



The All and Everything of Healthy Living

Sambodhi Prem & Sandipa

Have you ever considered that the nutrient-density of your food, or lack of... influences your health?

Have you ever thought that excess weight might be the body's way to deal with acidity and toxins?

Do you know what gets lost when you heat (pasteurise) milk?

Bread is great, but did you know that almost all breads, even many so-called healthy "gluten free" breads are sending your health south?

Not to mention soy...

Do you think you're eating well, but you still don't have a vibrantly healthy feeling?

When you see what little the regular medical establishment has to offer in the way of understanding nutrition, digestion and lifestyle related illnesses, you veer off the superhighway of convention into the jungle of alternative medicine.

But how to make sense of all the differing messages you find there?

Sambodhi Prem and Sandipa have experienced the world of alternative health for years and now they'd like to share what they've learned. They're two artists, musicians and gardeners... what do you get when they decide to write a book about health?

You get a book that's more poetic, more from the gut and from the heart, than from the head, because they're able to say things that many health professionals don't dare to say...

When you have been on the brink of death (like one of them has) and been around the block with intestinal malfunction, depressed immune system, migraines, or walked up a flight of stairs and felt so tired that you needed a day's rest, you start looking for answers.

One thing is certain, after years of eating and healing yourself the alternative way, you start to see and call things as they are – you keep the good bits and drop the silly stuff.

This book shines a new light on the many health questions people are facing today and gives answers and insights on how to make a change.

“Now we feel the time is right for a book about what we have learned, a book that brings you the best of what we call 'common sense health'.

We mucked around for a couple of decades in the jungle of alternative medicine, until we listened to our gut, dropped the bs, and got our health back! Along with great energy! ”

You're invited at the artist's table, for a healthy meal and some nuggets of gold.

These guys go where the diet dictocrats fear to tread, even advocating to eat plenty of butter and cream (from raw milk of course) and they refute anything low-fat. “That's not food”, they say, “that's MBA graduates ripping you off.”

“Branding fat as the bogeyman of our diet is ill-informed from an evolutionary point of view,” they say.

Ah, this is going to be a hell of a read! Get stuck in and prepare to be riveted!

The All and Everything of Healthy Living

The All and Everything of Healthy Living is a book with a common-sense health approach. It is about achieving great health largely through creative, preventative measures and other innovations.

After they successfully turned their own health around, Sandipa and Sambodhi Prem decided to write about their own experiences in the world of maintaining health.

They write about nutrient dense food; raw milk; big pharma and big agriculture who have less interest in your health than you might think. This book brings in topics such as meditations that can assist in your quest for good health, and the importance of preparing food in the time-honoured ways of our great grandparents.

<http://globalsuitcase.com/All-And-Everything/Of-Healthy-Living.html>

The All and Everything of Healthy Living is a book loaded with practical insights on how to stay healthy in our modern day, chemical age.

eBook version

There's an online version of this book chock full of links, allowing you to easily find all the great things we have discovered over the years. Go here: <http://bit.ly/TAAEOHL> (the bit after the forward slash needs to be all caps, ie **TAAEOHL**)

We have used Google Docs to write this book (a great tool for online collaboration) and we intend to keep adding new material in the future.

pdf version

To buy a pdf version of this book (\$15) go to: <http://gum.co/TAAEOHL>

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The All and Everything of Healthy Living

by Sambodhi Prem and Sandipa

for Osho

*You show us what light is
and what it can do to darkness –*

A single candle, once lit, dispels the darkest night.



——— prologue ———

Great Granny

Granny was right, or let's back up a bit and start by quoting Mark Twain, who said: *"The older I become, the smarter my father becomes..."*

Anyway, my grandmother did not like the taste of margarine and always insisted on real butter. Recent research has found that a group of taste buds on our tongue is dedicated to fat. We can sense fat in food and we like the taste of creamy things. So, go granny! You were right and thanks for sticking with the tried and tested – real butter, not the solidified, oily, globby stuff that the agricultural-chemical-pharmaceutical industry likes to flog off as a replacement.

Warning! We just followed our gut when we wrote this book and invite you to do the same.

This book is more anecdotal than factual, more common sensual and poetic than trying to appeal to whatever side of your brain is the one that holds reason. So forgive us if we are wrong, we gladly accept it, but we thought it was time for a book that contains our combined knowledge and experience gained over the years. If some of the stories fit with your experience or make you see the issue of your own health in a different light, then we will be happy. Anyway, we're happy regardless, life is more fun that way.

This book is making some 'shooting from the hip', gut-feeling assumptions. We don't have a huge budget to do scientific research, so we have put together what our life experience has taught us. Anything that made sense to us, that came to us either through our own researching, experimenting or experience, or because it appealed to our good old fashioned gut. Certain things like eating what is natural and fresh vs eating out of a shrink-wrapped plastic tray does not need a great deal of intellectual prowess to make it into the "we like that" file.

We're not going to solve your health problem (and here comes the disclaimer bit), just use this book as a treasure trove of insights that make your head and heart go "Ping!" See the ideas you find within these pages as seeds that hopefully will fall into the fertile parts of your mind, where they can herald a change towards a more healthy lifestyle and wellbeing.

You know, we figured there are four basics that are important for your body: exercise, plenty of fresh air – oxygen also known as 'vitamin O' (thank you [Chiara!](#)) and love and food.

We leave you to sort out the first two (tip: oxygen = open the windows and doors) ... a barefoot walk on the sand or the grass... exercising well to keep your frame strong...

Moving on to that old truth that stood the test of time: *"You are what you eat..."*

And... oh yeah, love... can't forget that one! Your body needs it and so does your soul... so give it to yourself! And what better way to shower yourself with loving energy than to feed your body wonderful, nutritious food!

And for that we need to start looking around in places to which the mainstream turns up its nose: that divey health food store for instance! Yes, dare yourself to set foot in there by putting some of your prejudiced ideas in the champagne cooler, because that's where the seeds from this book can find some support and TLC, from people such as yourself. You see, we already consider you one of us, by picking up this book and reading this far, you must be a health nut in the making... Welcome to the dance!

Disclaimer proper in case you missed it above... always read the small print...

All of the information in this book is for education only, and is not meant to diagnose, prescribe, or treat illness or to be a substitute for other forms of medical treatment. You should never disregard medical advice or delay in seeking it because of something you have read in this book. Before making any changes, it is valuable to seek the advice of a licensed alternative health care professional (it may also be a good idea for him or her to read this book! - thank you Kay).



—— Part I ——

fat – sugar – love – acid and toxins – blood and guts

The word 'Organic' and other door openers

The word 'organic' is a magic word that can open doors into a world of health.

Years ago we moved to Melbourne, Australia and not knowing the place at all, we decided to live in a neighbourhood that had the greatest concentration of organic food stores which turned out to be a good choice.

Similar magic words are: 'demeter certified', 'nutrient-dense', 'meditation', 'raw milk', 'sustainable', 'permaculture', 'solar' etc. All these words have worlds of pragmatic people attached to them, representing a more holistic approach to life. Do a Google search on any of these words and you'll find your inspirational tribe.

And don't get us wrong, we're not Luddites, your general practitioner (and the regular medical science to which he or she is the portal) is great for dealing with many health issues (broken legs don't heal just with herbs) but not so great for issues around maintaining health or what you eat.

This is not surprising as during the average medical training of about 5 years, a grand total of 5 hours is devoted to diet!

So your general practitioner simply does not know much about diet and the power of 'healing yourself through what you eat'... because he or she has not been taught about it.

The pharmaceutical industry (one of the biggest industries in the world, after oil and armaments, and now, communications - more about them later) which is heavily involved in the training of doctors, is not interested in diet, because if you can deal with health issues through eating the right kind of foods and preparing them properly, there will be less need for their expensive medicines.

Do watch ex-pharma sales rep Gwen Olsen's [YouTube video](#), it's only 7 minutes and she spells it out best: the pharmaceutical industry, also known as 'big pharma' is not interested in healing people. It's interest is in treating symptoms.

The classical music director Benjamin Zander once said: *“Success is measured by how many shining eyes you see around you.”*

Fat in diet – unjustified villain?

From the point of man's evolution, an excessive amount of sugar has been in our diet for only a split second. Yes, we ate honey and we might have chewed on a sugar cane or eaten sugar beets and fruits, but only since the industrial revolution has the human race had an increasing amount of sugar in its diet. Whereas fat has been in our diet since ever.

Branding fat as the bogeyman of our diet is short-sighted and ill-informed from an evolutionary point of view.

By the way there's a great book called [Eat Fat, Lose Fat](#), by Sally Fallon and Mary Enig. We're thanking them for so many great insights within the pages of that book. Lay your eyes on a copy if you can... pretty much all the essentials lined up in a row.

Milking Milk

Ever since the food-chemical-agricultural-pharmaceutical-media apparatus managed to sell us 'low-fat', they have been raking in the cash from all sides.

Take for instance a wholesome food like milk: heat it up, take off the cream, sell the low-fat milk at a premium. Then sell the cream separately, sell the butter separately as another product, and sell cream loaded up with additives as ice cream – yet another product. Turn the bulk of it into skim milk powder... yet another product... And then we're not even talking about the fact that pasteurised milk has lost most of its nutritional value, but we'll get to that...

Milk that's been turned into milk powder is rendered virtually indigestible.

Look on the ingredients of so many products and see 'milk solids' or 'milk concentrate' which is made of milk powder – a dairy industry dream come true because of its unlimited shelf life.

Tip: don't consume anything that contains 'milk solids' or 'milk powder' – look for the products free of this indigestible substance.

The deal with dairy

Milk that has been heated (pasteurised) and included (as milk powder, low-fat milk solids etc) into so many processed products that end up on peoples' plates, is more likely to make you sick than nourished, because the very enzymes needed to digest dairy are wiped out by the heating and processing

The sad merry-go-round: enter big pharma

Many reasons for illness are there, some of them will be discussed in this book, but whatever the situation, when people fall ill, they generally go to their general practitioner who prescribes them medicines.

Enter big pharma. These medicines, often antibiotics, keep the immune system so compromised and the intestinal tract and liver so preoccupied that people are unable to absorb their food properly or purify their blood.

So this is how the song goes: big agriculture (more about them later) produces inferior food... people get sick because of it... then big pharma sells them medicines... which make it more difficult to absorb and digest that inferior food. This then becomes an unhappy merry-go-round.

We're not suggesting that farmers and health professionals are knowingly harming people, but at the top this whole thing of corporate irresponsibility is a product of an unconscious mindset.

It reminds us of a Sufi story we have heard, of two partners in business... one who goes around the neighborhood at night putting tar on peoples' windows... and in the morning a cleaning service passes through, run by his partner.... "window cleaning! window cleaning!" They split the money...

Food, love, intimacy and sexuality

Food is strongly related to love and intimacy.

We're going to let you figure this one out for yourself... We'll only ask a simple question: if you were a scientist and you would do a study where you had 40 equally obese people (obesity can be measured) and you put all of them on a healthy diet for 6 months and you educate them on how to prepare healthy, nourishing food for themselves. But half of them in addition to that, would once a month go to a two-day workshop around sexuality, intimacy, emotional expression, self-love, meditation etc. Which of the two groups will have lasting health benefits and be less likely to go back to their previous lifestyle?

It's all about the mother's milk. After birth, before the mind is formed, the link between love and food is forged. The child receives both food and love when it drinks from its mother's breast. People who maintain a physically intimate love relationship are less likely to be overweight, because they are nourished on a deeper level.

We're talking about intimacy and love.

A good moment to paraphrase the famous beer ad:

Love nourishes the parts where hamburgers and french fries can't reach...

Look after your mental ecology

What you eat influences your thinking. If your diet is healthy, wholesome and nutrient-dense, you can think and feel more clearly and you can be more responsive and effective at what you do. Don't take a person too seriously who just had a diet coke!

Why?

Well, the American association of pilots advises its members not to drink diet products, due to the unavoidable effects on judgment caused by the artificial sweetener aspartame that is in all diet products. It has also been linked to serious illness – since two decades! See this [article](#).

If you want sweet, try using stevia instead – it's a herb from South America originally – a natural sweetener. Do like the Japanese... they import more stevia than sugar. Smart.

Be sure to obtain the pure leaf extract... a lovely dark [brown liquid](#) substance, which is a whole food and supports the pancreas. Unlike the stevia now found on the health food shelves everywhere, a white refined liquid or powder, which surprise surprise, does not support the pancreas, but is considered superior because it's sweeter. Too sweet to our taste...

It's the gut...

Excessive body fat is a consequence of wrong diet and malabsorption, possibly with couch potatoism thrown in. Your body can normalize if you give it a slow but steady detox, followed by proper nutrition.

Proper nutrition means the nutrients that you eat are reaching the bloodstream. And that's a big if, because they can only reach the bloodstream if the digestive tract is functioning properly.

Unfortunately many digestive tracts are not doing their jobs. We eat food, but the nutrients are not reaching our bloodstream, that's why we are often hungry. If your gut is not functioning properly, most nutrients will end up in the toilet bowl... and that's a waste...

Therefore every journey of regaining one's health should start with the gut. Or to put it another way, no restorative treatments will have lasting benefit if the health of the intestinal tract is not addressed first and foremost.

Our intestinal health, or lack of, is the result of a lifetime of our incorrect eating habits. Once that's all cleared and happy, which can take a year or more, then the cells can receive their nourishment. And if they do, they can do their myriad functions perfectly as nature intended, and you'll be working towards a regenerating body system, as opposed to a degenerating one.

The liver needs nutrients to do its job

You might wonder why we keep harping on about getting nutrients into your bloodstream. Well, one important reason is that the liver uses nutrients to turn fat-soluble toxins into water-soluble ones. Only then can the body get rid of toxins, by peeing them out.

This happens in the second stage of the liver's activity cycle. I've forgotten what happens in the first stage, but it doesn't matter (as long as your naturopath knows! Luckily we know of one who does – we'll get to him in a minute...) As long as you can remember that the poor liver needs nutrients to do its job of detoxification.

Many toxins in our bodies are fat-soluble, the body can't do anything with them directly – it's in a holding pattern with these toxins, until there are enough nutrients available to the liver for it to kick start detoxification.

Blood, bloody good, bloody mysterious

Some years ago, I remember hearing the enlightened mystic [Osho](#) mention that no one really knows how the body makes blood. How does it transform the food we eat into blood? What a daily miracle! It all happens behind doors, inside the bones, or so they say...

Scientists have a name for this process: 'Hematopoiesis'! But it's not that they can do those things and make it happen.

Abacadabra! Hematopoiesis! 40 mls a day...this extraordinary life liquid is created – 5 litres (about a gallon) moving constantly through the body.

Chinese whispers

The Chinese say that “death lives in your gut” – it will be impossible for the body to find health if the nutrients you eat do not reach the bloodstream or if they (along with a mass of toxins) reach the bloodstream through a leaky gut wall (leaky gut syndrome).

As an interesting aside that I always loved... the old Chinese way. In their time honored 5000 year old medicinal tradition, doctors are paid when patients are healthy. When people are ill they pay the doctor nothing. Now that's a proper incentive for the doctor. Plus it expresses great confidence in their understanding about how to maintain good health.

Body under attack

Much of the body's energy nowadays is devoted to keeping a defense line against modern environmental pollutants that reach us from all corners.

The shower: through chlorinated water absorbed through the air and skin, the vegetables we eat containing agricultural pesticides and herbicides, the off-gassing glues or paint with which we paint our houses, the benzene and plastic gases we inhale when we enter a hot car on a summer's day, the vinyls and carpets on our floors, impregnated as they are with deodorizing chemicals and bacteriocides, the amalgams in our teeth, the chemical cocktails with which we wash our hair, skin and clothes, the deodorant we spray under our arms, the whiteners in our toothpaste, the perfumes we put on our skin, the petrol we breathe when we fill up our cars, the artificial sweeteners with which we fool our taste buds, the fluoride we ingest through our drinking water, the pesticides residues that are in our cotton clothes. Shall we go on? No, better not...

Body fat is the body's way of dealing with acidity and toxins

One way of looking at excessive body fat is that it's the body's response to toxic overload. If the body is confronted with too many toxins in the diet, it creates fat to store this acidity into. Dealing with body fat directly does not make sense if what is causing the acidic state of the body in the first place is not dealt with. A healthy body tends to be one that's in a more alkaline state.

The kind of 'non-foods' that cause acidity are wrongly prepared grain, wheat in particular, processed foods, food fried in vegetable oil, fizzy drinks and the usual suspects: alcohol, white sugar, coffee, tea, cigarettes and diet products etc.

Most vegetables have an alkalizing effect on the body and are good for restoring the alkaline balance. Potatoes are good alkalizers and so are lemons. Lemon juice, in spite of its sour taste, has an alkaline effect in your metabolism.

