, eggs, cheese
Lymphoma	sugar, dairy, meat
Multiple sclerosis	sugar, drugs, dairy
Muscular Dystrophy	sugar, chocolate, fruit, spices

Disorder	Principle causative substances
Nearsightedness	sugar, dairy, alcohol
Farsightedness	animal food, salt,
Parkinson's Disease	salt, hard cheeses, animal food
Tooth decay	sugar, fruit,
Ulcer	sugar, excess protein, tomatoes,

Please remember that this is only a general list and that many other factors may be involved. It is certain, however, that the factors listed here are major components of the disorders. Moreover, this is only a partial listing, and every individual is unique, with overlapping problems and unique requirements. The resources listed in Chapter 11 will give you regional counselors and teachers who can help you adapt this principle and life-style to your individual needs.

Chapter 9. Common Disorders

Allergies

Thirty-four percent of American born children will develop some form of allergies, a significantly higher rate than the rest of the world, which averages about twenty percent. Allergies have become so common that we seem to just accept them as a fact of life, and try to manage the symptoms as best we can. But if we understood their cause, we just might be able to prevent them, or even reverse them.

If someone sticks a dandelion in your nose, you will sneeze. That is a perfectly normal body reaction. But if you're still sneezing 24 hours later, that's an over-reaction, and that's an allergy. It is an exaggerated immune response to a stimulus. There are two aspects to the immune system. One is the innate aspect, which we are born with, and the other is the acquired aspect, which is developed over time. We can think of allergies as a misconstruction of the acquired immune system. For example, suppose at a young age you consume wheat bread that contains toxic food additives. The immune system responds and learns to attack this toxin now and in the future. However, since the toxin was combined with the flour in the bread, it may at the same time learn to attack the grain whenever it is present as well. The result may be a wheat allergy. Accordingly, choosing organic and natural foods free of toxins can help avoid the type of acquired immunity that results in food allergies.

Exposure to minute amounts of potential allergens, especially at a young age, can assist with creating a well constructed immune system. Local honey has been thought to be an excellent mechanism for this, as bees gather pollen from local plants and therefore provide in one source hundreds of immune building stimulants. If you have already reached adulthood and are saddled with allergies, there are still steps you can take to minimize the resulting discomfort. First, strengthen the immune system by giving it proper nourishment, with a good balance of complex carbohydrates and good quality proteins and fats. Very few things burden the immune system like simple sugar or its artificial substitutes. To minimize the effects of symptoms such as itchy eyes, runny noses, and general congestion, minimize or eliminate dairy and

flour products. These foods generate mucus production which can result in congestion, headache, feeling groggy, and fatigue.

Arthritis and Bone Disorders

Conventional wisdom says that there is not much you can do other than using pain and anti-inflammatory medication, and sometimes physical therapy. But actually, thousands of people world wide have relieved their pain permanently by changing their diet and lifestyle.

Rheumatoid arthritis is an autoimmune disorder that creates inflammation in the joints initially and, over time, can cause problems in the major organs and glands as well. It has been theorized that the cause of arthritis is of genetic or hormonal origin, but environmental and lifestyle factors cannot be discounted. In fact, various foods and drinks have been identified as either causing or relieving the inflammation, and thus the pain, of arthritis.

Simple sugar is perhaps the most inflammatory food we consume. It can effect all systems of the body in a negative way, and the joints and ligaments of the body are no exception. Baked white flour products and sugary sodas, especially those with carbonation, facilitate inflammation. High heat such as frying and pasteurizing can produce toxins that lead to inflammation. Preservatives and additives can enhance inflammation so choosing organic, whole unprocessed foods are important. It has also been observed that certain proteins in dairy food may irritate the joints. In fact, all animal food is acid forming in the body and possibly leads to inflammation.

Among fruits, citrus has been regarded as a detriment to joint health as well as tomatoes and vegetables in the nightshade family. A comprehensive plan to avoid all of the foods listed above could go a long way toward eliminating the pain of arthritis.

Foods that can help reduce inflammation and enhance the immune system include all types of leafy greens and root vegetables. Sea vegetables are an immune system building food that is unsurpassed in nutrient density. Miso soup made with the sea vegetable wakame, onions, and leafy greens can strengthen the immune system and reducing inflammation. However, by far the most important undertaking is to avoid the foods that enhance inflammation.

Osteoporosis is a disease that can manifest for decades without any symptoms. By the time we actually discover we have it, the ability to reverse it may be very difficult.

Osteoporosis affects about 55% of Americans over the age of 50, and of those about 80% are women. The steady, progressive reduction in bone density can lead to fractures anywhere in the body, but especially in the hips, vertebrae, wrists, and ribs. Though not usually fatal, these fractures can cause an abrupt downward trend in vitality, especially in people of advanced age.

Bones are not static, rigid blocks of calcium. They are made up of living cells that are constantly changing throughout life. The same function that developed your bones as a child is able to heal a fracture as an adult. Since these cells are continuously changing, our lifestyle and food intake can have a substantial effect on bone health.