Green veges like kale or chard are good lightly steamed (reduces the unwanted oxalates and phytates which are released into the water.) Again great granny might have been right in tipping out the water, even if a few minerals were lost. But not so right if she overcooked them until they oxidized and they turned dull green... yuk!

Steaming your green vegetables on a very slow heat for 5 minutes will destroy less enzymes and will keep the green vibrant.

Serve cooked vegetables and potatoes with lots of butter... they instantly taste delicious that way! Carbohydrates with saturated fats are like a combo made in heaven... remember the old saying that 'the slice of bread is just to carry the butter' – maybe that was great granny too or more likely grandpa – turns out they were on the money, along with the French – the nutrient rich butter is the real deal and that's what your body's keen for.

Put on butter or coconut cream, coconut oil, cheese or cream after cooking, just before serving so they warm and perhaps start to melt a little bit only, but don't heat up. Sometimes a little olive oil is also good to use in the mix, but not too much.

Squeeze the juice from life

A juice squeezed from raw green veges is an enzyme-rich tonic – the chlorophyll that makes plants green is energy straight from the sun, and if great granny would have had a cold press juicer, she would have loved it!

Source a cold press [juicer](#) (brands such as like Champion, Green Star or VitalMAX Oscar) that uses a mortar and pestle extraction method. The slow action of this cold press type of juicer is important because it keeps the nutrients and enzymes alive and intact. Whereas the high speed centrifugal grater style does not keep the nutrients alive and that juice unfortunately becomes oxidized. (oxidized = free radicals = not good).

Make delicious green juices with a base of kale, celery and coriander, plus a little parsley. Add a little zucchini or red beet leaves, a cabbage leaf, a bean or two, a dandelion leaf, chickweed, clover, a little broccoli... even carrot tops and some lettuce leaves or home sprouted wheat grass, occasionally alternate with spinach or chard, whatever is in season – some tomato or capsicum for that matter too. Sweeten this condensed health potion with a carrot or a small bit of apple, a drop of stevia and a dash of raw cream, maybe a ml or two of Cod Liver Oil and chew the juice, that is, sip it very slowly, ideally with your meal, to include saliva with it.

Green smoothies are good too. But as they contain all the fibre they are a bit filling as a result. They are more of a 'low GI' way to consume a boost of greens, without all the chewing that would be required otherwise.

Low GI (glycemic index) is good because high blood sugar spikes are ruled out. (High blood sugar levels are linked to a variety of health problems including the amount of insulin constantly required to neutralise the spikes). It's interesting that there's only about a teaspoon of sugar in the whole gallon of blood we have in our body – so the body must have a very fine tuning with how much sugar is ok, and how much is definitely not ok.

Green smoothies provide a plethora of nutrients, require minimum digestion as they are micronised and full of enzymes, and actually [promote hydrochloric acid](#) production, something which is essential and often slows after we are about 40. However green smoothies do need sweetening with fruit to counteract the strong chlorophyll taste and this tends to reduce how much you can actually consume as these smoothies are very filling.

Overweight people possibly like them for this reason, as you quickly feel full, so can supposedly lose weight effortlessly. We find that on the overweight topic, provided one is not over-eating and under exercising, there is not much of an issue once fat is not avoided, and once sugar is eliminated and cereal grains are properly prepared.



———— Part II ————

half baked bread – bacteria – detox – sugar – water – porridge and granny to the rescue

Grains... much harder to digest than you think

Many health issues can be traced back to a malfunctioning of the digestive system because the digestive tract can be populated with the 'wrong bacteria'. The digestive tract can become coated with a thick layer of undigested gluten gunk, due in large part to breads that have not been given enough time to rise (ferment) before being baked.

This intestinal situation offers the ideal habitat for unwanted microorganisms like candida, which not only rob you of much needed nutrients, but poop and excrete toxic substances into your gut, which then, unfortunately, enter into your bloodstream.

It's a bit like trying to eat your dinner with a newspaper in front of your mouth. Your gut is lined with tiny mouths that want to 'eat' the food that passes through. But they can't if there's a layer of gunk between them and the food.

Big bakery franchises have squeezed out the time-honored craft of slow baking. I once asked a franchisee how long it took to bake their bread and he proudly told me "not more than 40 minutes from flour to finished product". That's insane! Any yeast that takes not more than 20 minutes to rise, is an industrial strength species that will overtake the other yeast species which would have, if given time, transformed the flour into a digestible form.

Bread needs to be given time to rise for at least 24 hours in a warm spot, in order for the flour to be

properly pre-digested (fermented) by the yeasts. Only then can our digestive tract obtain the nutrients from the bread. Otherwise we will be contributing to a sorry scene in our guts. Sometimes referred to as 'wheat belly'. If this is not addressed a downward spiral towards conditions such as diabetes follows.

Slow methods of leavening bread, like sourdough, make the bread more nutritious and break down the grain to be beautifully digestible. Sourdough is a culture containing wild yeasts and lactobacillus bacteria... yes the same type that form the front lines of our immune system in the gut – you heard of friendly flora, well that's them.

We don't have 2 or 3 stomachs, a rumen or a crop or a gizzard like the grain eating animals and birds in nature. But we do have the kitchen bench top – and we'd better put it to use! (Thank you Dr Jim Reese.)

Ferment (which is another name for soak) your grains like oats and rice also, right there on the bench (or if the weather's hot, in the fridge) for a couple of days – the longer the better. Before cooking, pour off the excess water containing all the broadly termed 'anti-nutrients' that have kept the seeds / grains dormant – in suspension for years until the magic time when they come alive.

Detox... square one

Let's call a spade a spade... To get to the joys of a great functioning body, free of symptoms like eczema, headaches, obesity, flu, infections, colds, dizziness, low energy, diarrhea, muscle pain, arthritis, hay fever etc etc – the list of our aches and pains small and large is endless – there is a small mountain to be climbed and the first step is: 'making your guts healthy again'.

This is the foundation that needs to happen before any other health adjustments and treatments can have any lasting effect.

Symptoms – make no mistake, they are the body's way of asking for your urgent attention. It is the **root cause** of these symptoms that needs responding to. Suppressing your symptoms quickly so you feel better in a few days, is not smart, because you would be ignoring an important message, putting your long-term health at risk.

I'm reminded of a tv ad for pain killers that used the slogan "Soldier On!"

I used to think, yeah right, 'take that pain killer and soldier on to an early grave!'

Nothing wrong with an occasional pain killer (the glass of water you take it with helps a lot) but don't use them to avoid dealing with the underlying causes of the problem. A body that's aching with pain is a body that sending out an SOS, don't ignore it.

So first things first. How to sort out the intestine and start the process of bringing it into good shape: One word: detoxification.

Scientists agree that we live in symbiosis with our good bacteria, we are made up of literally millions of them! More of them than we have cells in our body. We rely on these guys to do important functions like digesting our food, but through our diet and toxic load the bad ones have gotten away!

Good bacteria, bad bacteria

Detoxification, how do you do it?

Starve out the undesirable microorganisms (bad bacteria) and then later, reintroduce the friendly flora (good ones) back into your gut.

This is easier said than done. It's a process you don't want to do on your own, because your body can go through a healing crisis.

Huh, a what?

A healing crisis happens when the body at long last receives the proper healing attention it needs. Sometimes there is an initial response of an aggravation of symptoms...

It's like this: once the body gets the tools (= proper diet and the right kind of nutritional supplements) to heal, it plunges into the healing with great gusto, off-loading toxins left, right and centre... even reliving cell memories of past illness experiences etc. This can easily be misinterpreted as things getting worse, not better.

You need a naturopath with a steady hand who can guide you through this process, because to you it will appear as if you're not on the right path, but your naturopath, if he or she has the right diagnostic tools, will know when your healing journey has begun and may welcome such crisis, or make adjustments to your program as needed. He or she will give you confidence to persevere.

It's important to find a naturopath / healer who understands how detoxification works. In this book we shine some light on the concepts that we have experienced and that make sense to us. If you're already working with a naturopath you can hold him or her up against that light. If you haven't found a naturopath yet, this book may help to find an experienced one, a good one. They are quite rare.

We worked with [Dr Jim Reese](#) who is a healer and acupuncturist of New Mexico and then Northern California. He takes the long and slow approach. Inspired by him we changed our diet in many ways because it made sense to us what he was saying. For instance, for six months we cut out anything that tasted sweet to the tongue. Yes, even fruit. Anything that has a sweet taste, we did not eat it for that time. Why? Because in this way you can slowly but steadily starve off the bad bacteria that are inhabiting your gut, as broadly speaking, they thrive on sugars.

note:

It appears that Dr. Jim Reese does not have a website, but on this page he answers questions about [Nature's Biotic Probiotics](#), and conscious nutrition.

There is more than one Dr James T Reese in America, not to be confused with the motivational speaker, stress management one, www.jamestreese.com, who proliferates on google searches.

Bad bugs

You see, bad bacteria and their partner in crime, candida (a kind of fungus) have aggressively taken over the receptor sites and they happily live in the gunk we have coated our guts with, leaving no habitat for the much needed friendly bacteria. We've been feeding those raiders their ideal diet of sugar and more sugar and wrongly prepared bread and grains, forming the gluey coating... just what these characters enjoy – a groovy home!

When you take away the food supply of your bad bacteria, all kinds of resistances can come up, because these bacteria not only have a hold over your digestive system but they also influence how you think and feel. They can inhabit many places in the body including your brain and wreak havoc there. Our body cells live in a symbiotic relationship with our bacteria, these bacteria influence us on every level, be that physical or mental.

You can feel your bad bacteria – we're not kidding! Just cut out sugar, (ie anything sweet to the tongue) from your diet for a week and watch what that does to your emotions / feelings. Many people have told us it drives them crazy – that's your bad bugs hanging around your chemistry, sending messages demanding their food: gimme sugar!

It was good for us to be in the care of a naturopath, because when we were craving for something sweet it was great to have someone remind us that this craving is caused by none other than the bad bacteria we are trying to eliminate.

It's only natural that these critters will put up a fight when they're being starved out and sense their end is near!

They have infiltrated our body system and are sending messages like: “oh, it wouldn't hurt if I just had that little piece of chocolate cake today, what harm can it possibly do?” When you hear that voice, saying these or similar words, know that it's your bad bugs talking to you!

You have the freedom to ignore them.

Sugar blues

Our detox took time, more than a year and it can take longer. We did it totally, without relapsing into our old way of eating – nothing drastic, simply being consistent was the key. It helped that we knew about [Osho's active meditations](#) and emotional release techniques, like [gibberish](#).

[Sugar](#) is an addictive drug and, like any addiction, it can be hard to break the habit. When you do this kind of detox you need help on all levels. Many naturopaths are not trained to deal with the emotions that can come up.

If you're serious it will be good to learn some meditation and emotional release techniques, they could be the difference between success and failure.

Over time, for us, our way of eating became so in tune with our bodies, that things like vegetables and (even some lemons) started tasting sweet and our tongue started to enjoy healthy, nutritious food.

We re-educated our taste buds.

Now sugar tastes funnily artificial and who wants that furry coating on your teeth! Well, your bloodstream certainly doesn't. It's mainly your bad bugs that do, and it's good not to help them proliferate.

Best to stop feeding them so sweetly! Best to gently but persistently give them the boot! And an unceremonious landing in the toilet bowl. But how?

Frog in hot water

There are many detox products on the market, but we don't recommend them. There's colonics and enemas, not sure what they introduce to the guts but we tend to prefer putting things in from the top end – seems more natural. There are boxed up herbal packages and many courses with diets to do... we don't recommend them either because the effective way of dealing with this issue requires time, strategy, a naturopath and most of all, fundamental adjustments. Knocking the bad bacteria on the head with a quick and fast clean-out product over a few weeks can sound like an instant fix, but it's unlikely to be effective in the long run, because the bacteria can see trouble coming and turn into cyst form, evasively waiting until things become more hospitable – ie you go back to your old ways.

No, the right way is like the slow but steady approach – like the old story where the frog in the water doesn't feel the water slowly heating up all around him until it's too late. With the bacteria and candida it's the same: while they're slowly but steadily being starved out, they don't have anything to react to. They just become more and more weakened to the point of die off and are then eliminated – flushed down the digestive tract.

Do this long, steady and slow!

This book is not a blow by blow manual on how to detox, see a naturopath for that, but we don't mind to outline a few of the things we did.

During our detox years we took (plant-based) 'Enzymes' from [Avena Originals](#), plus their 'Electric C' and high quality 'Minerals', and also 'Herb Cocktail' that gently cleanses and tones the intestinal lining. All four contain essential nutrients to support detox.

The enzymes do more than to help digestion – they are vital workers, characters who are catalysts for essential cell functions all through the body... These are 'enzymes that work'.

Food for life

So what do you eat during a detox? Eat as much as you like...it's not a diet, but a way of eating!

- Plenty of vegetables, as much as you like of all types, both raw and cooked. Served with raw organic butter on them, or (untreated, unheated) virgin coconut oil.
- After a couple of months, introduce a small amount of animal protein if you want to.
- Grains – limited to (pre-soaked) cooked quinoa, millet or amaranth... with butter. You can introduce a little (pre-soaked, long-slow-cooked) rice after 3 months. No bread for months. Nor beans.
- No sugar, nothing sweet to the taste, ie no fruit, honey etc for 6 months.
- Soaked almonds, the alkaline nut, are good as a snack, but peel them before eating. Blanch them in boiling water for a couple of seconds, then drop in cold water – the skins come off easily this way.
- Lemon - a few drops on salad is good (once a day only, spares your tooth calcium)

Plus good water between meals. Good to drink enough water when detoxing... flushing out all the old stuff lodged around the body.

When? Up to half hour before eating and not 'til 2 or 3 hours after eating.

Never drink water during a meal – amongst other things, it dilutes the digestive juices. Better to take liquid in health-promoting [mineral rich broths](#) and soups.

Emotional release

We recommend doing [Osho Dynamic](#) or [Osho Kundalini](#) Active Meditation to help release food related emotions – to release yourself from being dictated to by a square centimeter of taste buds on your tongue!

A day in the life of a detoxer – times to eat and times to drink

Over the early morning hours... slowly drink 2 glasses of water.

Recommend one of them to have lemon and a quality bio-electric vitamin C, with the ingredients derived from whole foods, as quality supplements should be.

An hour later... a small bowl of well prepared grain with butter, plus maybe seaweed. Include vege also if preferred. And enzymes.

After 2 hours... drink slowly a glass of water, plus enzymes.

A couple of months in, raw milk (not pasteurised milk) or kefir can be substituted.

Main meal... at least half an hour after drinking water.

Either veges and potato or veges and grain. Or else veges and protein.

Alternate between the two.

Soups are good for variety and sea vegetables too. Keep the food varied and delicious!

Green vege juices are a nutrient-dense food... can replace salad, saves some chewing!

But do chew your juice and sip it very slowly with food.

Serve all carbohydrates (including vege) with coconut oil or butter, or cheese (organic & raw) or olive oil.

Nothing fried. Keep the oils unheated and intact. Put them on the vegetables *after* they've been steamed or baked.

Heated oils are full of free radicals, their nutritional value has deteriorated – some say they're carcinogenic. (Fats such as butter or ghee handle heating better, but eat no heated oils during detox.)

3 or 4 hours after main meal... when your food has digested, drink a small glass of water.

If hungry in the early evening, snack or light meal, vege soup for instance.

The daily rhythm is good...

We still enjoying a rhythm like this and when we go off for the day we leave home with a balanced meal in a casserole dish complete with salad on top plus our homemade fermented sauerkraut. No more strange bread sandwiches or bread rolls, or chips loaded with free radicals picked up somewhere along the road.

Granny to the rescue

Going back to your great-grandmother's generation: would she recognize what's on today's supermarket shelves as food? Imagine shopping with her at your local supermarket, what do you think she would buy?

Don't eat stuff that will last longer than you will

Try to avoid eating stuff that is packed in plastic (food writer [Michael Pollan](#) calls them 'edible food-like substances'), food that is meant to last forever – it will not give anything to your body and it might last longer than you will... and that's plain weird.

A friend once gave the advice that when you're in a supermarket, buy from the outside of the supermarket, not from the centre. Let me explain: in supermarkets you often find the fresh produce, like the fruit and vegetables etc. on the outside, nearest to the walls. On the inside, in the center, you find the unhealthy, packed stuff, the chips, the fluffy breads, the toxic cleaning products and the diet coke. Stay away.

Deep taste

It's amazing that such a small area on your tongue, where your taste buds reside, can have such a big influence on what you choose to eat.

I'm talking about the taste of food versus how food makes you feel inside once you've eaten it...

We eat things because we like the taste, but I'd like to invite you to pay attention to how you feel after you've eaten, how does it feel in your body... rather than on your taste buds? Do you feel deeply nourished?

There is a difference between enjoying a meal and enjoying how you feel two or three hours *after* a meal.

Don't confuse hunger with thirst

If you get hungry or want food or snacks within two or three hours after a main meal, (presuming you did drink water prior to the meal) this can mean two things: your meal has not been nutritious, or you're misinterpreting your hunger signal... A glass of water at this stage may be the best thing for the body. You might be surprised – the desire for food is satisfied by none other than the essential elements hydrogen and oxygen, H₂O. Anyway try that first.

Drink proper water

Now this is a tricky one, as so many cities have started to put fluoride and chlorine in the water. This is not good water to drink, no matter what they tell you. And shut up with your rationalizations! Sorry, I didn't mean to be rude, but I was... I get pissed sometimes... we all do. But water should be water, who are we that we can improve on mother nature? If I want fluoride, let me have a choice, that's all I'm saying.

Ask your local council what they are putting in the water and if they tell you that they're adding fluoride and chlorine, ask them: 'Can I get you a cappuccino... and would you like some chlorine and fluoride with that?'

Buy a good water filter or look around to find a natural spring somewhere nearby, where you can fill up some large containers, or if you live in the countryside, collect water from your roof into a small tank.

Check what the roof is made of first and run the water through a good filter system to get rid of bird shit, leaves and more importantly, impurities the sky is now full of. (Rainwater droplets form around sulfuric acid particles etc).

A good water quality test is to warm the water slightly, so that it is lukewarm, then taste it. It's much easier for your taste buds to tell if the water contains impurities when it's lukewarm. If it tastes smokey, don't drink it.

Drinking good water can make a huge difference to your health, especially your long-term health. Believe me, people living in the countryside in Australia have been drinking from the roof of their house for generations – often it is much better than consuming the council cocktail that is on offer at your kitchen tap nowadays.

However collecting water from your roof in big cities is not a good idea, because of air pollution.

If you must drink the council cocktail unfiltered, then fill a container with water and let it sit overnight – in this way some of the chlorine gas can come out of the water and it will be better to drink than if you were to drink the water straight from the tap.

Boiling the water first is another option.

Stay fresh: put a filter on your shower head

Did you know that chlorine goes straight through your skin into your body when you take a shower? During a 10 minute shower the skin absorbs about as much chlorine as if you would drink 8 glasses of water. Better stay fresh and filter it out!

Get ahead with a [shower head filter](#).

Rainwater needs minerals

There is a drawback to drinking rainwater from your roof and that has to do with minerals. Rainwater has not been in contact with the earth and is therefore not ionised correctly, it is devoid of much needed minerals. Rainwater is more acid and needs to run over the land to come alive and pick up minerals, therefore it is best to drink spring water.

From an evolutionary point of view, we humans have not been drinking rainwater captured in tanks for very long. Almost all our drinking water had been in contact with the earth before we drank it. We need the minerals that the water picks up.

But if drinking from your roof is the only option, there is something you can do, a simple solution... drum roll... throw a few spadefuls of clay in your water tank! In this way minerals are introduced in your water supply. It may be good to get a bit more scientific and put some good stones in there too. We haven't sorted this one exactly! But the info will be out there for when we need to...

meanwhile, where we are, there's a beautiful spring with clear drinking water coming out of the hillside. Lucky us!

If you have a water tank, it is good to get a [float](#)¹ on the water intake to the house so that the water you're drinking is coming from the top quadrant of the tank where the water is beautifully oxygenated. The stuff at the bottom (where unfortunately, outlets are all automatically placed) you don't want to drink!

Don't drink water from plastic bottles

One last thing... plastic water bottles: don't drink from them. If you want to stay well, those need to be a thing of the past. Simple really. When the plastic (hard and soft plastics) warms up in warm weather, say in your car or in the delivery man's truck, it releases a toxic cocktail including the much dreaded PCBs and ETCs into the water. So for the car: glass bottles.

For carrying around, stainless steel bottles are a little lighter (don't use aluminum, it's a heavy metal and should not be in contact with food, water or your body). Eco Tanka makes good stainless steel bottles, they ship worldwide.

And now glass lined [bamboo bottles](#) are available and they're eco-friendly and sustainable... Bamboo is a responsible choice of materials as bamboo matures and is harvestable in 3-4 years time. Bamboo is also extremely strong, smooth and beautiful. And bamboo has a higher tensile strength than many alloys of steel.

Watch the [Story of Stuff](#) video on bottled water.

Questioning the three meals a day routine

The three meals a day tradition stems from a time when mankind toiled on the land. If you're dehorning cows in the Waikato, New Zealand or rounding up herds of cattle in Australia's Northern Territory, you need three square meals a day and probably more! But if you've got a desk job and don't exercise much, two meals and a light, healthy snack in the evening will do just fine. Much depends on your age, we don't advocate dropping meals – most people, especially kids, need them. But for certain people, especially in the over 40 age group, two meals, and a small snack in the evening might be healthier.

Dropping breakfast (not recommended for all, but for some...)

Yes, we said it: dropping breakfast. Oh dear, nothing is holy in this book! Our reason: eat when your body needs energy and give your digestive tract a rest when it doesn't.

Simple really, we spend our early mornings drinking water, until 10 or so. This gives the digestive tract a long and cleansing rest: from 6 pm in the evening, until 10 or 11am the next morning. Plus it supports the body in its morning clear out of yesterday's wastes (metabolytes). After that, the body sure lets you know that it wants to be fed!

We often have porridge with plenty of cream and butter, plus some essential plant-based enzymes to assist digestion, since there is no raw (enzyme rich) item in this cooked meal.

The oats for our porridge are long soaked (24 or 36 hours) and slowly cooked overnight in a hot box (or armchair with a duvet covering the pot). We make a big pot of porridge enough for about a week and keep the rest in a large glass bowl in the fridge ready for us to take a little out each morning and heat it up – fast food breakfast!

¹google: waterboy tank float.

NB: We've come across the idea of sea salt as mineral supplementing... see our salt section later.

The Porridge Book

We like our porridge so much that we wrote a small eBook about it, it's free for you to download and share with friends: [The Porridge Book](#).

Don't mix fruit and grains (= muesli)

Soaking muesli for an hour is not enough to make it digestible, because we don't have the digestive system to digest dry grains and seeds, unlike ruminants such as sheep and cattle who have many stomachs that act as a kind of fermentation tank.

For humans, grains should be cooked. And long-soaked first. (Likewise beans... and then sprouted over some days first, before long cooking.)

A great muesli recipe we enjoy has no grains... it includes activated nuts of all and any type and seeds like sunflower and pumpkin.

Huh, activated?

Yes, by activated I mean the enzymes have come alive, while the nuts are soaked overnight. Following this they are then dehydrated in the oven for a day at about 40 degrees C to become crunchy and delicious.

Mixed with chopped pieces of ginger, cranberry, apricot, raisins, plus a little salt.

Keep in a jar, and when serving, mix them with a spoon of coconut oil or butter... delicious!

Doubles as a cookie too, only superior.

Peaches and cream

Fresh fruits are best eaten by themselves, with the exception of cream. Think strawberries and cream, peaches and cream – tastes good! But not fruits in combination with grains ie muesli, otherwise you're setting up a brewery in your stomach! And you don't want that if you want to be healthy.

Rolled oats or groats (= the oats before they were rolled) need to be soaked for at least 24 hours (and preferably 48 hours). Put your bowl of soaking oats in the fridge.

Then when the time comes, cook them long and slooow... After they've been boiling for a bit, wrap the pot in a towel, followed by a duvet and put it in an armchair for it to cook all night long. You'll have beautiful porridge in the morning – the traditional breakfast of Northern Europeans!

Be socially unacceptable

We have our main meal during the middle of the day around 2 or 3pm, when we're hungry and need the energy.

To have a main meal at 7 or 8pm means you will go to bed on a full stomach. What's your body going to do with the energy it derives from that meal? It might store the energy as fat, or else you have an unsettled sleep while it digests all night and when you wake up in the morning you might find yourself hungry as a horse.

Eat when you're hungry, when your body needs energy, that is usually not 3 hours before you go to bed. If you get up at 7 in the morning and go to bed by 11pm, it does not make sense to have the main meal of the day at 7pm. Have your main meal in the middle of the day, when you need the energy. Sleeping on a full stomach does not promote good digestion.



———— Part III ————

soap and shampoo – healthy cows – raw milk – cream and Cleopatra – cholesterol – slow bread – protein & EFAs

Guys learn how to cook

Nothing is more attractive to a mature woman than a man who can prepare a healthy and delicious meal – a guy who invites her for a self-cooked candle lit dinner for two. Why? Because the message you are sending her is 'I'm interested in you not because I need you – I can look after myself – but because I'd like to get to know you from a position of independence, as a friend – an equal'. A male who is in touch with his female side, who is independent and capable of sustaining himself, is a person who's more likely to maintain a healthy relationship.

Your hair and skin are organically fooled...

...into believing that the organic shampoo or soap you just bought is completely organic and actually good for your body. Well that is not necessarily so. But let me explain...

Manufacturers of skin care products are allowed to call their products 'organic' even if they contain the regular combo of airplane lubricant, propyl-paraben ('parabens' are as scary as they sound, they are 'endocrine disruptors' = not good) and other unnatural stuff (labeled as: sodium laurel sulfate or formaldehyde-releasing preservatives like sodium hydroxymethylglycinate, or nitrosamines, which cause cancer, but you've guessed that...)

How can this be? Well in these products there will also be an infinitely small amount of organic pear steeped in spring water or some such thing, allowing the manufacturer to place this watery

item at the top of the list as the biggest volume ingredient, and proudly wag the organic flag. This bluffing of the public needs to be sorted out in the law... easier said than done due to... you named it, big pharma and their henchmen at the FDA (Food and Drug Administration in the USA).

For now I'd like to say: put only on your skin, or hair, (or teeth!) a product that you could actually eat, because your skin absorbs into the bloodstream anything you put onto it.

[Natural soap](#) like Lemon Myrtle Essentials or Dr Bronners or even cider vinegar can be used instead. Soap nut, which you can buy as a ground up powder, is an excellent soap replacement – it smells delicious... We can recommend '[Miessence](#)' for organic shampoo... and for hair dying, there's only one option... that's henna (comes in red but also black and brown), mixed with coffee, pectin, and a spoon of vinegar. Use only a good one that is guaranteed to have no added PPD (= very toxic) like [Rainbow Henna](#).

Amused by food

Address the sense of deprivation. When you're a child, your mother says to you, “*You can't have that candy*”. Then when you've become an adult, the supervision falls away, and you can have as much of anything as you like. Having comfort foods becomes a statement of freedom and entertainment.

We get a lot of entertainment out of eating food.

But your taste buds can become reoriented again, back towards loving what is nutritious. So much so that sugar tastes disgusting to us now! We haven't bothered to have it in the house for years. Except for some rapadura to make citrus [kefir](#) sodas... a great probiotic drink which tastes like a champagne or, if you use ginger, like real ginger beer from old times.

Wash me clean – the accumulative chemical cocktails in soaps, shampoos and skin care products.

The accumulative effects of the chemical compounds in soaps, household cleaners, shampoos and skin care products are suspected to be causing numerous health problems.

The Food and Drug Administration in the USA approves these chemical compounds because, in isolation, they might not cause cancer or have ill effects on your health, but the accumulative effects of all these ingredients are major threats to your health.

All factors need to be taken in account, ie what needs to be tested is the *accumulated* amount of chemicals that we expose ourselves to. The health of a group of people who take these chemicals needs to be compared to the same amount of people who are not exposed to them. That would be science with a conscience.

It's good to use natural ingredients because nature encompasses so many mysterious elements that humans don't know how to combine up correctly. For example, can we make lavender or vanilla? No, we can't even get close to the complexity that mother nature infuses.

Synthetic vanilla is made of toxic chemical compounds mimicking the real thing – a crude attempt to fool our sensory system, but in fact causing more harm than good, ie more confusion to your body's chemistry. (Tip: avoid vanillin)

The fragrance of a natural essential oil like lavender has properties which harmonize your body's chemistry and also your heart's emotions. Mimicking merely the smell of this is idiotic!

Source supplements derived from whole foods

Tip: Avoid human synthesized supplements, as unfortunately we humans don't know what we're doing, and perhaps worse, we presumptuously think we do. Furthermore, in our ignorance we

actually think it won't matter if we go and make up something in place of nature.

Man-made molecules do funny, unpredictable things because they don't work with our normal biochemical pathways. Nature-made molecules that we have consumed for millennia, work with our bodies.

Source only supplements which are derived from whole foods, from things that grow and occur naturally – ie not man-made combos of individual chemical elements.

We have no idea of the significance of all the zillions of mysteries of how nature balances her things, or why all those known and unknown substances in nature's mix are needed to make a whole. It's simply presumptuous and plain silly to think otherwise.

Quote from Ronnie Wood (Rolling Stones): *Mess around until you're 40, then, if you're still alive, start looking after yourself.*

H2O2 give it a go

For cleaning kitchen surfaces like countertops, a dilute solution of hydrogen peroxide is really pretty good for cleaning. It's simply H₂O₂ – hydrogen and oxygen – natural elements.

You can soak root veges for a few minutes (rinse well afterwards in a bowl of water), and anything you'd like to clean the surface of before eating, handling, or putting on your cutting board. That includes the cutting board itself, the bench, the sink and the dish brush or sponge. Nothing can survive in H₂O₂.

Don't put it down your septic tank system though, because H₂O₂ will stop it functioning by killing the bacteria in there...

Using H₂O₂ helps to keep your food preparation area free of unwanted microbes and unlike most cleaning products, it is free of the dreaded chemical residues.

Smelling good

What happens if you take a whole cocktail of chemicals in the form of a deodorant and spray it under your arms, like so many people do in order to stay 'fresh'?

People are embarrassed by their own smell and the effect it has on others. For good reason, because if your digestive system is not working properly and your body chemistry is out of wack, you won't smell nice.

By detoxifying yourself, restoring the health of your gut and by eating healthy nutritious food, you'll smell just fine. No need for deodorants.

Throw out the sunscreen

Oh dear, more nonsense to dispel... all this well marketed sunscreen recommended by misguided dermatologists... slurping this on as everyone's doing when they step into the sun is contributing to Vitamin D deficiency which is being called a new epidemic.

Vitamin D boosts immunity and maintains healthy teeth and bones and people who are deficient often feel lethargic and catch colds frequently.

So yes, throw out the sunscreen which is anyway just another perfumed toxic gunk which gets absorbed through the skin giving the body a host more problems.

It's simple really... use coconut oil and get some sun on your skin. When it's too much, just wear

shirts and a hat. And of course, get into the shade through the heat of the summer's day. It is sunburn that is the problem, not sun exposure and studies have confirmed that the benefits of moderate sun exposure far outweigh its risks.

For those who want some technical lowdown, check out this circuit: Sunscreens can protect against both UVA and UVB radiation from the sun. UVA radiation is associated with the aging and cancer-causing effects that we are all so worried about, but our bodies use UVB radiation to make Vitamin D! And Vitamin D actually protects us from those very problems.

The early morning/afternoon sun, and often the winter sun, are not much good for UVB – if the angle of the sun is less than 50 degrees above the horizon there's too much filtering out by the atmosphere which results in only the harmful UVA rays getting through.

Raw milk – a magic potion

Here's a myth that I'm dying to debunk:
“Un-pasteurised milk is a health hazard”

Really? Let's look at how this tale was spun and how it got poured down the throats of the general public.

If raw milk is so bad for us, how did the human race ever survive before pasteurisation? After all, we've been milking cows and drinking down the creamy, nutrient rich stuff for thousands of years – yet Louis Pasteur's process of killing bacteria through heat (which was originally designed to prevent beer spoilage, mind you) has only been in widespread use for less than a century. So what gives?

The answer of course is that un-pasteurised, raw milk isn't hazardous at all. It's just a lot tougher to regulate and make money from...

Think about it: by legislating against the sale and distribution of raw milk, governments force farmers to sell their milk (at a quarter of the market value, by the way) to the big milk processors. This creates a 'paper trail' on the milk, which can then be used as the basis for collecting tax revenue from the processors and the farmers, under the guise of a public health concern.

It's just one more example of how your healthy, natural dietary options are being sold down the river by a bunch of dollar-crazed bureaucrat shakedown artists. Sorry, I haven't had my medicine this morning...