The most important elements in generating healthy bones are calcium, phosphorus, vitamin D, and estrogen/testosterone. As we age, our hormone production naturally declines. We also tend to become less physically active, and may have a tendency to have less exposure to sunshine, which is essential for vitamin D production. But long before these take effect, our utilization of calcium and phosphorus may have put us on the path to developing this condition. Ninety-nine per cent of the calcium in the body is in the bones, but the other 1% is essential and has many functions, including blood clotting, nerve transmission, glucose absorption, and muscle contraction. Being an alkaline mineral, the body also uses it to buffer any acidic toxic waste so it can be excreted safely. If there are not sufficient alkaline minerals readily available to accomplish this, calcium may be leached from the bones to provide substance for this critical function. This is the most common cause of osteoporosis.

The best way to avoid this leaching of calcium is to avoid foods which result in a net acidic buildup, the most common today being simple sugar. Our bodies are designed to make use of carbohydrates, but there is an immense difference in the effect of carbohydrates that encompass calcium and other minerals, such as whole grains, and simple white sugar or fructose. Even dairy, with its high calcium content, can cause a net loss of calcium in the bones because of the acidic fat content involved. The best sources of calcium without adverse

components are dark, leafy greens of any kind. Beans and fish can also be a solid source.

Cancer

Cancer is the second leading cause of death in America, behind only heart disease. Overall, cancer rates worldwide follow a clear pattern of being higher in western, developed nations and lower in less developed countries, with the highest rate in the world being in Denmark, and the lowest in Niger. This implies that cancer is not a disease of deficiency, but of excess. Various theories about the cause of cancer include genetics, chemicals, viruses, hormones, sunlight, tobacco, radiation, and stress. One factor that is widely accepted today is diet.

Eating patterns have changed dramatically in the last century. Since 1920, the consumption of certain foods in the United States has altered American's physical makeup and their psyche. Per capita consumption of meat, poultry, dairy, sugar, tropical foods and artificial additives have increased substantially. In addition, chemical and vibrational toxins absorbed from various non-food sources are at unprecedented levels. At the same time the consumption of whole grains, fresh vegetables, and fresh fruit has decreased considerably. How has this affected the nation's health? Cancer rates were 1 in 50 in 1910, 1 in 25 by 1950, and today 1 in 3 for women, 1 in 2 for men.

Conventional medicine directs cancer patients toward one or more of three broad categories: surgery, chemotherapy, or radiation. Each of these have developed numerous subtypes designed to be more effective against specific types of cancer and also to reduce side-effects. Alternative treatments are plentiful as well. Sometimes, it is necessary to leave the country to utilize alternative approaches, with Europe or Mexico being the most common destinations. Anecdotal evidence abounds that diet and lifestyle changes have been successfully utilized. The most famous example occurred in the 1980s, when Dr. Anthony Sattilaro's story of reversing his prostate cancer with a macrobiotic diet was published in the Saturday Evening Post.

Regardless of the many theories about the cause of cancer, and the effectiveness of conventional treatments, one thing is certain. Neither surgery, chemotherapy, nor radiation address the issue of what caused the cancer originally. This fact should prompt even the recovered cancer survivor to consider transforming their lifestyle into one that provides a

better prospect for the future. All plant foods, but especially cruciferous vegetables such as broccoli, cauliflower and cabbage contain antioxidants and phytonutrients that are thought to inhibit the metabolism of some carcinogens. Of course, whole grains, legumes, and organically grown foods support general health as well.

Recall in Chapter 3 our recounting of Nobel Prize winner Dr. Otto Warburg demonstrating that the "the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar." He also stated, "Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar." In other words, the lack of oxygen in our intercellular fluid is the underlying cause of cancer, and this, by definition, is an acidic condition. Yin and Yang, and Five Element theory discussed in Chapters 7 and 8 determine the location of the cancer, but is the oxygen deprived metabolism of sugar that is the cause.

Life in the 21st century has scores of advantages over the past. However, the abundance of food choices may not be an advantage. Choosing food that supports your health may be the most important aspect of your life to exercise sound judgment.

Diabetes and Blood Sugar Disorders

It is popular today to blame carbohydrates for much of America's health woes, especially obesity. Diet plans with little or no carbohydrates have gained a profusion of followers and carbohydrates have been demonized. However, the reality is that carbohydrates are a basic human nutritional need. Unless there is a malfunction, the body will regulate the amount of sugar in the blood to an optimum level, and either too low or too high can cause serious problems.

The body needs all three major nutrients, carbohydrates, protein, and fat. Carbohydrate's major function is to provide the energy needed by the cells. Although there are many variations, we can break them down into two major components, simple and complex. Simple carbohydrates are the sugars found in table sugar, fruit, milk, and other sources such as maple syrup. Complex carbohydrates are found in sources such as beans, whole grains, and vegetables. Proteins are

necessary for the cell-building process, body maintenance, growth, and regulation. They are found most abundant in animal food, beans, and grains. Fat can be stored in the body and provides a reserve source of energy in the event that carbohydrates are not readily available. It provides insulation from heat loss and is also a part of the structure of cell membranes.

We need all three in varying degrees. The most important thing about carbohydrates is their source, which determines whether they are in simple or complex form. Simple carbohydrates enter into the bloodstream quickly, causing blood sugar levels to spike and then to drop below the normal range. On the other hand, complex carbohydrates are slowly broken down by the digestive process and supply a steady supply of fuel for the body. If we have an abundant amount as a part of each meal we are provided with lasting energy that allows us to avoid cravings for snacks between meals and the experience of precipitous energy drops.