But in all fairness, now that I've cooled down a little, there *is* a place for pasteurised milk (not homogenized milk) and that is the modern super-dairy style of milking many hundreds of cows daily. These industrial operations require pasteurisation, because these cows are not necessarily grass-fed and healthy, being kept as they are on continual low-dose antibiotics, hormone stimulants and all kinds of questionable feeds and other mass production contrivances. And let's not talk about palm kernels that are fed to cattle these days – a practice that contributes in large measure to the destruction of oxygen generating tropical forests and destroys at the same time the habitat of yet another animal on the brink of extinction, the orangutan.

Anyway, you might need your medicine, if you decide to consume pasteurised milk, here's why...

Healthy green grass = healthy cows = quality raw milk = healthy people

Pasteurised milk is not good because the enzymes that naturally occur in milk and that help to digest it, are destroyed by pasteurization. On top of that the bacteria that pasteurization is supposed to kill don't just disappear after pasteurization. These dead bacteria are still in the milk

and the breakdown products of these dead bacteria are likely to cause the allergies associated with pasteurised milk.

However the good news is that raw milk is healthy and simply excellent for you. And it tastes better too.

Raw milk should be obtained from healthy cows, eating fresh green grass. And it's best if it's from a small owner-operated organic dairy (100 or so cows or less) where the cows are relaxed and stress free, and well cared for with good shelter, shade and grass.

Long-time drinkers of vitamin and enzyme rich, non-pasteurised milk cite increased resistance to colds and flu, weight loss, relief from arthritis pain, plus a whole lot more – and this is not to mention the fuller, truer flavour raw milk drinkers enjoy.

India has long called milk the perfect food and that's not surprising...

Science backs it up: raw milk has one of the most complete amino acid (protein) structures known in a food. Raw milk has one of the best sugar complexes known in a food, including the enzyme structure to utilise these sugars.

All this goodness is destroyed when you heat (pasteurise) the milk.

There is not a food that is more potent in the complete vitamin B complex than raw milk – this complex is also destroyed by heat treatment (pasteurisation).

Try raw milk cheese, [kefir](#) (see Dom's great site) or cultured cream and you may never want anything else!

[Raw Milk Facts](#) has all you ever need to know about raw milk.

Homogenized milk – not good for homo sapiens

Homogenized milk is not good either, it came into existence as an answer to a business problem, it was not driven by consumer demand.

Way back in the good old days, the milk used to be delivered by the milkman, at people's doorsteps. It was un-homogenized the kind of milk that had the cream risen to the top. You could see how much cream there was in the milk, because the bottle was made of glass and you could see the cream floating on top. Cream is a slightly different color from milk, a more yellowish, creamy white.

In those days there were small, competing milk factories and they prided themselves to bring the creamiest milk to their customers. Sometimes they would successfully steal customers away from each other, by showing the housewives that their milk contained more cream than their competitors.

Then some smart MBA graduates, business heads, who wanted to amalgamate the small milk factories into one big factory, came up with the idea of homogenization, which is a process that mixes the cream in with the milk, so that the milk and cream can't separate like they normally would.

Unfortunately this process turns the milk into a problem for the body because the cream is dispersed into tiny, shard-like particles which are so fine that they can go straight through the gut wall, where they wreak havoc.

Left natural, the body is able to recognize the nice big fat globules of raw milk and cream and it knows exactly what to do with them.

But the shard-like particles of homogenized milk lodge in the arteries as plaques, and are possibly (along with free radicals) one of the real culprits towards arterial disease.

Cholesterol

When people talk about arterial disease they often point to cholesterol, but they forget that cholesterol is essential for our metabolism.

Fact is, people with high cholesterol live healthier and longer! But that's another story...

The scientists started talking about good cholesterol and bad cholesterol, but that's just to make the confused professional feel like he knows what he's talking about when he parrots this stuff!

It's a common misconception to talk about different types of cholesterol, such as the "good" HDL cholesterol and the "bad" LDL cholesterol, because there's really only one cholesterol molecule in the entire animal kingdom and it's transported in many forms throughout the body. HDL and LDL refer to lipoproteins, which are the structures used to transport cholesterol through the body.

It's a deep topic with a heavy investment by big pharma who's always keen to put people on these drugs for the rest of their life... Outrageous that they need to place a disclaimer right beside in their advertising, however small the print, which says: 'lowering cholesterol has not been proved to reduce the incidence of death from heart disease'!

Ironic, but that's what the science data says!

Another story however is the smart marketing which knows well how to get around such pesky little problems with their full budgeted press and PR spokespeople teams.

You can read more about it by [Thomas Cowan MD](#) or google: [The Skinny on Fats](#)

Cholesterol – the whipping boy of the heart

Yes, cholesterol is made the bogeyman of the one muscle in your body that never sleeps – your heart, and yet cholesterol is a nutrient that we absolutely need for our everyday health.

Every cell membrane in our body contains cholesterol because cholesterol is what makes our cells waterproof.

Also:

- Cholesterol is the precursor to vitamin D, necessary for numerous biochemical processes including mineral metabolism.
- The bile salts, required for the digestion of fat, are made of cholesterol. Those who suffer from low cholesterol often have trouble digesting fats.
- Cholesterol may also protect us against cancer as low cholesterol levels are associated with increased rates of cancer.
- Cholesterol is vital to proper neurological function.

...the above excerpts from Sally Fallon and Mary Enig PhD's writing in an article called: ["Dangers of statin drugs: What you haven't been told about popular cholesterol-lowering medicines"](#)

They say:

"Nowhere is the failure of our medical system more evident than in the wholesale acceptance of cholesterol reduction as a way to prevent disease – have all these doctors forgotten what they learned in Biochemistry 101 about the many roles of cholesterol in the human biochemistry?"

...and in another excerpt from Sally Fallon:

"The whole cholesterol theory of heart disease is phony and needs to be chucked in the trashcan so researchers can focus on more fruitful avenues of research into heart disease – such as trans fats, processed vegetable oils, sugar and other sweeteners, deficiency in vitamin K2, etc. etc. The cholesterol theory is a dangerous diversion and until people realize that the theory is completely untenable, they will make the wrong decisions about diet and health care."

The idea that cholesterol causes cardiovascular disease comes from studies which find that higher cholesterol levels are linked with raised risk of heart disease and stroke. However, it's important to bear in mind that such studies are 'epidemiological' (also termed 'observational') in nature, which means we cannot infer from them that cholesterol causes heart disease (just because two things are associated with each other, that does not necessarily mean one is actually causing the other).

Jerry Brunetti puts it best when he says "To blame cholesterol is like blaming firemen for fires. Everytime you see a fire, who happens to be there: firemen! It's the same twisted logic that's happening with cholesterol. Cholesterol is showing up in the blood because in an unhealthy body there will be a lot of inflammation, cholesterol is a response to that".

For more on the phony illness called high cholesterol, [Dr Mercola](#) has some numbers:

"If your physician is urging you to check your total cholesterol, then you should know that this test will tell you virtually nothing about your risk of heart disease, unless it is 330 or higher. The following two percentages are far more potent indicators for heart disease risk:

1. HDL / Total Cholesterol Ratio: Should ideally be above 24 percent. Ideally, your level should be 30 or higher. It rarely gets above 50, but to the best of my knowledge, the higher the number the better. Levels below 10 percent are very dangerous and usually indicate an imminent cardiovascular problem.

It is important to note that some clinicians actually obtain this ratio by dividing the total cholesterol by the HDL (Total Cholesterol / HDL). In this case, the numbers should be lower. The cut-off point for a poor ratio would be any number greater than 4, with greater than 10 having serious problems. This number rarely drops below 2.

2. Triglyceride / HDL Ratio: Should be below 2. The higher this number is, the worse your insulin control may be.

Dairy intolerance = body intelligence

Anyway, back to our story of homogenized milk.

After homogenization, no one could see how creamy the milk really was, which made the consumer unaware of the quality of the milk. Then these fools, who have bestowed us with all their 'science' and business wisdom, re-enforced the homogenization argument by adding idiotic vitamins and told people that, in order to do so, they needed to homogenize the milk and that this all was a good thing...

The latest idiotic idea from our 'food' scientists is to genetically engineer a cow that produces milk with human protein in it... please people, get a grip!

A scam is a scam is a scam

Homogenizing milk is a scam and pasteurizing milk a bad solution to the pitfalls of the large-scale dairy industry. This tampering with milk makes it impotent because the very enzymes that are in the milk and that are needed to digest it, are killed off... all this leads to the modern ailment you've probably heard of: "dairy intolerance". No wonder! Any healthy body, in its intelligence, is right-on to be intolerant of this!

Meanwhile, the body knows exactly what to do with the fat globules that are in raw milk, and is ideally set up with a gall bladder² and bile and liver to utilise this optimal food to its utmost.

² The medical establishment meanwhile is yet to acknowledge that the gall bladder has any useful function at all, and removes hundreds of thousands of them from people annually! 3.5 billion years of evolution has not put an organ in your body that has no function, or that you can live without.

The misguided idea is that you'll get a heart attack if you eat cream and saturated fat, and that low fat is the way to go. But that creamy taste we love is for real... and not to be denied, so enjoy!

Raw Milk: where to get it

Obtain un-pasteurised milk, also called raw milk. Google 'raw milk' or go to the [real milk website](#) to find an organic farmer near you who's willing to sell you some. You often pay less than in the shops. We pay about half of what a litre of organic milk costs in the supermarket.

The ever innovative Australians sell raw milk as 'Cleopatra's bath milk'... getting around silly regulations! You see how much fun it is to be a health nut.

Cod Liver Oil (CLO)

[Green Pastures](#) make an essential food for any living person: cod liver oil, which is fermented in the traditional way. Other brands of CLO almost never have the right balances that are needed, particularly of the important fat soluble Vitamins A and D. These vitamins, in correct balance only, are essential to good health and are not easy to obtain in optimal levels in our modern diet and lifestyle.

Additionally, high vitamin cod liver oil is a good source of the essential fatty acids EPA and DHA, otherwise known as the Omega 3s. These fatty acids in cod liver oil are very important and supposedly there is hardly a disease in the world that does not respond well to this amazing golden oil.

More and more people are discovering the value of supplementing their diet with high vitamin cod liver oil and taking it together with butter, cream or even better, with butter oil. Butter contains a broad and deep range of important quinones including Vitamin K, E and CoQ enzymes while cod liver oil is rich in Vitamin A and D.

Butter... the number one health food!

Apart from being an important source of nutritious fat soluble vitamins A, D and E, butter is loaded with a rare vitamin, Vitamin K which plays an essential role in bone formation. Without Vitamin K the bones produce an abnormal protein that cannot bind to the minerals that normally form bones, and bone density is low.

Healthy traditions

I hope you're starting to see how the facts about good health – backed by centuries of common sense and doing what feels right – have been obscured mostly in the name of the almighty dollar, with the help of the often well intentioned blind leading the blind.

Things are not complete without a mention of the GAPS nutritional system (gut and psychology) developed by Dr. Natasha Campbell-McBride, a neurologist and medical doctor with post graduate degrees, MD, MMedSci (neurology), MMedSci (human nutrition). By addressing countless conditions, as diverse as heart disease and high blood pressure to autism and schizophrenia and everything in between – things such as coeliac disease, depression, diabetes, joint pain, diarrhoea, gas, bloating, weight issues, fertility issues, reflux and many more symptoms of chronic modern lifestyle diseases, digestive disorders, food intolerances and allergies, asthma, eczema and many other uncomfortable disorders.

Thousands of people around the world follow the highly successful GAPS Nutritional Protocol to help themselves and their families in restoring their health. You can learn about GAPS on www.gaps.me

The GAPS Nutritional Protocol is designed to restore the integrity of your gut lining by providing your body with the necessary building blocks to restore balance to your gut flora.

This from Sherry Elton, a [GAPS practitioner](#) in New Zealand, 'Changing what you eat changes the bacteria species that live in your gut. These dictate your food choices. Changing them, changes your cravings, leading you to better food choices easily.'

Natasha Campbell-McBride is a sought after speaker at conferences – you may like to tune into her in this [video interview](#).

Breaking it slowly – slow bread, a better way

The average bread franchise, as mentioned before, makes bread that is only given 20 minutes to rise. The bulk of their bread is made in under 40 minutes, from flour to finished product, this is crazy!

Why?

Because flour and water, which is basically what bread is, needs time to ferment.

Most bread is made with yeast and is left to rise – that's a form of [fermentation](#).

Traditional slow fermentation and leavening makes the gluten in wheat flour extremely digestible. The majority of perceived allergies or so called 'gluten intolerance' is probably the consequence of a fast-tracked, unhealthy (barely digestible) bread making process!

Once again we don't have a vast research facility to back up this claim, but if I was gluten intolerant, the first thing I would do is make my own bread by leaving it to rise for 24 hours before I'd bake it.

The cylinder cupboard is a good place for rising your loaf, or any spot in the house where it is evenly warm at about 20 to 30 C° (68 – 86 F) .

Here's our [bread recipe](#).

Rebel against modern-day bread making! Bake your own! It takes very little time and it will be a big contribution to your health. Saves money too.

We started cottoning on to this thanks to Clive Lawler and his rousing book, "Whole don't mean Wholesome – A Love of Fermentation and all things Sloooow".

He has some great lacto-fermented food products, you can obtain via his website: [Food 2 Die 4](#)

And a very good article to read is: [Bread Dread: Are you Really Gluten Intolerant?](#)

Gut Appendix

The appendix gets a bad press. It is usually treated as a body part that lost its function millions of years ago, although sometimes considered to be involved in digesting quantities of fibre in green plants simply because rabbits have large ones!

All it seems to do is occasionally get infected and cause appendicitis.

'It's major importance would appear to be financial support of the surgical profession'.

Yet recently it has been discovered that the [appendix is very useful to the bacteria](#) that help your digestive system function. They use it to get respite from the strain of the frenzied activity of the gut, somewhere to breed and help keep the gut's bacterial inhabitants topped up. So treat your appendix with respect.



——— Part IV ———

protein minerals fats and myths – eggs and butter – salt – soy – toxins and teeth – EMRs – waves versus light

Protein for the People – a challenge for vegetarians

There has been much discussion about food in the last decades and many people have become more watchful about the implications of what they eat, which is a good thing. But often decisions have been made based on the kinds of misguided information we have been pointing out.

People have turned to vegetarianism for a whole host of reasons, some of them are health related, some of them are moral or aesthetic reasons. However, the information that once supported vegetarianism as a healthier option is now being challenged.

Health implications are starting to show with older people who are vegetarian, in particular around adequate protein intake. This is something vegetarians do need to be concerned about as we are literally made of protein from our bones to our muscles, arteries, veins, skin and hair.

Proteins help digest our food, carry the oxygen that reddens our blood, synthesize essential substances, break down waste products and form hormones which regulate changes that constantly take place within the body, and our heart, brain, liver, kidneys, and lungs are built of tissue made of protein.

To be short of protein is to be lacking in one of the fundamental building blocks of life.

Some of the pro-vegetarian propaganda has been driven by the industrial food complex – you know, government health agencies and every ‘health expert’ saying: eat plenty of cereal grains; eat low fat and low salt; eat margarine; cook in canola oil or rice bran oil; eat soy; eat rice and beans etc.

I'd like to ask why this insistence on eating foods that can be produced on industrial-sized farms in mega scale? These foods are promoted by diet dictocrats while traditional foods, grown by smaller farmers, like raw milk, eggs and butter from grass-fed animals are given b roles in this movie.

There is a saying currently passing through the farming community, "Get big, or get out" and farmer numbers are diminishing as the industrial food complex/supermarket chains squeeze out the farmer with ever smaller margins of profit. And down goes the quality of your food...

Recommended as a guideline for health, the terribly misguided and carbohydrate stuffed 'Food Pyramid' is a product of the 'industrialisation of food'.

A recipe cooked up by cleverheads driven by profit who think, conveniently, that we should all eat things made from those large scale monoculture crops: wheat, corn (high fructose corn syrup), soy, potato and sugar.

Never mind that growing these crops destroys the natural diversity of our land, is environmentally and socially destructive and sends our healthcare costs through the roof!

And that's even before the GMO debacle. Don't get me started on that!

The vegetarian's choice

Could it be that the choice of becoming a vegetarian is somewhat flawed from a scientific and evolutionary point of view? Descended from the apes as we are, could we have become humans with intelligence if we would have been vegetarians? Are there any cases in the development of the human race where humans were pure vegetarians for a sustainable period of time, let's say a thousand years? Or have we always been omnivores and supplemented our diet to include animal foods and fats?

Even the pure vegan Jains, a religious sect in India, obtained unbeknown to them, their vitamin B12 by ingesting the small insects, insect larvae and eggs that were plentiful on their greens. When some of them moved to England, where such insects were not able to live and where the food supply was much cleaner, they came down with megaloblastic anaemia within a few years.

Protein wants to be complete

The challenge for a vegetarian is that most vegetable protein like lentils and beans, is incomplete, meaning that it does not contain all the 9 essential amino acids.

Let me explain...

A complete protein is made up of 22 amino acids of which 9 are essential. For a protein to be useful to the body all 9 of these essential amino acids must be present at the same time.

It is now known that the body cannot utilise protein unless it comes in a complete form.

94 year old scientist, Dr. Fred Kummerow, still running experiments, devoted a large part of his career to protein and its role in the human body. He found out that the story of protein turns out to be an 'all or nothing' story – a miss is as good as a mile.

So finding sources of vegetable protein that complement each other is vital for a vegetarian so as to make up a complete protein... ie what one food is lacking the other food contains.

For example, beans eaten with corn is a successful combination as it contains all the 9 essential amino acids.

However there are further challenges for a vegetarian...

To get enough protein from purely plant sources, you need to eat very large quantities... because plant protein, after digestion and absorption, has only one third of the uptake compared to animal protein. Actually, you might need to eat more than could comfortably fit in your stomach, and be placing more strain on your digestive system than it can keep up with.

By the way, protein cannot be 'stocked up' like fat but must be eaten daily or at least every 36 hours.

As a vegetarian, to achieve protein proficiency you have to become a bit of a Mexican! It's possible to get a complete protein from a vegetarian meal, if it consists of beans combined with corn – plus the addition of cheese, egg or cultured dairy (yogurt)... Like traditional Mexican food: refried beans on a corn tortilla with cheese added. Avocado on the side, mmm! But those beans need to be soaked, then sprouted, then long cooked.

Yes, the people of Mexico got a few things right in their national dish: '[Huevos rancheros](#)'! Beans and corn complement each other, like peas in a pod and with the addition of eggs or cheese. This is the only way that we know of in a vegetarian meal, to obtain in adequate amounts the all important complete protein with all the other essential nutrients needed by the body to process the protein.

Chia seed may be a good thing – it was for the Aztecs... however they used to run marathons hunting animals up mountains all day.

I'm not sure how much marathoning the modern man runs whilst he spends most of his time online, but chia is being named the latest superfood since its rediscovery. It's very nutritious and contains some 'almost complete' protein, as well as antioxidants and Omega 3 EFAs (Essential fatty acids) without the usual load of Omega 6s.

The modern diet contains far too much of one kind of EFA (omega 6 EFAs found in most vegetable oils) but not enough of another kind of EFA (omega 3 EFAs found in fish, fish oils, eggs from properly pasture raised chickens, dark green vegetables and herbs, and oils from certain seeds such as chia, and nuts such as walnuts).

We don't recommend a purely vegetarian diet, a vegan diet, because despite the nutrient density of foods like chia seeds, coconut oil and avocados, these foods will not supply the crucial fat-soluble vitamins A, D and K2. For that you need to eat at least butter from grass-fed cows, and take cod liver oil as well.

Vegetarian myths

Many of the vegetarian claims come with assertions and studies supposedly proving that vegetarianism is healthier for people, and that meat consumption is associated with illness but these claims cannot be substantiated, and some are simply false and dangerous. If you are a vegetarian, it is highly recommended – if you were to read nothing else – to read this researched and referenced article to evaluate your position:

[Myths of Vegetarianism](#) by Stephen Byrnes, Ph D.

Protein wants to be balanced

Pasture raised animal protein has high quantities of complete amino acids, good levels of Omega 3 EFAs and has supported our species down the ages. However in the past it was hard to obtain animal protein (ever tried to catch a deer?) therefore, not until the industrial revolution have we had ever increasing amounts of it in our diet... to a point where balance was lost.

Have you considered that creating a nutritious plate of food requires a sense of balance? It's true, not only the protein you eat needs to be complete but the protein / carbohydrate / fat ratio also needs attention as all three need to be there in good proportion to work together as a team. The more carbohydrates, the more protein you will need to keep your plate of food in perspective, but too much protein becomes a burden and will not be good. So keep the carbohydrates in balance with the protein, and in this case less is better... ie less carbs.

A good thing to know about protein is that it carries the fat through the body. Excessive fat will be more than the protein can deal with and leads to imbalance. As we're all so indoctrinated to think that fat is bad, it's possibly unlikely we'll overdose on it...

But when we eat french fries and fried fast foods we end up not only overdosing on fats, but on the wrong fats, bad fats like burnt and unstable vegetable oil, sunflower oil, canola oil (= tractor oil), soy oil and other polyunsaturated products from Hell Inc. full of oxidation and free radicals. Indeed it's better if the french fries would have been cooked in butter, or in fat like in the old times.

On top of all this, so-called diet experts are trying to sell you the idea that you can get your energy from carbohydrates like breads and grains while in the past, animal fat has always been the way we got most of our energy (with the addition of olive oil around the Mediterranean and coconut oil in the Pacific.)

Unlike fat, it's a lot of effort for the body to derive its energy from carbohydrates and sugars. Eating large quantities of these two results in 'Advanced Glycation End products' (A.G.E.s = very bad). Technophiles amongst you may like to look at this [article](#) for a little fix of medical speak, otherwise skip ahead...

Pfff, needless to say AGEs are bad!

Meanwhile we are using tractors to dig up the land to grow colossal quantities of wheat and corn, filling the air with carbon, and raiding the earth of its minerals, without allowing cattle to heal much of the damage we are inflicting.

Huh?

Yes, the impact of grazing animals on the land is [healing the land](#). But that's a different story, (check out the work of [Allan Savory](#)) a great story... but anyway, what was I talking about... ah yes, fat... Eat it, don't be afraid! Trust me, there is a method in our madness... let me explain...

Mother Nature likes a little fat

With a low-fat diet the body will go into 'famine' mode and will store all the fat it gets, because nutritious fats are so necessary to the body for many of its vital functions.

The body's mechanism of retaining fats during famine is driven by evolution. Since the industrial revolution slowly over time, food has become more and more abundant, but before the industrial revolution famine and feast were a fact of life.

Mother Nature created a method to cope: we would store fats in times of scarcity and in times of plenty we would burn our fat, knowing there was plenty more tomorrow.

If through a low-fat diet you trick your body into thinking there's a famine on, the body will try to retain every bit of precious fat it gets, needed for the vital functions that only fat will accomplish.

Including fat in your diet breaks this mechanism. If you consume some fat on a daily basis, the body becomes better at burning it. Your system will not think that there's a famine and therefore it will not keep on storing fat. Once the body starts receiving a reliable amount of nutritious fat on a daily basis, it lets go of any excess, it relaxes and stops hoarding it.

It may be hard at first to eat more fat and butter if your body is not used to it, but you can take time to slowly increase the amount... nice thick butter on good bread tastes good. You get a natural feeling of satiation when you eat fat, and your body will know when you've had enough. So don't shy away from giving it to your body!

When all is said and done, going back to the traditional basic way of including animal protein, vegetables and tubers in a meal, will keep us all going the way it has for millennia. Times may be

speeding up at lightening speed, but if you think about it, our bodies have not changed dramatically over the last hundred years or should that be the last ten thousand years... Evolution has a different idea about time – in the world of evolution everything moves very slowly...

Eggs are a protein powerhouse

Eggs are an excellent and complete protein, easily digestible – takes only fifteen minutes to digest according to the experts. Cook the whites well, have the yolks runny. Be sure to source your eggs from pastured chickens which have access to all the grubs, bugs and green herbage they enjoy. Eggs are essential if you have not had any other animal food over the day...

Plus eating a few brazil nuts can be a good thing to do. And quinoa is up there on the protein charts.

Mexicans also knew a thing or two when they added avocado or guacamole to the mix, contributing nutritious fats. Plus lettuce as well, with a small tortilla adding enough carbohydrates, but not too much.

Mineral rich medicine in a bowl

Home-made soup stocks are free of preservatives and the pervasive and dangerous neurotoxin (excitotoxin), MSG, which nowadays is permitted to be disguised deceptively, as simply, 'yeast', 'yeast extract', or 'natural flavoring' believe it or not... and found hidden away in most all soups, stocks and boullions, even in good ones, by bluffing well meaning producers.

The most nourishing stocks are those made at home from bones.

In a big pot, put about 2 kilos / 4 pounds of bones any type (they are 'left over' and therefore cheap to buy from an organic butcher).

Cover with water, 4 litres or so. Add a quarter of a cup of vinegar to draw out minerals from the bones. Bring to a boil, skim off any scum and continue to simmer for 12 – 24 hours.

After that the broth is ready and can be strained.

A mineral rich medicine in a bowl, bone broth contains the umami taste so favourable in Japanese food – one of the five basic tastes, together with sweet, sour, bitter and salty, and can be used as a base for soups, sauces and casseroles. It lasts for a week in jars in the fridge and if the stock is a good one, it turns to gel and the fat will rise to the top. So have it in your fridge – you can scoop some out to add to cooking or to make a delicious miso soup.

The natural gelatin in bone broths is a good nutrient that helps with the detoxification process because it is loaded with the amino acid 'glycine' which assists the liver with its housecleaning duties. Since the ability of the liver to do its job sufficiently is limited by the amount of glycine that is available, it makes sense to provide the body with all the glycine it could possibly need! Read this [article](#).

Gelatin, while not a complete protein in and of itself, contains 20 of the 22 amino acids and acts as a protein sparer – complementing the digestion of complex proteins when eaten at the same time.

Magnesium the master mineral

Recent studies have shown that many people have a magnesium deficiency. Ideally we should be having calcium in good balance with magnesium but we've been on a calcium craze and overlooking magnesium.

Magnesium is linked to heart health, mental health, and often the most missed link in the health equation. Magnesium is a co-factor in over 300 enzymatic reactions in the body, necessary for

transmission of nerve impulses, temperature regulating, detoxification in the liver and formation of bones and teeth, as a healing agent and assisting with thousands of biochemical functions within the body. And what does a doctor do when someone has a heart attack? Supposedly, first thing, he gives a magnesium shot.

As oral magnesium can cause gastric discomfort, magnesium chloride applied to the skin has proved to be an effective way to correct magnesium deficiency. But different people require different forms of magnesium and a good naturopath should be able to sort out what is the best form for your body if you require it.

Why do we lack magnesium?

A few reasons... Phytic acid (found in all cereal grains, especially when they are not prepared as we've described) strips minerals like zinc and magnesium, making them unavailable to the body. Likewise, phosphoric acid found in all soft drinks, binds with magnesium forming an insoluble compound.

Calcium supplementation, in the absence of sufficient magnesium is actually more damaging than not supplementing calcium. In this instance the calcium to magnesium ratio becomes worse, with serious consequences.

Read this [article](#) by Graeme Sait from NTS Nutritech Solutions.

Salt of the earth

Unfortunately, salt has long been a subject of significant 'myth-information'... Once known to be so important the word salary was based on it. Sale is salt in latin, and Greek or Italian... I've forgotten which, perhaps French too. Anyway, everywhere salt is needed. And our bodies can easily get rid of any excess... so go for it... no worries about blood pressure or whatever other nonsense we've been fed by so-called medical experts. A low salt diet is one of the worst things you can do for your body – your body needs salt to keep well.

Why salt?

Without salt our body electricity can't function. We need salt to think clearly. And to not get diabetes... Mmm, without salt we can't think clearly because our brain's circuitry uses salt to do its work.

Say to a caveman (or cavewoman) that they shouldn't put salt on their fish and fejoas to make it tasty – what would they say to you? Right, they would tell you to get lost! A tasteless meal? No way! We humans have always had plenty of salt in our diet.

For some researched data, see this [article](#) on the Weston A. Price website. Like most nutritional 'facts', low salt intake is a bad choice based on outdated science.

Ever since reading Dr. Robert Thompson's book *The Calcium Lie*, Dr Mercola said he became a fan of high quality sea salt, and particularly Himalayan salt which contains vitally important trace minerals from the ancient oceans (that are not contaminated with toxins) and which are very difficult to get in your food due to the challenges of modern agricultural practices.

He says that unprocessed salt is a better alternative to calcium supplementation because bone is composed of at least a dozen minerals, and if you focus exclusively on calcium supplementation you are likely going to risk causing many health issues including worsening your bone density, kidney stones, thyroid issues and more.

You can mix some good salt into a jar of water, ratio about 1 : 4 then add a teaspoon of the mixture to your glass of water.

Everyone needs trace minerals, not just calcium, because you simply cannot get all the nutrients you need through food grown in our mineral depleted agricultural soils. Unprocessed hand harvested sea salt (not washed, not kiln dried, not bleached white, no kinky flowing agents) is one of the best sources of these ionic trace minerals responsible for catalyzing many important functions in the body.

Sea salt is good if it's coming from a cleaner ocean, and if it's damp, holding its moisture, that shows it's full of ionic trace minerals = good!
Seaweed / sea vegetables are also rich sources of bioavailable minerals to include with a meal.

Another great: Dr. Weston A. Price

Dr. Weston A. Price (1870–1948) was a dentist and nutritionist who went around the world researching and recording the eating habits of indigenous people. He visited as far afield as the Maori of the remote East Cape of New Zealand, Lötschental high in the mountains of Switzerland, the Inuit of Alaska, the Andes Indians in Peru and the Muhima of Uganda.

He found that people who ate traditional diets (the diets of our great-grandparents) achieved perfect physical form and perfect health, generation after generation, because they all consumed nutrient-dense whole foods (foods they called sacred) and the vital fat-soluble nutrients found exclusively in animal fats like butter, eggs and fish oils. Special food was given to pregnant women and young children. Of course their diets were also entirely free of refined flour, sugar and vegetable oils. [Read more](#). And watch [this video](#).

Root canals and degenerative diseases

If root canals are not done properly (which unfortunately is almost always the case) they harbour high-toxicity producing bacteria inside the porous dead tooth cavity, resulting in infections which are almost undetectable. Many of these anaerobic bacteria can cause a range of illnesses, like heart disease and neurological diseases.

These infections are an ongoing pressure on your immune system, because every time you chew, some of these bacteria are released into the bloodstream. You might not notice much for years, but in the long-term this can really undermine your health and shorten your life.

Often reoccurring inflammation and infection in unrelated parts of the body are resolved after the removal of the root canal tooth. Credit to [Dr Jacques Imbeau](#) and his partner Suzanne Thouin for their thorough understanding of the whole body approach, and their unsurpassed clinical work at Integrated Dental Medicine in Auckland, New Zealand.

A quote from the Weston A Price website:

“The principles of holistic dentistry, based on the research of Weston Price and Francis Pottenger, are as follows:

- Eat nutrient-dense whole foods, properly grown and prepared.
- Avoid root canals. If you have root canals that you suspect are causing disease, have them dealt with by a knowledgeable dentist. There are [procedures](#) that minimize the risk of infected root canals.
- Avoid mercury (amalgam) fillings. If you have amalgam fillings, have them removed by a holistic dentist who specializes in mercury filling replacement. Ask that dentist if he or she uses “a dam” while removing mercury amalgams. A dam is a piece of flexible rubber that prevents mercury particles from falling into your throat. Once your amalgams are out, go and see a naturopath and ask for a heavy metals detox to get rid of the mercury in your body.
- Extract teeth only when necessary, and then in such a way as to avoid leaving the jaw bone with cavitations, which can be focal points of infection.

Mercury Toxicity

Check out the website of [Dr. Hal A. Huggins](#) on how your dental fillings can make you sick and what you can do about it.

Avoid soy unless it is fermented and used as a condiment

Dr. Weston A Price's work is continued by a foundation carrying his name, the Weston A. Price Foundation. They have a lot to say against soy:

"It is well known that isoflavones in soy products can depress [thyroid function](#), causing goiter (enlarged thyroid gland) and autoimmune thyroid disease."

Their findings suggest that soybean ingestion for a certain duration (even 2 tablespoons a day for as little as a month) might suppress thyroid function and can cause goiter in healthy people, especially elderly people.

And soy is *not* a staple in Asia, about that they have the following to say:

"Soy proponents claim that soy is a staple in Asia. A "staple" is defined as a major commodity, one that provides a large portion of calories in the diet, such as rice and fish in Japan, or rice and pork in China. The Japanese consume 150 pounds of fish per person per year, or almost one-half pound per person per day and a 1977 dietary survey in China determined that 65 percent of calories came from pork, including the pork fat used in cooking. By contrast, overall consumption of soy in Asia is surprisingly low. The average soy consumption in China is about 10 grams or 2 teaspoons per day. Levels are somewhat higher in Japan, averaging about 50 grams or 1/4 cup per day. In both countries, soy is used as a condiment or flavouring, and not as a substitute for animal foods. Seafood and seaweed in the Japanese diet provide sufficient iodine to counteract the negative effects of the isoflavones in soy."

Read [the Dark Side of Soy](#).