Type 2 diabetes has been found to respond positively to a diet that contains grains in their whole form, especially millet. Millet is excellent for nourishing and healing the pancreas which regulates blood sugar levels. It is also a good idea to include sweet vegetables such as squashes, onions, and cabbages. Of course simple sugars must be avoided if this is to be successful.

Digestive Disorders

Our nourishment must be properly absorbed in a usable form to be beneficial. Properly digested, food is absorbed through the villi of the small intestine and duodenum. However, improperly digested food can be absorbed into the body long before reaching the villi, and this can lead to a less than optimal quality of blood. The human digestive system has several divisions that perform different functions in the process, and how we consume our fare can be as important to our well-being as what we eat.

Digestion begins in the mouth where saliva, a slightly alkaline substance, begins the break down of carbohydrates. The lack of sufficient chewing when carbohydrates are consumed will result in insufficiently broken down complex carbohydrates entering the stomach, which can inhibit the effectiveness of gastric juices. In the case of simple carbohydrates such as sugar , alcohol, or fruit juice, the salty

saliva will enable the sugar to be absorbed right through the mucous membranes in the mouth and therefore enter the bloodstream prematurely.

Alternating from the alkaline saliva, acidic pepsin and hydrochloric acid in the stomach begin the digestion of protein. Refined grains and breads, especially if not thoroughly masticated, can also be absorbed in the stomach, again short-circuiting the route to the intestinal villi. Continuing the alternating pattern, alkaline juices in the duodenum carry on the process with the breakdown of fats, and finally acidic measures in the small intestine complete the process. If proper digestion has taken place all along the way, nutrients enter the bloodstream in the most beneficial way.

The single most important factor is proper chewing. Thoroughly masticating all your food not only starts the process of breaking down carbohydrates, but also conditions the food to be in the proper balance for digestion in the stomach. An abundant amount of vegetables with the meal also provides a buffering mechanism for the breakdown of protein and fat. In the intestines, beneficial bacteria complete the breakdown for a smooth absorption through the villi.

There are things we can do to enhance this bacteria, and there are also things we do that impair it. Animal food tends to putrefy before passing through the intestines completely, and can be a detriment to the intestinal flora, therefore keeping animal foods to a minimum can be helpful. On the other hand, various types of fermented foods such as miso, sauerkraut, natto, tempeh, and pickles can help maintain a healthy intestinal flora.

The importance of a healthy diet is common knowledge today. But how we eat our food can also determine who we are. You really are not what you eat, you are what you absorb.

Heart and Circulatory Disorders

Cholesterol is an essential, waxy, fatty molecule that all animals, including humans, produce. It is used to build cell membranes and, among other functions, is a precursor to bile production in the liver. It aids in the absorption of vitamins A, D, E, and K, and is involved in the synthesis of hormones such as estrogen and testosterone. The body needs it to function, and when dietary intake is decreased, bodily production is increased. Conversely, when ingested cholesterol is

increased, the body compensates by reducing synthesis. Ingested cholesterol, however, is poorly absorbed by the bowel compared to synthesized cholesterol. Cholesterol is synthesized throughout the body but the liver accounts for the greatest amounts which are reabsorbed in the small intestine.

Cholesterol is generally divided into two types, low density lipids (LDL) and high density lipids (HDL). Emerging research is revealing that there is more to the story of heart disease than cholesterol. Yes, heart disease and arteriosclerosis are certainly the result of oxidized LDL particles building up on the inside of the artery wall, but this buildup is likely due to inflammation of the artery wall. The artery wall becomes inflamed whenever acidic elements in the blood are insufficiently buffered. LDL is called upon to be one of the buffers when the body releases the hormone resistin, which both increases LDL cholesterol and participates in the inflammatory response.

Animal food does contribute to heart disease, however this is not so much because of the cholesterol that it brings, but rather because it is acid forming in the body. It will contribute to the inflammation of the artery wall. But by far, the most inflammatory food that we eat is simple sugar. The more simple sugar we consume, the more oxidized LDL is needed to buffer the acid. The more sugar consumed, the more inflammation and damage to the artery wall occurs.

The good news is that when LDL levels are kept in check by reducing the amount of acid forming food in our diet, HDL can actually remove some of the buildup of plaque on the artery wall, so no matter what your condition or age, you should make the transition to a less acid forming fare. If you are still young, you can prevent the problem, but if not, you can start reversing it.

The best way to reduce consumption of simple sugar is to eat a sizable portion of complex carbohydrate at every meal. Whole grains are the most abundant source. This will decrease your cravings for simple sugars between meals and keeps the blood sugar level more constant, rather than consisting of volatile ups and downs. Whole grains also contain niacin, which helps to restrict inflammation. Whole grains are the richest vegetable source of niacin, but it can also be found in avocados, leafy greens, and shiitake mushrooms. When you do have desserts, using sweeteners made from whole grains such a rice syrup,

barley malt, or molasses instead of table sugar will help to impede that overly acidic condition.