Sally Fallon on [the truth about soy and why it is toxic](#).

Bottom line: Soy needs to be fermented – it is therefore only ok in tempeh, natto, miso and tamari/soy sauce. Nothing else. And have it with seaweed (= minerals).

Our gut garden

Just for a moment think of your vege garden... you wouldn't spray pesticides on it, would you? Instead you collect your table scraps and garden waste, add manure and some clay and allow the mixture to cultivate enzyme-producing matter called compost. Then you mix your compost into the soil to build humus and make sure the plants are nourished with health-boosting natural nutrients.

If you see a pest, do you react with a pesticide? Of course not! To do so would weaken your plants, make them less hardy and might ultimately compromise their good health.

Then, why would you take an antibiotic? It acts precisely like a pesticide in the body. It not only kills the bad bugs but wipes out any beneficial microorganisms that keep you thriving. What havoc!

Next time you're pressured by a well-meaning general practitioner to give you a medication that your intuition tells you is harmful, remember this garden analogy. Our guts, like the soil of a healthy garden, are filled with a multitude of microorganisms that live in a delicate balance.

How arrogant of us to assume that we know the lasting consequences of introducing a powerful, microbe-killing agent into this environment. Instead, let's strengthen our gut garden with probiotic-rich foods like cultured raw milk and good nutrition and let's use alternatives to antibiotics.

Thank you [Joette Calabrese](#), homeopath practising in New York State.
More from Joette:

Healing belongs in the hands of families

When corporations give the green light to diet soda, when the media are permanently tilted towards the advertiser, when the government regulates our food choices, and when pharmaceutical companies are granted safety status for their nostrums, it's time to find our own way. We need to guard our brains, our children and our health rights.

Oh, by the way

Let's talk about microwaves for a moment...because extraordinarily to this day, they are still prevalent, and... because things would not be complete if I didn't somewhere in this book, say the obvious: "Don't use microwave ovens! Tra la la, no EMR – with my cafe au lait, no way!"

Electromagnetic nightmares

Whilst on the electromagnetic radiation topic: Keep mobile phones away from your head, don't carry them in your pocket and only turn them on when necessary (know that you are microwave radiating whichever part of your body it is touching). Laptop: not on your lap; cordless phones: possibly more dangerous than mobile phones – they pulse dangerous microwaves all day long... Bring back those old \$25 phones to your house, the ones that come with a wire, attached to a wall socket and work without electricity.

Wifi routers and the energy saving fluorescent lights (they pulse in your electrical wiring) are seriously thumbs down and the most dangerous mother of them all is the 'smart' meter.

Clueless Communications Industry

The wireless communications industry isn't about to let anything jeopardise its now, 4 trillion dollar global command and this looks like the latest nightmare being unleashed on humanity.

Never mind that wireless internet is an inferior quality service compared to fibre optic from whichever way you look at it. Too bad, because we were almost about to achieve universal roll out of fibre optic, a wonderful and totally safe technology which would have 'future-proofed' us with its incredible bandwidth capacity. But then along came cell phone towers – everywhere! Wireless was cheaper than laying cable – and so it looks like we have another case of "you get what you pay for".

But not for long hopefully, as the science starts coming out from left, right and centre.

It is somewhat telling that there have been no health studies undertaken around wireless technology by any regulatory agency to demonstrate safety, prior to mass deployment upon populations around the globe. We simply assume it is safe, while we forget that up to now life on earth has evolved with only one frequency: the frequency of mother earth itself, the kind of pulse you feel when you're close to nature – a soothing wavelength of 7.83 Hz.

There's beauty in this – the planet and all life on it, bathes in a natural resonance which is based on how long it takes for a wave to go around the circumference of the earth, that's approximately 7 waves per second. Therefore it is beyond me that we came to think that adding our own concoction of other magnetic pulses was not going to have an influence on our long-term health and wellbeing.

This article on the [health impacts](#) of radiofrequency (RF) microwave electromagnetic fields (EMFs) may be of interest. It's written by a group of scientists and health professionals who have co-authored hundreds of peer reviewed studies.

Also listen to this talk about EMF health effects, with Cindy Sage, editor of the [BioInitiative Report](#), which speaks out on the radio frequency emissions from all these mobile devices.

Scientific data, showing the harm of this wireless microwaving radiation, does exist in non-industry funded studies ... just it's been suppressed for more than a decade, in the name of industry and military prowess, and meanwhile we're all enjoying mobile and wifi so much we forgot to enquire... decided to turn a blind eye, trust govt officials(!) and hope for the best.

The real story about electromagnetic pollution is exposed by communications engineer Jerry Flynn, a man who has studied and worked with virtually every aspect of wireless radio communications and is someone who knows what's what. See this [Youtube video](#)

Light, not waves

The good news is however, that light can be used to transfer data, and not just in fibre optic cable. ... Every light bulb in the world can be a data transmitting device!

At TEDGlobal, Harald Hass, a professor of engineering, has demonstrated this from a single LED light. He shows a LED light can transmit far more data than a cellular tower – and do it in a way that's more efficient, secure and widespread.

Harald Haas is the pioneer behind this new type of light bulb that can [communicate](#) as well as illuminate – access the internet using light instead of radio waves.

He says: "It should be so cheap that it's everywhere. Using the visible light spectrum, which comes for free, you can piggy-back existing wireless services on the back of lighting equipment."

"As well as revolutionising internet reception, it would put an end to the potentially harmful electromagnetic pollution emitted by wireless internet routers."

Earthing

Let's take a moment for earthing... Ahhhh!

When you earth yourself, the energy of the earth comes into you – settles the adrenal cortex. It re-ionises you. You can do it by something as simple as a barefoot walk or lying on the lawn... at least ten minutes per day of contact with the earth is essential... much more is better. Especially if you work with computers.

Most are not aware of it, but we all live and function bioelectrically on a bioelectrical planet. We are each one of us a collection of dynamic electrical circuits. In the living matrix of our complex bodies, trillions of cells constantly transmit and receive energy in the course of their biochemical reactions.

With all the Electromagnetic radiation (EMR) these days, it's harder to maintain great health, or to heal quickly, if you do not discharge the energy and get a fresh supply of the earth's electrons on a daily basis. Being grounded in this way will certainly make staying healthy faster and easier.



—— Part V ——

voting with our dollars – bio-active soil – bio-available calcium – nutrient dense food – climate change reversed

Mother Load – a biological truth.

Mum dumps her toxic load on her first-born child (but don't worry there must be wisdom in nature's ways)

[Dr. Dietrich Klinghardt](#) who developed amongst many things, a highly regarded method of diagnosis called 'Autonomic Response Testing', introduced us through one of his talks, to the following biological scenario:

A first-time mother off-loads onto her child the toxic material that she has been exposed to in her life up to conception. In other words, if she gives birth at 25 years of age, her child will receive part of her accumulated toxicity of 25 years.

A little tough to get your head around because we like to think of mothers as caring characters, the last one to inflict harm on their own babies.

We had to think about this for a bit... why would nature, in her intelligence do such a thing? But when we looked at it from an evolutionary point of view, a possible scenario jumped into view and perhaps it makes sense: perhaps mother nature is giving the new generation a chance to adapt to the changing environment.

The toxic load of the mother that the child encounters as it is growing in the womb, would force the child's body (at a time when it is very malleable) to adapt to the new environmental circumstances. This mechanism could be helping humans (and animals) to adapt to changes in the environment. This would have been fine in the past, but how far this adaptation mechanism is able to stretch, given the toxic load that humanity has unleashed upon itself in the last hundred years, is unknown.

A lot of humanity's ills are due to us not being able to cope with this toxic load, even though mother nature is trying to do her bit... It's all very well that she prepares the newborn for tough toxic times ahead, but at the rate with which we have been dumping toxic materials into our food and our environment and therefore into our bodies, a lot of pressure is being put on the next generations. And from what we pick up on, the health figures of young people today are not looking pretty.

Mothers and fathers to be, look after yourself!

Will human beings be able to adapt to the chemical onslaught in this evolutionary blink of an eye? I don't know.

The point that we're making here is that it makes sense to look after your body as an expecting woman and as a man (in support of your woman and to supply healthy sperm) if you want to bring a child into this world and give her an excellent start in life.

An organic start in life and then back to supermarket food

I've seen it more than once that a young mother wants the very best for her newborn child, so she toddles off to the local organic health food store to purchase some organic baby food. That goes on for a year or so, but at some point I see her buy her groceries from the supermarket again. Somehow, as the child grows older, it seems less important to give it the best food, or perhaps other concerns have come in. I don't know, but it just looks odd to me.

Giving your child the best start in life is giving it nutrient rich, organic food *for as long as you are looking after your child*, not just during the first two years of its life.

Moms – toxic chemicals and industrial pollutants in human breast milk

The [MOMs website](#) was founded in the Spring of 2005 by four nursing mothers living in the San Francisco Bay Area, USA with the mission of protecting the health of their babes by eliminating the growing threat of toxic chemicals and industrial pollutants in human breast milk. They say: "We believe that breast milk is the best source of nutrition for our babies, and we want to keep it that way." We say: amen to that!

Vote with your dollars

Yes, if you want better food that's healthier and more nutrient-dense, the checkout counter at your supermarket or health food store is your voting booth, your dollar bills are your ballot papers.

The movie 'Food Inc.' chronicles how big agri-business has got farmers by the balls to make cheap, low quality crops that is turned into all the stuff you see in your local supermarket. Smart farmers are increasingly frustrated by this. They want to treat animals humanely, they want to be able to save their own seed and not be hit by a copyright infringement from big brother Monsanto. They want to do right by you, their beloved consumer, but big agri-business, their boss, forces them to be more competitive, to produce food cheaper and cheaper, to a point where something's gotta give... And that something is your health. That's a raw deal.

At the end of this movie, a farmer in tears comes on and says: "*We grow the kind of food that people want to buy, if you ask us to grow different kinds of food, we will do that. We will grow anything you want us to grow!*"

The only thing that we as consumers need to do is buy (vote for) stuff that makes us healthy and stop buying (voting for) stuff that makes us sick.

Grow your own vegetable and fruits and grow them nutrient-dense

A good investment you can make in your health is to grow your own produce and vegetables. And a good contribution to your bank balance and the planet.

It's amazing that by cultivating a little piece of land, you won't have to go off and buy produce and you have an ongoing supply of fresh salad greens, minutes from garden to meal.

If you would make time to do just that, you've already made a big difference on many levels. This is a low food miles, fresh produce, exercise gym and a health supporting activity rolled into one... not to mention that hanging out with the sun, the soil and the plants is nourishing in itself with the natural world revealing its mysteries endlessly through the changing seasons.

It's a poetic experience, if you don't believe us, ask US founding father president [Thomas Jefferson](#), who was a keen gardener himself.

Only healthy and biologically active soil can produce nutrient-dense food

Why is that important? Well, take the tomato that your mother bought in the fifties, or the seventies, or whatever. That conventionally grown tomato you bought 30 years ago had a lot more nutrition in it than the one you buy today.

Huh?

Yeah, because conventional farmers don't replenish their soils. The substances they do apply (aside from the pesticide, herbicides and fungicides) amount to no more than a process of plundering the soil of its goodness for short term gain. And all this tractoring and decimating of the soil structure ultimately results in desert lands, especially if the climate and rainfall are not ideal for these operations, as is often the case. (A classic example is the great mid-west [dust bowl of the 1930s](#) in the US).

Crops are sold on weight, not on nutrient density, so it doesn't matter what the farmer dishes up as far as health giving properties are concerned. Downunder they call that *'pulling the wool over a person's eyes'*.

Why?

Because we should be paying for nutrients, not for watery produce!

Nutrient-dense food, Brix levels and the refractometer

Huh? Ok, I know it's a bit of a handful to get a handle on this health thing, but hey, who said that complicated things couldn't be fun?

Let's start with that tomato. Cut it open and put a drop of the juice on your refractometer.

Huh?

A refractometer is used in the winemaking industry, it measures the amount of sugar that's dissolved in grape juice, so that the grower knows the best time to harvest his grapes. It measures the way light breaks in water. Light breaks differently in a water-sugar solution than in pure water.

Why is this important to us health nuts? Well, every plant we eat has some sugar in it, even vegetables. The refractometer gives a reading of these amounts and because there's a direct relationship between the amount of sugar and the amount of minerals in the plant, this will give us an idea of the nutritional value of the plant.

In other words the sugar level exactly reflects the mineral and vitamin density that's in the plant. So

the more sugar a plant has, the more nutrient-dense this plant is, and the better it tastes, and this goes for fruits *and* vegetables. Our tongue is able to determine if a fruit or a vegetable is nutrient-dense or not, because the nutrient-dense fruit or vegetable tastes better. Kids are particularly adept at this.

In an ideal world we would buy our food by nutrient density, not by weight. The more nutritionally dense the food, the more it would cost.

Smart farmers already know this. When they buy food for their livestock they are not going to pay for water, they want nutrients.

The sugars that are measured with the refractometer are expressed in units called Brix. Every smart farmer knows that you are not going to get 12 brix milk out of a cow if you feed her with 5 brix alfalfa or grass.

But the rest of the world has not woken up to this issue.

Hey sweetie

We have not woken up to the fact that illnesses are caused by a serious lack of nutrients.

The complex sugars and nutrients present in food with brix levels of 12 or more are what we are missing in our food – they are hard to obtain. We understand now that there's a direct relationship with this issue and the health crisis that humanity is currently facing.

Insect food

In a wonderful synergy of nature, insects incidentally, are unable to digest the complex sugars you find in high-brix fruits and vegetables, because they don't have the digestive system to handle them. They don't have a liver and a pancreas like we do.

Insects thrive on low-brix food and we, sadly, are all eating insect food and not getting the nourishment our bodies require for ongoing regenerative health.

Farmers are spraying insecticides on the food they grow, while, if they would grow high-brix crops, many of their insect problems would be over co-dover... gone with the wind!

But to do that (grow high-brix produce) involves a reversal of the current outlook and practices... a reorientation. It involves a new journey for the farmer, to say hello to his new best friend, his much misunderstood and compacted soil and the life it once harboured.

Meanwhile...

Brix shoppers

We dream of a world where every shopper carries a refractometer in their pocket. In the supermarket our shopper sticks it into a tomato or lettuce stem, takes a reading and then proclaims: *"I'm not going to pay \$3.95 for these tomatoes, because there's only \$1.95 worth of nutrition in them!"* Upon which our hero pulls a disgusted face and walks off to the nearest health food store, where hopefully high-brix tomatoes would be available, and at a reasonable price.

If our dream catches on you will see brix levels on every vegetable label and these vegetables will be priced accordingly.

In the US nationwide organic retailer Whole Foods Market, told us that they started to randomly test the brix levels of their fruits and vegetables and that some of their stores already display these brix levels on the label. Hopefully this will catch on.

But how to actually grow this nutrient-dense food?

For all you gardeners, here's a wonder of nature...

and it's all about making the plants we eat more nutrient rich, as ultimately getting these nutrients to our cells is what will keep us healthy.

Great things can take a bit of focus and if you're not growing your own food you might want to skip this bit. But it needs a place here for those who are keen, because it's hard to find how to grow nutrient-dense produce... the news is still trying and dying to get out.

Soup up your soil

Most all soils we find today are demineralised, out of balance and they don't have the essential humus. Far from it.

When we soil tested our own vegetable garden we found that our veges were not high-brix and that our soil was as demineralised as anywhere else, even though we make compost, use manure, have been growing organically for years and have plenty of organic matter in the soil for the soil bacteria to thrive. Yet obviously they weren't thriving because the soil test showed that the humus level in our garden was surprisingly low and the minerals were not in any balance at all.

Since you can't grow high-brix vegetables by composting and recycling low-brix veges, you need a few selected external mineral inputs to start with, if you're serious about upgrading and balancing your soil and growing nutrient-dense food.

Keeping it simple, there's just these four basics:

- Get available calcium back into the soil in a big way – to bring up the calcium : magnesium ratio to a much needed 7:1 ratio.
- Bring the potassium : phosphorous levels into a balanced ratio of 1:1.
- Use seaweed in the compost heap and even some sea water, to provide all the essential minor minerals in the right balances.
- And, we need humus in the soil for the beneficial soil microorganisms to live happily, so they're able to do their thing, which is transforming the mineral elements into 'plant-available' nutrients.

Gardener, test thy soil!

But where to start in this mineral balance game? First thing is to get a soil test. Not just any soil test – most will show the minerals alright, but don't have a clue about the **bio-available** minerals.

Best test is a 'Reams soil test' – it will give you a reading of the bio-available (plant-available) minerals and the humus levels and the general energy levels that are embedded in the soil. With the help of the soil bacteria, minerals can become available to the plant.