Lung Disorders

There is an optimum moisture level for the lungs to function at their best. Excessive congestion and phlegm are associated with various types of infections, but often the dryness of the air can be an impairment as well. We can mitigate this dryness by avoiding hard, dry baked goods. Flour products in general tend to have a drying effect on the body, but especially the lungs. Unprocessed whole grains on the other hand, especially brown rice, are not only nourishing for the lungs but can be prepared with liberal amounts of water that is absorbed into the grain, thereby avoiding the drying effect. Vegetables that nourish the lungs advantageously include daikon radish, cauliflower, turnips, and cucumber. Perhaps the most beneficial food for the lungs is lotus root, an aquatic plant which can be delicious in soups, stews, and side dishes.

One would think that something as fundamental as breathing would be done correctly automatically. Unfortunately, many people have developed poor breathing habits. To determine if you are breathing deeply and fully, place the palm of your hand on your diaphragm, the muscle just below your rib cage and above your abdomen. As you inhale, you should feel your diaphragm expand outward. As you exhale, you can feel your diaphragm move inward as it forces the air out of your lungs. If you experience just the opposite, you can train yourself to do it correctly by practice.

Fully oxygenating our blood through the lungs is an important aspect to virtually every health concern anyone might have. Care for the lungs, proper breathing technique, and a diet rich in antioxidants is therefore an important aspect of protecting your long term health.

Infections and Immune Disorders - Including Covid-19

An infection occurs when a microorganism enters the body and causes harm. This could be from bacteria, fungi, or other types of microorganisms, but by far the most numerous type is that of viruses. Most viruses are submicroscopic entities, meaning they are too small to be seen with an optical microscope and can only be visualized with an electron microscope. There is no consensus on whether viruses are a life

form. They exist as genetic material wrapped in a protein covering, but do not have a cellular structure, which is considered the basic unit of life. They have been regarded as organisms at the edge of life. Viruses can be found wherever there is life, and have likely existed for as long as there has been life. They are thought to be a means of the transference of genes between species, which plays a role in evolution. Viruses are more abundant than all other biological entities put together and they infect all types of life -- plant, animal, bacterial, and fungal. Some affect only one species, while others can infect a range of species. They play a role in virtually all aspects of life, from the regulation of ecosystems to species diversity.

Viruses cannot reproduce outside the host cell since they do not have their own metabolism. Within the cell they can make multiple copies of themselves and eventually burst out of the cell, resulting in cell death. Each copy can then seek another cell to enter and reproduce. Symptoms of disease are not experienced until the viral load, the number of viruses within a particular host, reaches a significant amount. With or without symptoms, viruses can be shed from the host organism and encountered by other organisms in the environment.

In the 19th century, an ongoing debate between Louis Pasteur and Antione Bechamp resulted in the acceptance of germ theory (Pasteur), and the rejection of terrain theory (Bechamp) by the medical community. This is unfortunate because terrain theory is correct. Germs were deemed the enemy and the cause of disease. Ironically, most bacteria are very beneficial and necessary for human function, and viruses, as we have seen, are essential for all life on earth. How can these be our enemy? Conversely, Bechamp believed that germs were scavengers of weakened or poorly defended tissue.

While virtually everyone is inevitably exposed to a particular virus, their experience of it is dependent upon how their immune system is functioning, and upon the condition of their internal environment. A well functioning immune system can eliminate the virus from the host without the host ever experiencing any symptoms. This occurs when the immune system encounters a virus that it has responded to previously, which enables it to quickly multiply antibodies and killer T cells before the virus can significantly reproduce, and can also occur when the immune system is not suppressed by other degenerative diseases or toxins in the body. In the case of a virus that

has not been encountered before, it can take more time for the immune response to be sufficient, and therefore increased viral load and its corresponding symptoms are more likely to occur, but a well functioning immune system will still eliminate the virus.

If, however, the internal environment of the host is in the proper condition, it may not even be necessary to rely on the immune system. Human viruses are pH sensitive. They do not thrive in alkaline conditions. If the intercellular fluid of the host is alkaline, viruses will not be able to survive and enter the cells. The intercellular fluid pH is the result of the metabolism of what we consume. Thus, an alkaline forming diet is the best defense against a viral infection, and we intuitively turn to it when we do experience a viral infection, as we may prefer to fast, or consume only salty broths.

Corona is a Latin word meaning crown. Corona viruses enter the body through the mucous membranes in our mouth, nose, and other openings. To infect us they must overcome the defenses of our immune system, which stands ready to do battle. The typical individual encounters 60 trillion bacteria a day and 380 trillion viruses. Losing only one battle would be fatal. Our defense is made up of two divisions, the innate immune system and the adaptive immune system.

INNATE IMMUNE SYSTEM

A typical virus has a size of only .2 microns. The pores of our skin are between 250-500 microns, large enough for any of the trillions of viruses that we encounter daily to enter. But the pores of our skin are filled with sweat and salt, an alkaline condition. Because of this alkalinity in our pores, an infection can only enter the battlefield of our body through the skin if there is an opening resulting from a cut or a sore. That is why a virus must enter the body through our mucous membranes, such as those present in the mouth or nose. Even there, salty saliva and tears provide an alkaline barrier to infection. The gums and tongue are constantly bathed in saliva, even when we are not eating. But certain foods we eat can transform this alkaline environment into an acidic one that makes the mucous membranes vulnerable. Carbohydrates are digested in the mouth by saliva. Sugar, dairy, and flour products create an acidic environment that allows viruses to enter the body through the mucous membranes. When this happens the innate immune system secretes histamines which create

mucus in an attempt to block the virus. This results in discomfort, but it is the natural reaction of the body to a pathogen. If we then take an antihistamine, we are actually suppressing the immune system.