But there's more to this fascinating secret world...

Shady dealings in the root zone

At the root of every plant there's some shady dealings going on, but before we delve into that and get a muddy nose, we'd like to say something about the leaves of the plant.

The leaves make sugars through a process called 'photosynthesis' – it's the plant's way to harness the energy from the sun.

But at night the plant sends 30% of these sugars down to its roots where they are used as a bargaining chip to obtain minerals from the soil bacteria that are hanging around the root zone.

The plant says to the soil bacteria: "I'll give you a candy if you give me some minerals".

The plant can't obtain minerals directly from the soil, it needs the bacteria in the root zone to make them into a form she can absorb.

In other words, the plant wants the minerals, that only the soil microorganisms can make available. And the soil microorganisms want the sugars that the plant generates in its leaves.

It's a win-win trading scheme of sugars for bio-available minerals happening down there in the soil. The result of this trading action is the formation of humus-rich soil which goes on growing more and more fertile whilst at the same time producing thriving, insect resistant, high quality plants.

Not a shady business really, just a secret not many people know about yet.

Helpful soil bacteria

The soil microorganisms have great names like protozoa, nematodes and mycorrhizal fungi, the latter being a vitally significant species for the earth and urgently needing to be reinstated back up to proper levels – we've succeeded in wiping out most of them from our food producing soils.

We have not looked after our soil bacteria – we're doing about the opposite – so it is not surprising there's almost no humus left in today's soils (except perhaps in undisturbed native forest ecosystems).

We should look after our soil bacteria so they can make humus, because both are essential for growing mineral-rich fruits and vegetables, and also essential for sequestering carbon into the earth.

Universities are not teaching this stuff – they don't get it... yet. But then... remember the two business partners mentioned before? Suffice to say, that the same companies involved in producing zillions of chemical products that farmers are urged to put on their land and animals, happen to also be producing the pharmaceuticals that will be needed by the un-well consumers of these industry-produced food-like substances. And unfortunately, big agri and big pharma have positioned themselves to be behind training both our farmers and our doctors. It's a case of runaway corporate anarchism... perhaps more serious than the sort of anarchy one usually thinks of.

Beyond organics

When we wanted to take our gardening to the next level, from merely organic gardening to nutrient-dense gardening, our journey took us firstly to [Soil Food Web](#) (in Northern New South Wales) quickly followed by Vitec seaweed liquid extract via [Farming Secrets](#) near Melbourne and to a product called Lime Life from [Nutri-tech Solutions \(NTS\)](#) (Queensland) and then to Nano-Cal from [Environmental Fertilisers](#) in Waikato, New Zealand.

Soil scientist Grant Paton of Environmental Fertilisers has figured out how to prepare and produce the bio-available minerals, humates and calcium that our soil needs to grow nutrient-dense plants. It's a complicated process to arrive at the right ingredients, what to put on the soil to help it come alive – to have the microorganisms happily working properly etc.

Credit to Grant Paton and [Kay Baxter](#) for their work in figuring it out and for teaching it to others. Environmental Fertilisers can recommend what your soil needs, based on your Reams soil test – they offer that as part of their service.

The [High-brix Gardens](#) website can be a good place to find a company that produces nutrient-dense soil building products in your part of the world. As of now (2010) it's still a new, but rapidly growing area of development.

And an interesting article: [The Quest for Nutrient-Dense Food: High-brix Farming and Gardening](#).

And a big credit goes to Dr Carey Reams, a man ahead of his time, trained in mathematics, biophysics, energetics and biochemistry, for his life's work in discovering and developing this comprehensive system of providing nourishment for true human health, and for the Reams soil tests and brix charts that people refer to, which are directly based on his work. He deserves legendary status.

You would think that a person that had come up with the formulation for perfect health would be given worldwide recognition!

By the way, Dr Carey Reams had a long friendship with another genius, Albert Einstein.

The missing mineral message

Another soil health giant, closely associated with Reams, is Dr Albrecht who was known to say, '*Well fed is healthy*.' Meaning, a well-fed soil leads to well-fed crops and well-fed healthy people and animals.

To quote Gary L. Kline, who wrote in the Wise Traditions publication, "I would wager that most organic farmers (as well as gardeners) never heard of Albrecht and do not supply the necessary minerals called for in the [Albrecht system](#) of proper, full and balanced fertilization. Too many believe that '*manure is the absolute basis for fertility*'. This is a serious oversight. I call it the missing mineral message."

"Organic agriculture, if it is to address the crucial nutrient-density issue, urgently needs to be expanded in concept and practice to encompass the Albrecht/Reams system of assured mineralization."

Soil food web

Before there was organic life on earth there was inorganic life on earth... Life is being created every day, everywhere, as we speak, and one of the most obvious places where that's happening is in the earth where inorganic matter (minerals) are being turned into organic matter (plant available minerals) by bacteria (soil microorganisms).

Biology is the intimate link between the inorganic and the organic.

The compost heap

This great compost recipe comes to us from Graeme Sait of [Nutritech Solutions \(NTS\)](#) a jewel of a company which understands soil microbiology, and makes Life Force products for biological farming... that is, growing food which includes going 'beyond organics'. NTS calls this 'Nutrition Farming'.

Creating good compost involves achieving a balance between carbon (dry, brown material) and nitrogen (fresh green plant matter).

Both green and brown do have carbon in them and food scraps are about 25:1.

Dry leaves and straw are about 1:100 and sawdust can be 1:500!

Extra nitrogen is often necessary to achieve the ideal carbon to nitrogen ratio for compost of 30:1 and this is usually supplied as animal manure.

So, a balanced compost pile usually involves alternate layers of green and brown, with animal manure added to each layer.

Make a first layer from some sawdust and wood chip material (brown), 15 cm deep, forming a circle with a 2.5 meter diameter.

Upon that sprinkle lime and soft rock phosphate and include some cow manure. Add a few shovelfuls of existing compost to serve as a starter for the new pile.

The next 15 cm layer would be made up of freshly mulched prunings for example (green material) and to that layer add the same mix of lime, soft rock phosphate, manure and old compost.

Wet each layer down and continue this layering process until you have a pile of about 2 meters tall. This pile should deliver finished compost within five or six months. The soft rock phosphate is a great additive because it is a colloidal clay.

[Graeme Sait](#) says: "One of the most important composting breakthroughs in recent years has been the finding that the addition of clay to a compost sponsors the formation of a clay/ humus crumb. The humus that is created has a dramatically extended shelf life.

In fact, the stable humus will now last in the soil for up to 35 years. That is of huge import in light of the urgent need to sequester carbon as humus to keep it out of the atmosphere and help avert a climate change catastrophe."

"Composting is the single biggest contribution any individual can make in terms of turning the global warming tide. Every kilo of organic matter that's composted represents CO₂ that would otherwise return to the atmosphere as part of the carbon cycle. Composting should become the mantra for this decade as we all work to save the planet, one compost heap at a time."

Biological Farming

Did you know that farmers who are farming biologically and thus are increasing carbon in the soil, can reverse global warming caused by carbon dioxide? You'll be astounded how little is needed to achieve this. (And, unfortunately by how little political will or understanding there is to adopt this insight, to give incentives to farmers rather than carbon taxing them.)

Hear what Christine Jones has to say in this inspiring [video](#) called Ground Control, made by Australian ABC television.

The future of farms is the "Farmacy"

As [Jerry Brunetti](#), of Advancing Eco-Agriculture says, "the future of medicine is where it has always been – in a wide diversity of nutrient-rich foods. The future of farms is the 'Farmacy' and the future 'doctors' will be those who can provide highly nutritious, toxin-free food".

AEA in America supports the production of foods that are rich in complete proteins, complex sugars, fats, and high in fat and water soluble vitamins and minerals, and are loaded with plant secondary metabolites.

AEA embraces the principle that balanced soils and vibrant soil microbe populations are key to producing nutritious foods, which in turn provide complete nutrition to keep animals and people optimally healthy. Their mission is to empower growers with the knowledge of how to continuously enhance soil fertility and microbe vitality to allow for the production of highly nutritious food that is free from chemical contamination.

How can we feed the world – today and tomorrow?

The biggest players in the food industry – from pesticide pushers and fertiliser fakers to food processors and manufacturers – spend billions of dollars every year not selling food, but selling the idea that we need *their* products to feed the world. That's right, multi-billion dollar advertising budgets... that is, money spent to convince us. Makes you wonder, right?

But, do we really need industrial agriculture to feed the world? Can sustainably grown food deliver the quantity and quality we need – today and in the future? Yes it can! Watch this 7 minute [video](#) or go to www.FoodMyths.org and you'll know why.

Inedible proteins to edible ones

Fred Kummerow got his head screwed on the right way – we like this quote from a paper he wrote about protein, plant foods, and feeding the world:

“If we increase our consumption of plant proteins, we would need to increase the acreage devoted to raising plants, but some problems of a practical nature in the way agriculture currently is practiced would occur. The limits of agriculture should be taken into consideration in diet recommendations.

“Agriculture is defined as the cultivation of land as in raising crops, husbandry, and tillage farming. Unfortunately, only about 20 percent of the land in the U.S. can be cultivated for crops, but 26 percent can be used to pasture livestock.

“Half of the cropland is used to grow feed for livestock. In realistic terms, any major effort to supply additional plant protein for human consumption in the U.S. would require dismantling the nation's agricultural system, since most of American agriculture is directly or indirectly involved in producing livestock either through direct grazing on grasslands or by growing feed on cultivated land.

“Critics of our country's agricultural system persistently argue that instead of continuing to use our valuable farmland to grow feeds for animals, we should concentrate on growing vegetable protein to be consumed directly by humans. The claim is often repeated that each pound of beef we eat costs four pounds of grain that should be going to feed people. By turning the land to the production of food crops for direct human consumption the argument goes, we would cut our intake of animal fat and cholesterol and at the same time increase the total food supply by eliminating the inefficiency inherent in animal production.

“This view, as agro-economists have often shown, overlooks a number of important considerations, quite apart from the questionable willingness on the part of the public to eat wheat, corn and soybeans in the place of meat, milk, and eggs. The simple truth is that the animal-oriented agricultural system as it has evolved over two centuries in America makes a more efficient use of available land to provide essential, high-quality protein, with fewer surplus calories, and at a lower cost, than any other system that has presently been devised.”

“In the U.S., a large area of the West is grassland that can only be used to feed animals. Not enough water is available to grow crops. Grazing animals can maximize efficiency in the production of nutrients. Cattle are raised on land that is not fit for wheat, corn or soybeans. U.S. grasslands are either fertilised or sewn with alfalfa or clover to provide increased forage yields.

“The fact is that animal agriculture is huge the world over. China, Thailand and Vietnam account for more than half the pigs and one-third the chickens produced worldwide. Brazil is expected to become the world's largest meat exporter. In a world of rapidly increasing population and a potentially shrinking food supply, animal food products are presently an asset to adequate nutrition. Animals are converters of inedible proteins to edible ones. Animals can carry on this

operation more economically than have food scientists to date. One could think of animals as 'screening and processing devices,' which provide acceptable sources of nutrients.

"The rapid expansion in urban development comes almost all at the expense of cultivated and grazing land. Better urban planning could save much of this land. Further expansion of land for cultivation in some countries is being carried out but this may be at the expense of the environment. Countries such as India, China or the U.S. are unlikely to convert land back to cultivation, so planning now may be the key to prevent this land from being turned into cities and removed from its potential in creating edible products."

Polyface

The topic of sustainable farming and high quality food production is not complete without a mention of Joel Salatin and his unique farming methods at [Polyface Farms](#). He has a theory of productivity in which animals are responsible for phenomenal fertility increase – effectively using permaculture principles.

Joel goes completely against the current model of production, producing instead high quality meat and produce from a much smaller system that cares for the animals, the land, the consumers, and the farmer's pocket. He's a fun guy and calls his approach holistic management, beyond organic, a form of 'mob stocking herbivorous solar conversion lignified carbon sequestration fertilization'! Described in an article by Annie Wilson in [Organic NZ](#) magazine:

"In simple terms Joel farms like this: Paddocks are locked up until the grass is up to the knees. Using electric fencing, 100 cattle at a time graze a quarter acre for 24 hours, and are moved on with back fencing behind.

Four days later a tractor delivers a portable chicken house (an eggmobile) to the area where the cows have been. Out jump 200 laying hens who begin to scratch at the manure piles left by the cattle, in order to eat the insects that have collected there over the four days. In the process they are scattering the manure, removing any bovine intestinal parasite eggs, leaving their own manure and eating the much shorter grass left by the cattle, while at the same time producing beautiful free-range eggs, with a minimum of brought-in grain feed required. Joel terms this process 'pasture sanitisation'.

The cattle have received high quality feed and then moved on, not returning to the same area for some months. The root zone of the tall grass is so strong that compaction is never an issue, and at the end of the stock rotation period, that land is more fertile than when the rotation commenced. A combination of cows and chickens can double the production from that land in one year."

Joel Salatin travels the world giving animated presentations and has quite some interesting book titles... to name a few:

Holy Cows and Hog Heaven,
The Sheer Ecstasy of being a Lunatic Farmer,
You Can Farm,
Everything I want to do is Illegal.

Joel maintains that pasture left to grow sequesters more carbon than forest does and it regenerates much faster, leading to 'gross biomass accumulation'. All of this and a significant savings in farm running costs. See www.polyfacefarms.com

Lovelock's Biochar

While we're on the topic of agriculture and growing healthy soil... there's [Biochar](#), which is a way of sequestering carbon in the soil, plus it's a time honored method of building topsoil. Could this ancient technology be refined to not only dramatically improve soil quality thereby addressing

human food requirements and health, but also sequester huge amounts of CO₂ amongst other greenhouse gases, that would otherwise be released by agricultural waste?

[James Lovelock](#) – a respected independent scientist best known for his Gaia hypothesis, the Earth as a biosphere, a self-regulating entity, thinks so:

“There is one way we could save ourselves and that is through the massive burial of charcoal. It would mean farmers turning all their agricultural waste – which contains the carbon the plants have spent the whole summer sequestering – into non-biodegradable charcoal, and burying it in the soil. Then you can start shifting really hefty quantities of carbon out of the system and pull the CO₂ down quite fast.”

Since we're air breathers after all, and can't survive for more than a few minutes without oxygen, a sky full of CO₂ is not going to be of much help.

Biochar is not a seductive, poetic word. It is not likely to find its way into a contemporary rap lyric. That's unfortunate, but nevertheless it could contribute to the solution of one of the most pressing issues of our time...

Quietly Powerful

Lastly on the topic of our climate, we have good news... It's coming from a soil scientist, Allan Savory, someone with a deep understanding of Earth's ecosystem and what has occurred with it over the last century.

Looking at evolution and how immense herds of grazing buffalo built the deep topsoil of the mid-west of the United States and likewise in Africa the wildebeest helped build the topsoil of the savanna, Allan Savory has done many trials to prove that he has a real solution to climate change and one that still can be implemented before it is too late.

You see, desertification is happening to about two-thirds of the world's land, accelerating climate change and causing traditional grazing societies to descend into social chaos. Allan's method will put an end to all that... he says we can be greening the vast marginal lands whilst reversing climate change all at the same time.

How? ...you might ask.

Well, contrary to what has been taught at agricultural colleges around the world, short-term grazing of large herds of herbivores, and then moving them along to fresh ground, thereby mimicking nature, is the way to build large amounts of bio-active carbon in the soil and prevent further erosion of our marginal land. Sequestering carbon on the back of a bullock so to speak...

This is vital to the restoration of the world's marginal grasslands – a long-ignored component of the earth's lungs and this kind of grazing helps to pull carbon out of the air and into the soil.

Vast herds of herbivores moving along have a healing effect on marginal grasslands. They don't make the land barren but on the contrary, they make the soil rich with nutrients through their manure and then move on having given back to the soil its potential ability to retain water.

How does that add up to carbon sequestration?

One thing leads to another... It's a chain of events... worth getting a grip on because it's so fundamental to life, to the Earth.

When soil is able to nurture thriving microorganisms... it can hold water.

And then those microorganisms can make that magic substance you may have heard of called humus.

Humus contains masses of carbon and, unless we muck things up with our pollutants and all, humus keeps that carbon where it belongs, in the earth.

And that kind of carbon rich, humus rich, moist healthy earth, in turn supports healthy nutritious plants which breathe in CO2 en masse and breathe out oxygen for all animals and humans to breath out... and we all shit...which replenishes the earth... and feeds the biology and keeps the cycle continuing, and the rest is history so to speak!

Incidentally due to our mismanagement of things and our lack of understanding, we're down to 10% of the humus we used to have here on this verdant planet let's say a hundred years ago. This is why some are saying the most important creature on the planet at the moment has become something most of us have never even heard of: the mycorrhizal fungus.