Once a virus has made inroads in the mouth or nose, two lymphatic organs exist to stop it at the onset, the tonsils and adenoids, protecting the digestive and respiratory tracts respectively. Of course if one or both of these organs have been surgically removed, that results in another immune deficiency, and the likelihood of the virus invading the blood stream. Once in the blood stream, substances such as properdin initiate action, which pulls immune cells to infection sites. Defensin removes foreign substances and dead cells, and interferon, a type of cytokine, initiates the adaptive immune system, also known as the acquired immune system, which entails memory after an initial response to a specific pathogen, leading to enhanced response to subsequent encounters. Interferon was once thought to be a promising treatment for cancer, but the rejection by the body of artificial interferon limited its effectiveness. However, substances in shiitake mushrooms are known to stimulate natural production.

ADAPTIVE IMMUNE SYSTEM

Memory B-cells and memory T-cells inherit the gene that enables them to reproduce quickly, leading to long-lived immunity. B-cells are monoclonal, enabling them to multiply exponentially. B-cells secrete antibodies, which kill the pathogen. Killer T-cells induce the death of host cells that have been infected by the pathogen, rendering them unable to reproduce. T-helper cells induce B-cells to make antibodies. Most T-cells die with the resolution of the infection, with a few remaining as memory cells to be available in the event of future encounters with the pathogen. This is immunity to a specific pathogen.

It should be noted that the immunity resulting from a vaccine is different from a natural immune response. Normally, when exposed to a pathogen, the body will have both a TH1 and a TH2 response. A TH1 response results in Killer T cells which destroy virus infected cells and therefore their ability to reproduce. A TH2 response creates antibodies which aid macrophages in identifying and destroying the viruses outside the cells. In a vaccine induced response however, the TH1 is lacking, therefore any viruses that get by the antibody defense and into the cells can reproduce. Once out of the cells they can be tagged and

destroyed by the antibody defense, but any that get past and into another cell can reproduce again, so it is possible to end up with a chronic case of the disease which never fully manifests, but does use up immune system resources, thus suppressing the entire system.

It should be noted that the corona virus resulting in the disease known as COVID-19 is not unlike other corona viruses that have been around for centuries. What is different about it is that it is new, therefore the adaptive immune system must start from scratch with it. That is not in itself a problem, as at some point our immune systems started from scratch with every virus we have ever encountered, but the difference is we usually do that at a young age. T-cells are so named because they originate in the thymus gland. T-cell means thymus derived. The thymus takes stem cells from our bone marrow and turns them into T-cells designated for a specific pathogen. The thymus is unlike other organs in that it is largest at birth, and gradually diminishes both in size and function as we age. By the time we are elderly, it may be reduced to merely scar tissue. This is the problem for older people with regard to the novel corona virus. They may have lost their ability to create novel T-cells, and therefore have lost immune function to a novel virus. This is not a problem for previously encountered viruses, since the memory T-cells would still exist, and therefore the ability to create antibodies is intact. But for a novel virus, there may be no immune defense.

This situation makes it extremely important for older individuals, or those with suppressed immune systems for other reasons, to avoid flour, dairy, and sugar and thus maintain alkalinity around the mucous membranes, thereby avoiding the need for an immune response. Cruciferous vegetables such as broccoli, cauliflower, and cabbage nourish the thymus gland.

If the antibodies and macrophages in the blood are not successful in abating the virus, the lymphatic system springs into action. Lymph nodes may swell indicating the infection has advanced from local sites to system wide. The lymphatic system circulates through the body carrying T-cells as lymphocytes and salt water. Since the lymphatic system has no pump like the heart in the circulatory system, it depends upon gravity and movement of the body to pump the lymphatic fluid. A small rebounder, or trampoline, is ideal for inducing upward movement.

If infection spreads further, the hypothalamus produces fever, which tells the whole body that it is under attack. Body cells become active and produce heat. Heat inhibits microbial activity and multiplication. Body enzymes become most active between 102 and 104 degrees Fahrenheit. All organs become more active. The appendix is also lymphoid tissue and provides defense in the digestive tract.

In the event that none of the above is successful in abating the advance of the infection, the body activates small proteins known as cytokines. If we think of antibodies and killer T-cells as soldiers identifying and killing the enemy, we can think of cytokines as bomber pilots, indiscriminately killing friend and foe alike. If over activated, they can result in what is known as a cytokine storm, resulting in inflammation, damage, organ failure, and death.

CAUSE OF IMMUNE FAILURE

The cause of immune system failure at any stage along the way is nutritional deficiency. The adaptive immune system is constructed from the day we are born as we encounter pathogens in our environment. But even after construction it must be maintained. The raw materials we maintain it with come from the foods we consume.

It has been well known for decades that malnutrition has a negative effect on the immune system. Worldwide, infections and starvation have gone hand in hand for centuries. More recently it has been found that deficiencies in various vitamins and minerals could cause the immune system to function at less than optimum capability. While it is always a good idea to avoid contact with obviously contagious people, the reality is that we are constantly exposed to microbes of various kinds. Whether or not we succumb to them is largely dependent upon the strength of the immune system, which can fluctuate depending upon our daily fare.

A well balanced diet can ensure that we have all the nutrients we need. But there are certain foods that are now known to assist the immune system in its constant struggle to protect the body. Known antibacterial foods include garlic, turmeric, coconut oil, horseradish, and ginger. Fermented foods such as sauerkraut, miso, tempeh and pickles contain beneficial bacteria that are themselves a large part of the immune system. When raw honey is used as a sweetener, an

enzyme it contains can be a catalyst for the production of hydrogen peroxide, which is a known antiseptic.

Magnesium: Modulates the immune system and decreases cytokine activation. It can be found in whole grains, nuts, and vegetables.

Vitamin B3: Inhibits pro-inflammatory cytokines. Found in beans.

Vitamin D: Modulates the immune system and calcium metabolism; calcium is an alkaline forming element. The best source is unrestricted sunshine, at least 15 minutes per day, full face, without sun screen.

Vitamin A: Forms a carotene barrier around your cells. Found in yellow, orange, and purple vegetables.

Vitamin C: A free radical scavenger. Found in fruits, and leafy greens. Greens should not be allowed to boil more than 3 minutes, as the vitamin C is destroyed if boiled longer.

Iodine: Attaches to omega 3 around your cells to ward off microbes. Found in sea vegetables and sea salt.

Zinc: Destroys the viral membrane. Found in whole grains, beans, and nuts.

Anti-oxidants: Creates oxygen rich environment, which is necessary for alkalinity. Most vegetables, miso, tamari, and fruits eaten whole are alkaline forming.

Iron: Transports oxygen throughout the blood. Best sources are sea vegetables.

Most western people get those nutrients in their standard diet. But getting them is only half of the equation. Keeping them is just as important, so it is necessary to also eliminate or limit immune system destroyers, which leach the above nutrients from your body. Possibly even more important than what you consume is what you avoid. Mucus forming foods provide an environment that is sublime for the proliferation of bacteria and viruses. Dairy products and flour products, especially refined flour, are the two most mucus forming foods, and they create a lush breeding ground for bacteria. Add to this the depletion of minerals caused by the consumption of refined sugar and the internal terrain for infection is perfect.

Immune system destructors include:

Simple sugar is acid forming and nourishes microbes. It requires alkaline minerals such as calcium and magnesium to act as a buffer to its acidity, thereby robbing them of their normal functions.

Dairy is both mucus forming and acid forming.

Flour products are mucus forming, especially if not chewed thoroughly and mixed with saliva, and especially if they are refined from their whole form. The natural oxidation of flour occurs within 4 to 14 days after grinding, but commercial bakers today add acidic compounds to speed up the process, because it makes the resulting dough more manageable and delectable. This acidic state when eaten affects the whole body, but especially the sinuses and bronchial areas. As noted above, viruses are pH sensitive, and this increased acidity makes the area more hospitable to virus proliferation when we encounter them in the environment, which is inevitable.

Excessive oil is not beneficial for circulation, both for the circulatory and lymphatic system.

Animal fat makes blood susceptible to bacterial growth and therefore uses up immune resources.

Any acid forming food reduces oxygen and therefore quickens breathing.

If an infection does occur, following the above recommendations not only can shorten the duration, but it can also make the experience much more comfortable. You will likely experience less congestion, less pain and soreness, and less fatigue. In addition, you can assist your body in replacing cells damaged by the infection by providing it with easily digestible protein. Traditionally, we have instinctively done this by consuming chicken soup, but a better option is soft tofu in a salty broth, made with either miso or a traditional soy sauce such as tamari or shoyu.

It is inevitable that you will eventually come in contact with the virus that causes COVID19 in the environment. Therefore your best line of defense is to make your internal environment as inhospitable as possible. By controlling the food you consume, you control the effectiveness of your immune system and with it control all viruses you encounter, including the novel corona virus. You control your life.

Chapter 10. Why Haven't I Heard this Before?

The material in the preceding pages is not new. Much of it has been around for centuries. If you are a person who is a seeker of health, you may have discovered it already. In fact, you may have seen or read in the major media about how diet can be important to health. We have seen major efforts to encourage or discourage seat belts, safe sex, drugs, drunk driving, smoking, charity, and research. But you have not seen a major promotion by the medical or scientific community, nor from any government entity, to try to encourage people to make major changes in their eating habits. We HAVE seen major promotions from the meat and dairy industries. The sugar industry does not have to do much promoting since its product can be so addicting.

Why have we not heard this from the medical profession?

Let me start by saying that I believe that most doctors are truly interested in their patient's welfare. However, very few do anything other than treat symptoms. Yes, it is true that in acute, life threatening situations, medical doctors have saved many lives. But virtually no cure for any chronic degenerative disease has ever been found, and none will ever be found in the form of a magic bullet, because the origin of such disease is in our chosen life-style.