These guys are one of the main players in this composting and humus building process and their numbers are down to only 10% of what they used to be. We're lucky that nature offers us a way to sort ourselves out of this pickle (pun intended)... we just gotta get going, wake up and stop dreaming along.

So yes... to the mix of dung, urine and trampled plant and bush stalks (carbon)... when the rains eventually come, water is added and... voila... happy soil microorganisms kick into action! And their speciality is making humus which stores carbon.

Once again soil microorganisms are offering the all-important catalyst key. It's like the old saying, all roads lead to Rome. That's the Rome where *'soil scientists and their nutrient dense farmer friends are going back to basics and to their own surprise find that they, of all people, have the solution to climate change...'*

Instead of the farmer and land manager being part of the problem, she or he can be part of the solution. Allan's before / after photographs on his website of land that has been transformed this way are quite amazing.

After decades of study and collaboration, with thousands of managers of land, livestock and wildlife on five continents, Allan Savory has made this significant breakthrough in understanding the degradation and desertification of grassland ecosystems. This is an understanding which has eluded everyone up to now... seems no one could really see the bigger picture.

All of this is a bit below the radar of the average academic or intellectual, and perhaps above the radar of corporates, and goodness knows where it is on the radars of politicians, if they even have such a thing...

People sometimes think technology will save the day for the climate – technology can help and do many things, but solving global warming turns out not to be one of them.

Why you should listen to him

Allan Savory's work (see his website www.savoryinstitute.com) shows that a surprising factor can protect grasslands and even reclaim degraded land that was once desert.

And this adds up to giving mother earth back her lungs, her green cloak and reversing climate change... all quietly powerful and amazing.

[Listen to Allan Savory's](#) deeply touching talk given recently (March 2013) at TED.



——— afterword ———

by Bill Aronson

All diets work and all diets fail. Perhaps it has something to do with the word “die” hidden in plain view. Perhaps 'life-et' would be a better name.

Sandipa and Sambodhi Prem's book is poetic, not scientific. They have no formal qualifications, but that is good. Their perception is based on self observation and this has helped them both overcome serious and debilitating illness. Their book is not meant to be added to the already groaning shelves of books on the subject. Instead they might just destroy the industry for good.

Their premise is simple. Do not seek to lose weight. If you do, then your mind has declared war on your body. Unless you have the simplistic despair of a suicide bomber, your body will win. Instead examine the root cause of poor eating. Here they move into an allegorical world where scientists fear to tread.

They write that our guts are filled with candida and wrong bacteria and that what those love to eat is sugar. Being aggressive little buggers they manipulate us to eat what they want and take a tax on the rest of the food as it passes through. So the first step is to persistently starve them by cutting out wheat and sugar, including fruit and honey. This takes around six months.

Their second premise is that our bodies are designed to eat alkaline food. Some acidic food is fine. But if you eat too much acidic food the body can't store the excess. So it wraps the acid in fat because otherwise the acid would harm. By reducing acidic food this process can start to reverse. The excess acid or toxins can be removed from the body and as a side effect the fat disappears as well. It has done its job.

Their final premise is that when you eat is as important as what you eat. They recommend eating breakfast around 10 and a large meal at lunchtime, not in the evening. During the early morning you are encouraged to drink water.

I have no idea if this is scientifically true but it has a poetic eloquence. Once you understand that the main game is to eliminate sugar, wrongly prepared breads, homogenized milk, vegetable cooking oils, and like the French, start adding more butter and cream to your diet, then you can eat well and be well.

——— epilogue ———

There's science and then there's science...

As of us being scientific or not... we think we are, but then there's science and science...

We'd like to make the point that the scientific and medical establishment is hanging on to some truths which aren't truths anymore.

Too many scientists are invested in looking at *some* of the scientific results and not at other results. They selectively choose to ignore much scientific data because it does not support their preconceived ideas.

For instance “you are what you eat” and “healthy soil = nutritious food = healthy people” essentially stack up as very scientific statements in our view, but many so-called scientists still have to wake up to this home truth, because they are still waiting for the 'scientific data' to come in...

Well, we're tired of waiting, sorry but we've gone ahead, see you later!

It is very unscientific to ignore the many health-giving properties that plants have offered mankind since the beginning of time. Where is the herbal wisdom department in our medical colleges?

Omitting that department cannot be called scientific!

Even if these kinds of omissions have the 'weight of science' behind them, it's plain stupid... it's a strange world isn't it!

So it's good to be pure in your motives, to allow in 'the new' and hopefully that is where we are shining a little light. We've been inspirationally researching the topic over many years... a journey of ever-opening new doors of understanding.

We held on to the good stuff and simply said goodbye to all the nonsense.

That's why we say there's science and science!

"Most men can seldom accept even the most obvious truth if it would oblige them to admit the falsity of conclusions which they proudly taught to others, and which they have woven, thread by thread, into the fabric of their own lives." — Leo Tolstoy

About the authors

We are artists, not health professionals. [Sambodhi Prem](#) is a musician, a recording artist, and [Sandipa](#) is a painter, and we're [web designers](#), meditators, and fellow travellers of the enlightened mystic Osho.

We like to be healthy because when our bodies are nourished properly, they allow us to do what we like to do best: making this world a little more beautiful before we leave.



If this book serves as an inspiration to your taking your health into your own hands and going along to a recommended naturopath who is familiar with the concepts of nutrient-dense food and detoxification through increased nutrient intake... then that's good.

That health practitioner has to be up to scratch with concepts that are written in this book, otherwise you could be wasting your time and money. The only two extra-ordinary naturopaths we know and would recommend, we have already mentioned here in the relevant spots.

There may be more... but [Dr Jim Reese](#) and [Dr Jacques Imbeau](#), these guys mean business.

Hopefully the findings and experiences shared in this book will help you have a better feel of what to expect from a naturopath.

For instance, many naturopaths might not know about the insights of Weston A. Price and his emphasis on nutrient density. Many don't know yet about the new health fundamentals of soil vitality, of how valuable a farmer is who gets his soil in top condition (balanced minerally and biologically) and who starts bringing high-brix produce to the market for us all to eat.

We thought to write this book as a contribution of our experiences in the world of healing, even though we understand only a fraction of what an effective healer knows and understands, with all his lifetime of clinical experience and herbal wisdom.

Some people need to hear these healing truths several times before the penny drops – often from different sources. Only then can there be the feast of recognition, as in: “Ah ha! I've heard that somewhere before, I've never given it much thought, but now that I read it here again, it does make sense that good health starts with a healthy digestive tract”.
It's a great sound to hear that penny drop!

Investing in your health

Healing yourself can sometimes be done affordably with a few changes in diet, but if you've got some health challenges, consulting a skilled naturopath and taking the herbal medicines, minerals, vitamins and quality nutrient foods she or he prescribes, may not be cheap.

To regain your health you most likely will need to make an investment, be that by making an effort to buy raw milk or growing your own vegetables, or by having some costly dental work done... whatever it is, you will need to put in the effort. That can mean saving up for your treatment, or asking your naturopath if they would like to exchange... if there's a service you can provide.

Buying healing supplements can cost a lot of money because many reputed health supplement companies are struggling with the rules and regulations that big pharma, and their henchmen, the government and the media, are imposing on them. Having to comply with these regulations drives up the price of vitamins, minerals and herbal medicines.

Good companies (such as [Radiant Life](#) which we recommend) that insist on using high quality natural ingredients that are carefully harvested and prepared, already incur higher costs than big pharma which has a way of cutting costs on ingredients if they can, so as to out-compete the competition. But as the saying goes, you get what you pay for, and this is not a place to skimp.

So whether the investment is of money or energy, we tend to think there's no long-term healing process without one of them.

If you're seeing a good naturopath who says: "In order for you to regain your health, you will need to see me once a month for the next half year and you will need to take x amount of supplements over that time, that's going to cost you x amount of dollars", don't balk at the figure he might be telling you.

Know that it is going to require an investment from you, because regaining health is not cheap, but it's a worthy investment. You can see these costs as part of your food bill. See it as a challenge to become more creative. It is often a subconscious self-belief that sabotages your healing process. A self-belief that says "I won't be able to afford that" or, "I'm not going to make that effort".

When you hear those inner voices, ask them: "Do you want to continue to live like this? Do you want to continue living without good health?" Sometimes the honest answer is 'yes', because what is asked of you is too much, but that simply means you have not had enough of being sick, that you have not had enough of suffering. But there will come a day when you will say "enough is enough, I'm going to do *everything* that's in my power to heal myself".

That's the day your real journey starts, not before that. Know you'll be on your way to a healthier and richer life.

Doctor know thy patient!

Doctors have to realize that patients who are ready to take responsibility for their health need to be treated differently than patients who don't.

Dedicated patients will do anything to heal themselves. Apart from the standard treatment what else can you suggest to these patients?

And if you are a patient you can ask yourself: to which of the two groups do I belong...?

Cupboard Consultations and Pantry Sessions

A pantry session is a first step in your kitchen transition, a conversation where you can ask any questions you may have about what foods are nutrient rich and good to eat and which foods and ingredients are best avoided.

Pantry sessions via skype are a great way to give you one-on-one information and support. It's a practical first step to incorporate into your life some of the things you've read here. This conversation may help you to turn your pantry into a celebration of health!

If you'd like a 'kitchen cupboard guide' to get going with all this...

you can contact us: hello@globalsuitcase.com

Email us and we can set up a skype appointment with you. Or go [here](#).

Many unhealthy ingredients have healthy alternatives which we can suggest.

We'll set you up with a bundle of information that is relevant to you and your family...

If you want to be healthy, it makes sense to stop doing things that compromise your health!

Let's sort out your pantry. Some things can be used up but not bought again, and others may need to be thrown out right away.

Pick a day for your kitchen transition. Get out a trash bin and then open up the refrigerator and your cupboards. Now you are ready to begin!

With a pantry session you'll be bringing more health to your kitchen. Whether you're preparing food for your family or your friends, you can always be confident that you're offering them the gift of real health-supporting nourishment in addition to the love and care you're already putting into the food.

Oh, and one more thing: being a smart shopper is a big part of staying healthy.

You can go into a health food store and be confronted by a million and one choices, some of which aren't going to necessarily be a whole lot better than their conventional counterparts.

In general, look for natural foods over man-made wonders! Nutrients that your body can use.

Homeopathy

A century ago, in the 1800s and 1900s, the United States was home to more than 100 homeopathic hospitals and 22 homeopathic medical schools – a similar number as the allopathic hospitals and institutions.

Both allopathic and homeopathic physicians treated diseases such as smallpox, typhoid, diphtheria, tuberculosis and syphilis, as well as illnesses more common today such as influenza, allergies, and menstrual disorders.

At that time, allopathic (allopathy = the regular western medicine practised today) tools included purging, bloodletting and other primitive means to treat these diseases. The homeopaths, however, had an arsenal of remedies as effective today as they were then, with no side effects.

Allopathy – a suppressive system of healing

About eastern vs western systems of healing [Osho](#) has the following to say:

“Patanjali's yoga system and the Hindu system of medicine, ayurveda, developed simultaneously, together. Ayurveda is totally different to allopathy. Allopathy is suppressive of the disease.

Allopathy has developed side by side with Christianity; it is a by-product, and because Christianity is suppressive, allopathy is suppressive.

If you are ill, allopathy immediately suppresses the illness. Then the illness tries to come up at some other weak point. Then it explodes from somewhere else. You suppress it from there, then it

explodes from somewhere else. With allopathy you go on from one illness to another, from another to another – but it is a never ending process.

Ayurveda has a totally different concept. Illness should not be suppressed: it should be released. A catharsis is needed. So ayurvedic medicine is given to the ill person so that the illness comes up and is thrown out, a catharsis. So the beginning doses of ayurvedic medicine may make you more ill, and it takes a long time because it is not a suppression. It cannot be done right now: it is a long process. The illness has to be thrown and your inner energy has to become a harmony so that the health comes from within. The medicine will throw the illness out, and the healing force will replace it from your own being.

They developed ayurveda and yoga together. If you are doing yogasanas, if you are following Patanjali, then never go to an allopathic doctor. If you are not following Patanjali, then there is no problem. But if you are following the yoga system and working many things in your body energy, then never go to allopathy because they are contrary. Then seek an ayurvedic doctor or homeopathy or naturopathy – anything that helps catharsis.

But if there is a disease, first tackle it; don't move with the disease. With my methods it is very easy to get rid of a disease. Because Patanjali's method of om, of chanting and meditating, is a very mild one...but in those days, that was strong enough because people were simple, they lived with nature. Illness was rare; health was common. Now the case is just the opposite: health is rare, illness is common, and people are very complex, they don't live near nature.

There was a survey in London. One million boys and girls have not seen a cow, they have seen only pictures of a cow. By and by, we are bracketed into a man-made world: concrete buildings, asphalt roads – all man-made – technology, big machinery, cars. Nature is thrown somewhere into the dark, and nature is a healing force. Then man becomes more and more complex. He doesn't listen to his nature; he listens to the demands of the civilization, demands of the society. He is completely out of contact with his own inner being.

Then Patanjali's mild methods won't help much. Hence my dynamic, chaotic methods – because you are almost mad, you need mad methods which can bring out all that is suppressed within you and throw it out. But health is a must. One who goes for a long journey must see that he is healthy. Ill, bedridden, it is difficult to move.”

Osho from his book ['Yoga: The Science of the Soul'](#)

Dealing with feelings

When you embark on a journey of healing outlined in this book, stuff comes up, emotional stuff... many health practitioners don't have much guidance to offer in that department. They might not know how to bring awareness to your unconscious behaviors – it has not been their focus, and it can be said that they are taking care of so much already – it's up to us to use our intelligence to support our own healing.

The root cause of physical illness often lies in the unconscious mind. And it's often the unconscious mind that sabotages your efforts to heal. This is because we have a tendency to suppress emotions. Bringing these suppressed emotions to the surface in a safe and supportive environment can remove many of the obstacles to healing.

Gibberish

There's much you can do for yourself and you can do it right now, on your own. Take gibberish for instance. It's an old technique brought to life as a modern meditation method by Osho. It goes like this:

Find half an hour of uninterrupted time, turn off your phone, put a "do not disturb" sign on the door of your room, find a comfortable position and close your eyes.

Now, start speaking in any language you don't know! Just nonsense words... gibberish. If you don't know how to speak Chinese then speak that! If you don't know Arabic, speak that, or Maori or Greek – anything you make up.

If you feel self-conscious try putting on some foreign radio or some noisy music that you can talk nonsense into. Just talk freely and fast in any language, except the ones you know. You can also shake out your hands and arms, or shake your body, head or legs.

Do this for 15 minutes to throw out all mental garbage that collects in your body-mind. Everybody collects rubbish in their head that causes stress. This is a very gentle, but powerful form of catharsis to cleanse yourself from the inside. You can do it in the privacy of your home, without making much fuss.

After 15 minutes, with your eyes still closed, sit silently and do nothing. Be a watcher of your thoughts and emotions, as if your thoughts are floating by like clouds in an empty sky.

Sit like that for 15 minutes or more. Then slowly get up and continue with your day. If done daily for a prolonged period of time, this simple meditation will do much for your healing process.

Kundalini Meditation

Another meditation method to try, also developed by Osho, and also excellent to work with your process of healing, is where you shake the body whilst standing, for 15 minutes and then allow the body to move and dance expressively for a further 15 minutes before sitting silently, eyes closed, and doing absolutely nothing for 15 minutes.

Then lastly, completely relax, lying flat for 15 minutes, watching thoughts passing in your mind, and feelings in your body, and watching yourself hearing any sounds that might be there. It's all about watching.

This method, called '[Kundalini](#)', is done to music and there's a CD which supports the process by indicating the four different stages with 4 differing pieces of music, each piece 15 minutes long. Get it from [New Earth Records](#).

Meditation

There are other meditation methods too, techniques you can do by yourself without any involvement of others. Osho developed many of these meditation methods and in addition, updated ancient ones for the men and women of today.

In the field of spirituality, meditation and how to deal with emotions we've also looked far and wide and after more than 30 years of walking in his light we can say that Osho's contribution is second to none. Many professionals working in the human potential movement will attest to that.

Osho is a meditation master. If you want to bring healing into your life, or you'd like to have a taste of your potential, of who you really are, meditation is the route to that knowing. It is the methodology and the science of awareness.

The beauty of this inner science is that it can be done alone. This eliminates dependence on an outer authority, the need to be affiliated with any organization and the obligation to accept a certain ideology. Once you understand the steps, you walk the walk in your own individual way.

Enjoy!

And, by the way, apart from having a passion for health, we are musicians... Come along to one of our [Sacred Music Concerts](#) !