The reasons doctors will not tell you this is either because of greed, ignorance, or fear. For doctors, greed makes the relating of cheaper, more effective, less intrusive, alternative treatments an economic disaster. Most doctors, however, fall into the second category: ignorance. Ignorance does not mean that they are stupid or unable to see the positive effects of alternative treatments. But having spent most of their lives educating themselves in a certain way with the backing of most of academia, it can become inconceivable to them that they are wrong. A few doctors are in the third category. They are not greedy, and they do understand the enormous benefits of alternative medicine. But they are still unable to promote them out of fear. Governmental agencies and review boards stand ready to crack down on any physician who does not toe the line, follow FDA or AMA regulations. Loss of

license or criminal charges are the reigns which keep these doctors in check.

In the early 1800s, there were basically two types of medicine being practiced in America. One was called homeopathy, the other allopathy. Homeopaths were individualistic. They were not organized and their training was often self taught from textbooks or by apprenticeship. The theory behind homeopathy is that like cures like. Thus if a nontoxic dose of a substance believed to be similar to that which is causing the illness is given, the immune system of the body will be stimulated. Clinical trials have shown that homeopathy is as effective as allopathy in many ways, and without many of the corresponding side effects. Historical data also suggests that homeopathy was often superior. For example, during an outbreak of cholera in England in 1854, deaths at homeopathic hospitals were only at 16%, while the death rates at allopathic hospitals were about 50%. Allopathy relied heavily on surgery and drugs. Its practitioners had received training at a recognized school of medicine.

Things changed dramatically in the mid 1800s. Eustace Mullins has done an exhaustive research on the history of allopathic medicine, and especially the American Medical Association. The story is a sinister one, as revealed in this quote from his book *Murder by Injection.*

> In 1847, when the American Medical Association was founded in the United States, homeopaths outnumbered allopaths, the AMA type of doctors, by more than two to one.... From its beginning, the AMA proved that it was merely a trade lobby, which had been organized for the purpose of stifling the competition and driving the homeopaths out of business. By the early 1900s, as the AMA began to achieve this goal, American medicine began to enter its Dark Age. Only now is it beginning to emerge from those decades of darkness, as a new, holistic movement calls for treating the entire physical system, instead of concentrating on one affected part.
>
> A distinctive feature of the AMA's allopathic school of medicine was its constant self-advertisement and promotion of a myth, the myth that its type of medicine was the only one which was effective. This pernicious development

> created a new monster, the mad doctor as a person of absolute infallibility, whose judgment must never be questioned.

If you cannot compete, simply get the government to shut the other guy down. Create a government sponsored monopoly. Closely connected with the AMA, of course, is the pharmaceutical companies. Mullins traces the roots of the AMA to the same persons and organizations which originated the mega-giant drug companies in Europe and America. By the 1920s, the number of medical schools had been reduced from 650 to 50, and the number of annual graduates from 7500 to 2500. Instead of a two year apprenticeship, eight years of undergraduate school and medical school at an expensive college would be required, and you must have expensive equipment and laboratories. Mullins further elaborates on how this effects your pocketbook:

> The New York Times reported that in 1985, the cost of health care per person in the United States was $1800 per year; in England, $800 per year; in Japan, $600 per year. Yet both England and Japan rank higher on the scale of quality of medical care than the United States. Compared to Japan, for instance, which has a higher living standard than the United States, but which furnishes its citizens with quality medical care for $600 per person each year, comparative medical care in the United States cannot be valued higher than $500 per year per person. What is the $1,300 per person difference? It is the $300 billion per year looting of the American public by the Medical Monopoly, in overcharges, criminal syndicalist activities, and the operation of the Drug Trust.

Why have we not heard this from the scientific community?

It is the general perception that the scientific community always follows the scientific method, always relying only on facts, and being completely logical. The experience of Copernicus, Gallileo, Columbus, and countless others throughout history disproves this perception. In reality, whenever a new discovery is made, there is always a single person or group which theorizes, then sets about to prove the new idea.

For a time they are alone. Even though they are right, the rest of the scientific community lags behind. Often in addition to being alone in their positions, the pioneering discoverer is chastised by his peers, sometimes to the point of persecution.

While this has always been true, it is even more so today when most scientists are not self-funded inventors working in their garages, but rather are professional researchers working for corporations with a specific agenda, or else are dependent on government grants to continue their work.

One historical example is that of Dr. Ignaz Semmelweis, a Hungarian physician who discovered in the 1840s that childbed fever could be virtually abolished if doctors washed their hands in a chlorine solution. He was fired for suggesting that they wash their hands properly. Thirty years later, Lister and Pasteur convinced doctors that they should disinfect their hands. This phenomena has been given a name: the Semmelweis-reflex. It is the automatic rejection of the obvious.

The same scenario may have happened again in the 1990s with the research of Dr. Peter Duesberg. He is one of the foremost virologists in the world. He has proposed a plausible alternative hypothesis to the theory that AIDS is caused by exposure to HIV. While receiving support from many aspects of the scientific community, he is summarily rejected by the establishment. Having read much of his hypothesis and supporting information, it is obvious that his hypothesis that AIDS is caused by drug consumption and other non-viral factors deserves much attention.

In a letter published in Nature (Vol. 358, July 2, 1992) Dr. Duesberg wrote: "... I am advancing my hypothesis very much at my own expense. Since I challenged the virus-AIDS hypothesis, which is entirely unproductive in terms of public health benefits, I have been excommunicated by the retrovirus-AIDS community with non invitations to meetings, non citations in the literature and non renewals of my research grants, which is the highest price an experimental scientist can pay for his convictions."

We have not heard much about health and the enormous part diet can play from the scientific community. The reason is probably because there is no profit, job security, or glory from telling people that they are

in control of their lives. The few scientists who do not care about profit or glory are shunned or repudiated.

Why have we not heard this from the government?

Problems of government deserve a volume to itself. For our purposes here, it is suffice to say that both elected office holders and bureaucrats are largely controlled by outside forces through lobbying, contributions, and arm-twisting. A recent survey by the University of Virginia found that two-thirds of the American public believes that the people running the government are incompetent, and that 90% believe that people in government waste a lot of money. 78% believe that leaders are more concerned about winning elections than in doing what is right.

A perfect example was revealed in the January 1998 edition of the Sarasota Eco Report. Barry Lynes relates a "terrible example of the tyranny of medical interests conspiring with high-ranking U.S. government health officials." During the 1950s, Dr. Stevan Durovic developed and successfully tested an anticancer substance called Krebiozen. It was endorsed by many doctors who saw results, including total cures. Two large pharmaceutical companies made initial offers of millions of dollars as initial advances of future royalties. The AMA tried in vain to get financial control of Krebiozen. The following is a direct quote from Lynes on what happened when they failed:

> The AMA began a full scale campaign against Krebiozen, which continued for the next 15 years despite growing evidence that Krebiozen worked for many cancer patients. In cahoots with friends at the FDA and the NCI, the AMA virtually blacklisted Krebiozen because the AMA could not gain ownership of it by extortion.
> The reader should not be shocked. The AMA had been doing this kind of thing for decades previously -- taking payoffs, seeking ownership to potential cures for cancer, and abusing its health monopoly status to feather its own nest. This wasn't anything new! It was merely a continuation of existing policies which had kept the AMA in a position to "manage" or "guide" a major portion of the health policies of

> America in a way that served its own vested interests and pocketbook, not the American people's health and well-being.

The FDA's role in Krebiozen was revealed by Senator Paul Douglas. He introduced a Senate resolution, along with 15 other senators, to for the National Cancer Institute to test Krebiozen, which by 1963 had been used with good results on more than 4,000 cancer patients. NCI refused to test it. Quoting further:

> In September, 1963, FDA announced that Krebiozen was just mineral oil. [Recall the potential alkalizing effect of minerals from chapter 3.] Its "scientific" answer thus killed any need for a fair test by NCI. FDA announced plans to bring criminal charges against Dr. Durovic and Dr. Ivy. So much for the power of 16 United States senators elected by the people. "Challenge us and see what happens," the cancer mafia within the U.S. government was essentially signaling! Which meant that very powerful commercial forces were arm-twisting behind the scenes.

Nothing has changed much in the present day atmosphere. To quote further from Lynes:

> The AMA spent $8.5 million on lobbying in Washington, D.C. during just the first six months of 1996. Only the cigarette corporation Philip Morris spent more. Few legislators want that AMA closet with its dirty secrets opened.

It appears that government may be the least likely place we will find truthful information about health. It would appear that doctors, scientists, and government officials block our way to health freedom, and certainly they can be an obstacle. But in reality, these obstacles are self imposed. When we become responsible for our own condition, understanding it, nurturing it, and repairing it, nothing can stand in our way in our achievement of health. Responsibility gives us freedom. It is not any pill, treatment, substance, or procedure which ultimately provides us with our health, it is our freedom to be responsible and

make our own decisions. Freedom heals all ills, not just our health, but all social, economic, and political ones too.

Chapter 11. Health Resources

In most cases the information outlining dietary recommendations found in chapter 5 is sufficient for you to create your health. By following this pattern of eating, your health will soar to heights you never before imagined possible. In some cases, however, an additional boost may be desirable, either to speed up the process, or to aid in the elimination of toxins in an orderly way, or to ease the discomfort that may be temporarily associated with a healing process. In cases where there is already a serious or chronic disease, individual personal guidance can be very helpful. This chapter will give you information on how to find resources for these needs, as well as basic resources for quality products. And of course, check back often to gregsamples.com for any updates and newly posted articles.

Quality foods:

- Natural Lifestyle Supplies. Top quality health foods and specialty items
- South River Miso. Top quality miso and other fermented products.
- Gold Mine Natural Food Company. Macrobiotic and other supplies.

Water:

Water is very important. We use more volume of it than anything. Spring water is the best quality (depending on the source) followed by well water, then filtered/treated tap water. Unfiltered city water should be strictly avoided. Mountain Valley Spring Water, can be found in most health food stores.

Gardening:

Johnny's Seeds, top quality organic seeds.

Counseling:

Often individual instruction is helpful and sometimes necessary when attempting to recover from serious illnesses. The services listed below offer a variety of educational benefits from cooking classes to individual counseling. In an individual counseling session, specific

recommendations will be made to help stimulate and speed up recoveries, depending upon the clients individual needs. There are many other counseling resources than the ones listed here. You can, of course, contact this author at details@gregsamples.com or through my web site at www.gregsamples.com.

To find the nearest resources in your area, a super list is maintained at http://bpsuperlistofmbdirectories.blogspot.com